

# Wee Break Midlothian

Time off from caring



HAPPY TO TRANSLATE

MOŻEMY PRZETŁUMACZYĆ আনন্দের সঙ্গে অনুবাদ করব  
ترجمے کے لئے حاضر 很樂意翻譯 يسعدنا توفير الترجمة

Summary available in Braille, large print, easy read  
or audio if you ask us. Call us on 0131 663 6869.

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## Wee Break Midlothian

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VOCAL is a recognised Scottish charity: SC020755  
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*Do you care for a family member,  
partner or friend in Midlothian?*

*Would you like some time away from  
your caring role to take care of your  
own health and wellbeing?*

**Wee Break Midlothian is here to help.**

**Call us: 0131 663 6869**

**Email: [info@weebreak.org](mailto:info@weebreak.org)**

**Visit: [weebreak.org](http://weebreak.org)**



**Wee Break Midlothian is a joint initiative between VOCAL and Midlothian Council. We offer information, advice and support to enable unpaid carers in Midlothian to take a break from their caring responsibilities.**

## A bit of me time

Becoming a carer affects us all in different ways. The daily responsibility of attending to someone else's needs may mean that your own needs are often neglected.

Remember when you had time to meet people, go out or do whatever it was you used to enjoy doing? Leisure time is often the first thing that disappears for carers and the last thing they have time for. We can help you make time for yourself.

## It starts with you

Everyone's idea of a break is different. Our team are here to help you plan your break, find funding, apply for grants and share ideas and suggestions on types of breaks you may enjoy.



A break could be anything from a few hours a week in the gym, a new hobby, a family day trip, weekend away or a weeks holiday with or without the person you care for.

## Here are some of the ways that carers have used grants and funds to take a break:

### *Some space and time to relax and socialise:*

Joe decided to transform her garden by building a summer house and planting raised beds. She now has a lovely outside space where her family can spend valuable time, relaxing together.

### *Improving physical and mental health:*

Jane bought a gym membership to give her the motivation to go to the gym as she missed the exercise. She noticed a real improvement in her health, both physically and mentally, which helped her to 'keep functioning' as well as possible.

### *A refreshing family holiday:*

Marion went on a weeks holiday with her family to Wales and returned feeling refreshed, relaxed and happy.



**If you think you would benefit from a break from your caring routine and would like more information, contact Wee Break Midlothian:**

**Call: 0131 663 6869**

**Email: [info@weebreak.org](mailto:info@weebreak.org)**

**Visit: [weebreak.org](http://weebreak.org)**

## Contact us

Please call me to discuss how Wee Break Midlothian can help me.

Please send me a Carer Information Pack and put me on your mailing list.

**Name:**

**Address:**

**Postcode:**

**Telephone:**

**Email:**

**Date of birth:**

**Ethnicity:**

**Years caring:**

**Information about the person being cared for:**

**Condition(s):**

**Age:**

**Relationship:**

### **Data protection - for your assurance**

The personal data provided in this form will be stored on VOCAL's secure system. This will allow us to let you know about relevant events, training and support by post, email or telephone. We treat and store all information confidentially. We will not share any personal information with a third party unless required to do so and will always seek your consent first. Information is regularly checked to ensure it is accurate and up to date.

We would like to send you occasional information by email about fundraising events and other VOCAL activities.

**Please tick here to receive this information:**

Read our full data protection statement at [vocal.org.uk](http://vocal.org.uk)