

Time out and support for carers during the festive season



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Useful phone numbers and contacts

www.vocal.org.uk

VOCAL carer support

Time away from caring

Group activities for carers to take some time for themselves and to meet with other carers for support:

27 Dec 2-3pm Guided meditation @VOCAL Edinburgh Carer Centre
4pm Giant Lanterns of China @ Edinburgh Zoo

28 Dec 10.30am Visit to Our Dynamic Earth

5.30pm Ride on Princes St Big Wheel (meet at VOCAL)

Places are limited so book your place now:

- Book online at www.carerstraining.co.uk/events
- Call VOCAL on **0131 622 6666** or email gpanesar@vocal.org.uk

VOCAL festive opening times

Fri 22 Dec Edinburgh & Midlothian carer centres close (4pm)

Wed 27 Dec Midlothian carer centre open 10am-4pm for telephone support only - call 0131 663 6869

Edinburgh carer centre open 10am-4pm:

- 10am - 4pm Carer support - call 0131 622 6666
- 11am - 2pm Carer Cafe (drop-in)

Thur 28 Dec Midlothian carer centre CLOSED

Edinburgh carer centre open 10am-4pm:

- 10am - 4pm Carer support - call 0131 622 6666
- 11am - 2pm Carer Cafe (drop-in)
- 2pm-4pm SMART Recovery Family & Friends meeting

Wed 3 Jan Edinburgh & Midlothian carer centres re-open (9am)

Surviving Christmas as a carer

Christmas can be a fun time but it can also be challenging for many people, with extra commitments, expense and social gatherings. Having caring responsibilities can also make a difference to how we experience the festive season.

Join a small group of carers to explore how Christmas may have changed for you and look at tools to deal with the physical and emotional demands of the festive season.

Thursday 23 November 10.30am - 12.30pm

Whinpark Medical Centre, 6 Saughton Rd, Edinburgh EH11 3RA

Thursday 27 December 10.30am - 12.30pm

LifeCare Centre, 2 Cheyne St, Edinburgh EH4 1JB

Wednesday 13 December 6pm - 8pm

VOCAL Carer Centre, 8-13 Johnston Terrace, Edinburgh EH1 2PW

Thursday 14 December 10am - 12.20pm

Wester Hailes Healthy Living Centre, 30 Harvester Way,
Edinburgh EH14 3JF

To reserve your place on 'Surviving Christmas as a carer':

- Book online at www.carerstraining.co.uk (go to *Caring for Yourself*)
- Call VOCAL on **0131 622 6666**
- Email gpanesar@vocal.org.uk

Useful contacts

Social Work Emergency Service:

- Edinburgh, East and Midlothian: 0800 731 6969
- West Lothian: 01506 281028/9

NHS 24: Non-emergencies dial **111** (or contact GP).

Police Scotland: Non-emergencies dial **101**.

For emergencies (ambulance, fire and police): dial **999**.

Accident and Emergency Departments (A&Es):

- Aged 13 & over Royal Infirmary of Edinburgh: 0131 536 1000
- Under 13 years Royal Hospital for Sick Children: 0131 536 0000
- All ages A&E Department, St John's Hospital, Livingston: 01506 532000

Samaritans: 116 123 (free to call from mobile & landline)

Domestic Abuse Violence Helpline: 0808 2000 247

Edinburgh Crisis Centre (mental health): 0808 801 0414

Psychiatric Emergency Team: 0131 537 6000

Antisocial Behaviour Helpline: 0131 529 7050

If you smell Gas: 0800 111 999

Water supply emergencies: 0845 600 8855

Electricity power cuts:

- Scottish Hydro: 0800 300 999
- SP Energy Networks: 0800 092 9290 (landline)
0330 1010 222 (mobile)

Voice of Carers Across Lothian, 8-13 Johnston Terrace, Edinburgh EH1 2PW
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