

## Introducing... **TreasureTree** Keep it local. Sell through VOCAL

Ever wondered what to do with items you care about, but no longer need?

Things too valuable to throw or give away?

How you might find someone who could still make use of items you need to let go?

### **VOCAL has the answer!**

Treasure Tree is VOCAL's new social enterprise which trades unwanted treasures online for carers, former carers and their families.

It's an easy way to raise money for you and carers by selling goods through eBay, Facebook and Gumtree in exchange for a donation from the proceeds from your sale.

Since launching, Treasure Tree has already sold a wheelchair, a bed and many other mobility items, raising money for carers who no longer needed them, and helping someone else to find the equipment they need at a reasonable cost.

Treasure Tree team Debbie and Stuart (pictured above) told us: "We're delighted to help carers raise cash, recycle valuable goods and help people on low incomes to get items they may not be able to afford otherwise. This is a great idea and helps carers, VOCAL and the environment!"

### **Ready to sell or want find to out more?**

Get in touch with Debbie at [sell@treasuretree.scot](mailto:sell@treasuretree.scot) or visit the website: [www.vocal.org.uk/treasuretree](http://www.vocal.org.uk/treasuretree)



*Debbie and Stuart with some of the treasures recently donated - what would you like to sell?*

### **VOCAL Carer Survey 2017 reports**

If you were one of the 1,228 carers who took part in the VOCAL Carer Survey in November 2017, you might be interested in reading the findings which are now available on the VOCAL website.

You can read the full and summary reports for both Edinburgh and Midlothian here:

[www.vocal.org.uk/carersurvey2017](http://www.vocal.org.uk/carersurvey2017)

# Caring in the City - reaching 7,000 carers in Edinburgh

## ABOUT VOCAL

VOCAL supports carers in all family or relationship settings, be they defined by kinship, partnership, friendship, affection or obligation.

## What do we do?

Carers can access the following:

- Information & advice
- Individual support
- Legal & financial surgeries
- Training & groupwork
- Social & leisure opportunities
- Family Support (Addictions)
- Carer counselling service

## Connect with VOCAL:



**Email:**

[centre@vocal.org.uk](mailto:centre@vocal.org.uk)



**Website:**

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



**Twitter:**

@EdinburghCarers



**Facebook:**

[www.facebook.com/VOCALCarers](https://www.facebook.com/VOCALCarers)

## VOCAL Carer Centres

### VOCAL Edinburgh Carers' Hub

60 Leith Walk

Edinburgh EH6 5HB

Tel: 0131 622 6666

### VOCAL Midlothian Carer Centre

30/1 Hardengreen Estate

Dalhousie Road, Dalkeith

EH22 3NX

Tel: 0131 663 6869

## Additional services:

Family Support

Addictions (FSA) 0131 622 6666

Counselling 0131 466 8082

South Edinburgh 0131 672 0987

South West Edin 0131 453 9457

VOCAL is an active member of the Coalition of Carers in Scotland and is affiliated to Carers Scotland, Shared Care Scotland and Eurocarers.



HAPPY TO TRANSLATE

Dear readers,

When Gordon and his wife Maureen, both carers in Edinburgh, moved house a couple of years ago, they sold some goods on ebay through a social enterprise in Sheffield. They immediately saw the benefit of such a scheme for carers and persuaded VOCAL to start a similar new business to trade unwanted goods for carers. This is how Treasure Tree was created - by carers for carers.

Following VOCAL's move to the Edinburgh Carers' Hub, we are now pleased to introduce this social enterprise to all our readers. A big thank you to staff and volunteers who helped us test the idea for six months in which we have already raised over £5,000!

Fundraising remains a central task for VOCAL to meet the growing demand for carer support. The Board has approved an ambitious new fundraising strategy and we are preparing to link our 25th anniversary in 2019 to a new fundraising appeal - so watch this space.

We are delighted to have been awarded some additional funding from the Scottish Government's Support in the Right Direction fund to help carers broker better self-directed support for their unique situations of care. Jointly with Lothian Centre for Inclusive Living, the Thistle Foundation and MECOPP, who together were awarded £1m, we hope to make a big difference to hundreds of people over the next three years.

This October we say farewell to Tom Gowan, who has been our treasurer for 11 years. Tom has given unstintingly of his time and expertise and VOCAL has benefitted enormously from his wise advice. We wish him all the best for the future.

Due to a number of recent retirements, VOCAL has vacancies on the Board of Directors. If you have experience of caring and a background in finance, governance of public bodies or HR matters, please consider whether you would like to be involved. To find out more and meet other members of the Board, please contact VOCAL Chief Executive Sebastian Fischer at [chiefexecutive@vocal.org.uk](mailto:chiefexecutive@vocal.org.uk) or call 0131 622 6666.

