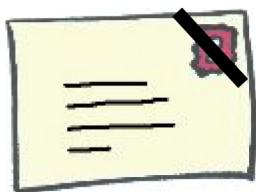


Support for carers in Edinburgh



VOCAL is an organisation that supports carers.

To get in touch with us, ask about a service or find out more, send the form back to our free post address:



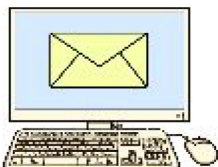
Freepost VOCAL
8 - 13 Johnston Terrace
Edinburgh
EH1 2PW



Or you can visit us at:
VOCAL
8 - 13 Johnston Terrace,
Edinburgh,
EH1 2PW



Call: 0131 622 6666



Email: centre@vocal.org.uk



Internet: www.vocal.org.uk



All our services are free except for our Counselling service where we ask you to pay what you can afford.

Are you a carer?

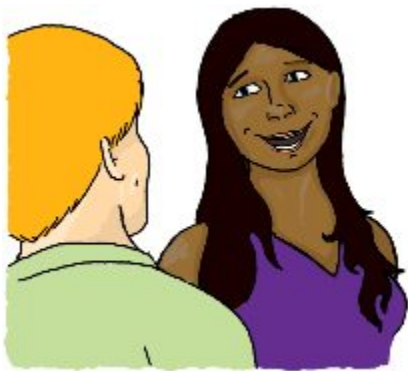


Carers support people who cannot manage without them, they could be:

- family members



- partners



- friends.



Carers are not paid for what they do, they might be supporting people with:

- a physical disability



- a mental health problem



- a learning disability



- health problems



- a drink or drug problem.



How can VOCAL help?

We support all carers.



We can help with:

- advice and information



- support with how it is going



- training and groups



- someone to talk to about problems

Information



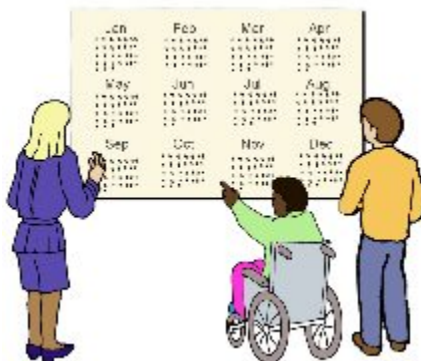
- information about your rights



- benefits



- support services



- planning for the future.

Courses and meetings



We run courses and have meetings about things like:

- telecare panic buttons



- stopping falls

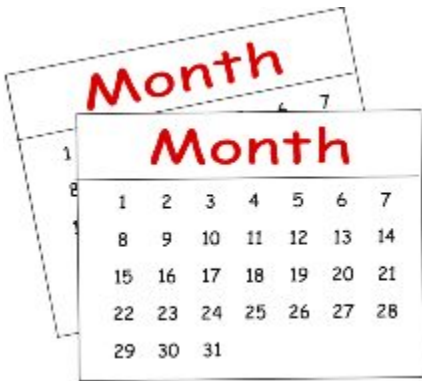


- money matters



- health problems.

Groups



We run groups that can help with:

- day to day problems



- how to manage



- coping with stress



- after someone has died.

Counselling



We have a counselling service that gives support and helps with how you're feeling. We ask you to pay what you can afford for this service.



Advocacy

Advocacy is a service to help you speak up or speak for you.

Drink and Drugs family support



If a member of your family has a drink or drug problem we can give you support.

Getting in touch form

Please fill out the details below and we will get back to you.



Please ring me

Please send me a carers pack

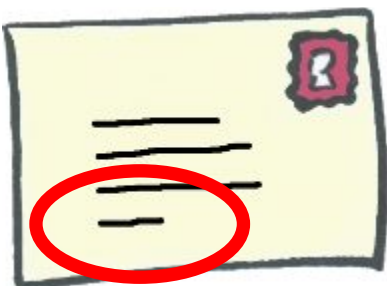
Please put me on your mailing list



Name



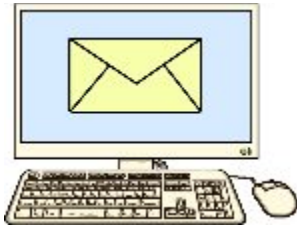
Address



Postcode



Telephone



Email



Date of birth



How long have you been a carer?



How old is the person you care for?



Why do they need a carer?



We would like to keep your information safely on our computer.



We don't give it to anyone else.



If you do not want us to keep your information please tick here.



Send this form back to:
VOCAL Carers Centre
FREEPOST 3172
Edinburgh EH1 0XG