

## I would like to make a one off donation of

£10     £50     £100     £500

or specify an amount: £ \_\_\_\_\_

I enclose a cheque made payable to 'VOCAL'

I wish to pay by Visa/MasterCard/Switch/Maestro

To make your card payment visit our donation website:  
**www.justgiving.com/vocal/Donate**. Please return  
this form so we can acknowledge your donation.



If you are a UK taxpayer the Government will add at least a further 25% to your VOCAL donation, at no cost to you! Tick the box below to join the Gift Aid scheme.

I am a UK taxpayer. Please treat all donations I make to VOCAL as Gift Aid donations until further notice.  *giftaid it*

Date \_\_\_\_\_

Name \_\_\_\_\_

Signature \_\_\_\_\_

## I would like to make a regular donation

Please send me more information about making a monthly donation by Direct Debit to VOCAL

## I would like a VOCAL Donation Box

Tick here to receive an 'Invest in Carers' donation box. The donation box costs VOCAL just 15p to make. Can you turn it into £25 by saving your spare change?

### Please return this completed form to:

VOCAL Carers Centre, Freepost 3172, Edinburgh, EH1 0XG

VOCAL (Voice of Carers Across Lothian) provides information, advice, emotional support, training, advocacy, counselling and groupwork to carers.

### VOCAL's 'Invest in Carers' Appeal

The Appeal needs to raise £50,000 to secure the continuation of VOCAL's carer support and counselling services. These services provide a lifeline to carers in greatest need.

**One in every five carers is in poor health - give your support and invest in carers today.**



## Voice of Carers Across Lothian

8-13 Johnston Terrace  
Edinburgh EH1 2PW

0131 622 6666  
centre@vocal.org.uk  
fax: 0131 622 7621

Scottish Charity: SC020755  
Company registration: SC183050

vocal   
working with carers

# VOCAL Invest in Carers Appeal

**Invest**  
  
**in carers**  
support VOCAL

Dear Friend,

VOCAL's 'Invest in Carers' Appeal needs to raise £50,000 to secure the continuation of our carer support and counselling services. These services provide a lifeline for carers in greatest need.

For the first time in our history, VOCAL is appealing to friends, companies and their employees, community groups, philanthropic organisations – in short, to everyone who cares for carers. With your help we will be able to protect the most important services for the most vulnerable carers.

Carers make life worth living for thousands of people who could not live independently without that help. Unfortunately, many do so at a great cost to themselves.

VOCAL supports over 5,000 carers every year. Many receive intensive support over a number of years to ease the physical, financial and emotional demands of their caring situation.

There are many ways to give – I do hope one will appeal to your situation. Please help us to fund and support the work of VOCAL, we all know someone who is a carer and greatly value what they do.

Any support you give to VOCAL directly supports carers. This leaflet sets out how you can help and what your support will buy for carers.

**Carers are definitely worth investing in.**

**Ann Anderson**  
VOCAL Chairperson



## “I got my life back”

*\*Neil cared for his wife Rachel for many years and attended VOCAL's counselling service.*

“ When my wife was ill the service was invaluable. I felt totally at ease with the counsellor - she was professional but friendly. After my wife died I was so low but grateful to still have the service. To be honest I would not be where I am today if I hadn't got the counselling. On a recent family holiday I was able to go away for a few hours alone for the first time - I'd felt too vulnerable before. I thought then; “I've moved on.” It's almost a year since she died and the service was crucial in helping me get my life back, a different life. ”



## “I feel less isolated”

*\*Catherine cares for both her parents and has attended a number of VOCAL's workshops.*

“ Coming to a workshop for the first time was a big step but I felt ready to meet others in similar situations. I hoped to learn how to cope with changes in my relationships since becoming a carer, and the guilt I felt about wanting more from life. I got that, but I was really surprised by the massive support I got from other carers that day - I really hadn't expected that, I found myself in tears, it was wonderful . . . ”



\* all names have been changed to protect carer's identity

## Yes, I would like to support VOCAL's 'Invest in Carers' Appeal



Please complete your details below and overleaf  
We will store the details on this form electronically and in paper format. We will never share these details with a third party unless legally required to do so. If you would prefer **not** to have your details stored in this way, please tick here

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_


Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_


*I would like to get email news about 'Invest in Carers' Appeal*

## What your donation will buy:

 **£10 will buy** a self help information booklet for five carers. “It felt like a lifeline, opened my eyes to a whole new world”.

**£100 will buy** a one-hour counselling session for five carers. “I've been supported through a very difficult time in my life”.



 **£500 will buy** a one day workshop for 20 carers. “It allowed me to express my feelings and work through them”.

**£1000 will buy** 50 hours of respite care for carers who never get a regular break from caring. “Short breaks mean everything to our family”.



**Make a donation using the form overleaf** →