

Carers - need some time out over the festive season?

Someone
to listen

Fun

Time
for me

Chill
out

Chat

Relax

Join VOCAL on **28, 29 & 30th December** for some time out for carers including a chill-out area, workshops, cafe and carer support:

www.vocal.org.uk/time-for-me

Time for you...



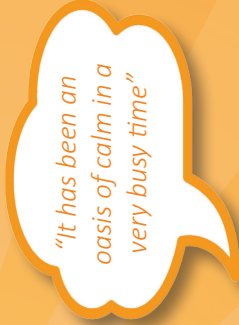
Carers' Cafe...daily from 11am-3pm.

Individual support...in person, by email or on the phone.

Quiet space...need to get away from it all? Take some time out in our dedicated chill-out zone.

Workshops...at 11.30am & 2pm daily. No booking required - see website or call for full details.

Fun & socialising...Games, quizzes, comedy and more!



*"It has been an
oasis of calm in a
very busy time"*

Edinburgh Carer Centre

Wednesday 28th &

Fri day 30th December

11am-3pm

8-13 Johnston Terrace,
Edinburgh EH1 2PW

For telephone support call

0131 622 6666

Midlothian Carer Centre

Thursday 29th December

11am-3pm

30/1 Hardengreen Estate
Dalhousie Road
Dalkeith EH22 3NX

For telephone support call

0131 663 6869

**For more details visit: www.vocal.org.uk/time-for-me
or facebook.com/VOCALCarers**

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