

## 'Time for you' Taking a break from caring



Leisure time is often the first thing that disappears for carers and the last thing they have time for, and lack of funding or information can make it even more challenging.

Wee Breaks Midlothian, run by VOCAL, is here to help. With a dedicated website and carer support team we can help you to find out about the options available, explore how you can make time for yourself and apply for funding where needed.

## Carer Workshops & Events

VOCAL is holding a series of seminars in May on planning for emergencies including telecare and what happens in an emergency, with input from the Police, ambulance service, fire service and social work.

For details contact VOCAL Midlothian on 0131 663 6869 or book via the Carer Events website - [www.carerstraining.co.uk](http://www.carerstraining.co.uk) - click the 'Learning & Social' link to see what's on in Midlothian and book your place on any of our free courses and events for carers.



Our recent Book Art group at the Midlothian carer centre was fun and relaxed and carers created some fantastic pieces. A big thank you to all who attended!

## Funding your break

Wee Break Midlothian manages a number of funds that you may be eligible to apply for. You can apply for anything that would give you time for yourself and a break from your caring role.

Here are some ideas based on previous carers' choices:

- A shed so you can continue your hobbies if you are unable to leave your house.
- Someone to spend time with the person you care for while you go to a class or group.
- A course of complimentary therapies.
- Money to help set up an activity or time away with friends, for example to pay to rent a hall for a group, or a pamper weekend with friends!

Wee Break  
Midlothian  
Time off from caring

Visit [www.weebreak.org](http://www.weebreak.org) or talk to the VOCAL Midlothian Carer Support Team on **0131 663 6869** to discuss how we can help you take some 'time for you'.

## Time for Action!

**Carers Action Midlothian (CAM)** is a carer-led partnership group which works to ensure that carers are involved in local planning structures and helping to shape future plans and strategies.

If you would like to get involved or have your say on new developments for carers, including the new Carers' (Scotland) Act and the next Midlothian Carers Strategy, please contact Pauline Quinn at VOCAL: Email [pquinn@vocal.org.uk](mailto:pquinn@vocal.org.uk) or call the VOCAL carer centre on **0131 663 6869**.

Find us on   
[facebook.com/MidlothianCarers](https://facebook.com/MidlothianCarers)

# Midlothian Cancer Support

If you have been affected by cancer and are living in Midlothian, we're here to help.

Launched in 2016, Midlothian Council and Macmillan Cancer Support have been providing support to anyone affected by cancer, including carers and family members.

This year the support available has extended to include massage therapies. This service is free to access and it aims to provide a positive, relaxing experience that can help with your wellbeing and assist with some of the anxiety and worries related to cancer. Appointments are available every second Friday at the Midlothian Community Hospital.

For more information on cancer support services in Midlothian, please contact Andrew Hebson:

Tel: **0131 561 5468 / 07423 097664**

Email: [andrew.hebson@midlothian.gov.uk](mailto:andrew.hebson@midlothian.gov.uk)



TRANSFORMING  
YOUR  
CANCER CARE

WE ARE  
MACMILLAN.  
CANCER SUPPORT

NHS  
SCOTLAND

## VOCAL Midlothian welcomes new member of carer support team

We welcome Nichola Hill to the Midlothian team as the new Carer Support Worker (Money Matters).

Nichola will be working with carers to look at welfare rights issues and

ensuring both carers and the people they support are claiming all their entitlements. She will also be supporting carers to make applications for items that will make a difference to their quality of life and to look at budgeting and debt issues.

Nichola says "I am delighted to join the VOCAL Midlothian carer support team and looking forward to meeting carers, supporting them to achieve their best possible outcomes in their caring role."



## Braw Blethers for carers

VOCAL Midlothian is working in partnership with Midlothian Council Library Service to set up a new 'Braw Blethers' group for carers. The group uses poetry, stories, pictures, news articles and various other things for inspiration and group discussion.

Share your thoughts or just listen and enjoy what others have to share. Each session lasts around 90 minutes in a friendly and relaxed setting.

For more information or to find out group dates, please contact Fiona Bailey on **0131 271 6668** or email: [fiona.bailey@midlothian.gov.uk](mailto:fiona.bailey@midlothian.gov.uk)



## Financial support for Power of Attorney

Finances are often a challenge when setting up Power of Attorney (PoA) but did you know that you may be entitled to legal aid to cover the costs?

The assistance that is available for PoA is 'advice and assistance', rather than full civil legal aid. You need to meet certain criteria but anyone who has less than £1716 in savings and capital (excludes your house) and a disposable income of £250 a week or less may be eligible. If you are a pensioner, then you can have over the £1716 amount, so it is worth finding out if you qualify.

For more information contact the Scottish Legal Aid Board (SLAB) on **0131 240 2082** or check on their online calculator:

[www.slab.org.uk/public/civil/eligibility](http://www.slab.org.uk/public/civil/eligibility)

Remember that if you do qualify for Legal Aid, you will need to find a solicitor that can provide legal aid services - a full list is available from the SLAB website.

## Where to find VOCAL Midlothian:

### VOCAL Midlothian Carer Centre:

30/1 Hardengreen Estate,  
Dalhousie Road, Dalkeith EH22 3NX

Tel: 0131 663 6869

Email: [midlothian@vocal.org.uk](mailto:midlothian@vocal.org.uk)

Web: [www.vocal.org.uk](http://www.vocal.org.uk)

Find us on Facebook:

[www.facebook.com/MidlothianCarers](http://www.facebook.com/MidlothianCarers)

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