

VOCAL  
Freepost 3172  
Edinburgh  
EH1 0XG

- ♦ The Information Day is designed for carers - people with caring responsibilities for a spouse, partner, parent or child, a neighbour or friend who is ill or disabled.
- ♦ The Information Day is entirely free of charge
- ♦ Help and support is available for transport and respite
- ♦ Refreshments and buffet lunch are provided

The day has been jointly funded by:  
Lothian Health  
VOCAL - Voice of Carers Across Lothian  
The City of Edinburgh Council  
Community Fund  
Robertson Trust  
Donations from other trust funds

The day is open to all carers

**Interested?**  
**Then send off the attached slip**

For further details, contact:

Jane Greenacre  
PRT VOCAL Carers Centre  
8 Johnston Terrace,  
Edinburgh EH1 2PW  
Tel - 0131 622 6666

# Carers Information Day



Information  
help a  
support  
care

Thursday 30th October  
VOCAL Carers Centre  
8-13 Johnston Terrace  
Edinburgh  
EH1 2PW

COMMUNITY  
FUND  
Lottery money making a difference

•EDINBURGH•  
THE CITY OF EDINBURGH COUNCIL

  
Princess Royal Trust  
VOCAL Carers Centre

  
NH  
Lothian

# Who is the Information Day for?

The day is open to all carers looking after an ill or disabled relative who would like to find out more about their rights and entitlements

# What will I gain from the day?

- ◆ Information about benefit entitlements
- ◆ Information about support available for carers from the Local Authority and NHS
- ◆ Information about VOCAL services to support carers
- ◆ Information about other services and supports for carers
- ◆ Information about how to access services and support
- ◆ An opportunity to meet others in similar situations

# Programme

**10.00 Tea, Coffee and Introductions**

**10.30 What VOCAL Can Do For You**

An outline of VOCAL's services

**11.00 Money Matters**

A brief look at welfare benefits and where to access help

**12.00 The Health Service**

What the health service can offer to support carers and how to access that help

**12.45 Lunch**

An opportunity for carers to share experiences and gain support from each other

**1.30 Health and Social Care**

A look at the help available to carers through the local authority and how to access that help.

**2.15 Questions**

A chance to ask questions and group discussion about caring.

**3.00 Close**

Times are approximate as the day will be led by the needs of those attending.

I am interested to know more about the Carers Information Day

I am a carer

I know a carer who may benefit

I am a professional and often come into contact with carers

Name .....

Address .....

.....

Postcode .....

Tel .....

### For carers only:

I would like to register for the day

I require help with transport

I require help with care provision

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