With kind regards,

Patrick Layden, Convenor



## Looking for a space to hold your meeting or event?

VOCAL has two large boardrooms and four small breakout or counselling rooms available for external hire with relaxing outside space and tranquil garden at our fantastic new premises on Leith Walk.

The Edinburgh Carers' Hub is easily accessible by public transport with free on-street parking offering the perfect location for your meeting. Tea, coffee and Wi-Fi are included in your hire with use of a touchscreen smart board in the ground floor boardroom.

For more information on room hire including room capacity and costs, please email [centre@vocal.org.uk](mailto:centre@vocal.org.uk) or call us call **0131 622 6666**.





## Spotlight on carer support in NW Edinburgh

Today we put the spotlight on VOCAL carer support worker Bill McLaren who is based at the West Pilton Gardens Social Work Centre, working alongside City of Edinburgh Council health and social care staff.



Bill's presence there has established him as a contact for carers in the north and west of Edinburgh and as a referral point for social work staff who are aware of carers who need support.

Bill offers individual support and meetings with carers as well as regular drop-in sessions. Free carer training courses including stress management and welfare rights information sessions also take place at the centre.

"I've been based at West Pilton Gardens Social Work

Centre for 2 years now, and have built strong working relationships with the social work staff here" says Bill.

"Through my being here, we have learned from each other and have been able to identify carers more quickly and address their issues more effectively."

"It's also great having my colleague Heriot from VOCAL's Family Support Addictions team here every Wednesday. Being located here gives us the opportunity to do more face to face work with carers at the centre as well as making it easier to get out and visit people in their own homes or a neutral space where they feel more comfortable talking about their caring roles."

**Bill is based at West Pilton Gardens Social Work Centre, 8 West Pilton Gardens, Edinburgh EH4 4DP.**

**To contact him directly, email [bmclaren@vocal.org.uk](mailto:bmclaren@vocal.org.uk) or phone 0131 529 5479.**

## Managing your own response when someone close misuses drugs or alcohol

The drug related death statistics for 2016 recently issued by the Scottish Government are a stark reminder of the dangers associated with the problematic use of alcohol and drugs and the pain and suffering that families, partners and friends can experience when caring for a loved one with an addiction.

The Family Support – Addictions (FSA) team at VOCAL supports family members, partners or friends to find more effective ways to manage their responses to their loved ones addictive behaviour and hopefully to live happier and healthier lives.

One carer who recently lost her son after a long struggle with drug addiction told us how she managed both before and after accessing support from VOCAL.

"I was at my wits end. I thought I could fix my son but nothing worked, I just made myself ill. I felt alone and isolated, angry and confused."

"Through patience and persistence (with myself and my son), I started setting boundaries such as not having my son round the house unless he was sober. I also used positive communication techniques that I learnt in SMART meetings at VOCAL."

"The changes I made also had a positive effect on my son too - we developed a better relationship and as a result I have good memories of the last two years of his life."

**If you are affected by someone else's alcohol or drug misuse, contact the FSA team for support - email [fsa@vocal.org.uk](mailto:fsa@vocal.org.uk) or call VOCAL on 0131 622 6666.**

## Looking after yourself

**Calling the 59% of carers who reported that caring has had a negative impact on their health and wellbeing\*...**

Sign up to a course in September that will help you take better care of yourself:

### **EFT (Emotional Freedom Technique)**

A specific form of alternative psychotherapy that involves tapping on specific pressure points on the body to manage stress.

**Thurs 6th Sept – 4th Oct (5 sessions)  
10.30am - 1pm Edinburgh Carers' Hub**

### **Stress Management**

Learn about stress, its impact and techniques to manage stressful times.

**Tues 18th Sept 10am – 12.30pm  
Allermuir Health Centre**

### **Alcohol and me**

Find out if you drinking more than is safe and what are the alternatives.

**Thurs 20th Sept 2pm-4pm  
Edinburgh Carers' Hub**

**To book a course go to the website:  
[www.carerstraining.co.uk/events](http://www.carerstraining.co.uk/events)  
or contact VOCAL on 0131 662 6666.**

(\*Statistics from VOCAL Edinburgh Carer Survey 2017)

## Eric Liddell Centre Carer programme

The Eric Liddell Centre have a full programme of regular events, classes and outings for carers this autumn and winter including:



### Carer befriending

Offering one-to-one companionship and support, this service is free to any unpaid carer in Edinburgh.

**Monthly coffee afternoons** with talks and guest speakers

**Information** - including surgeries, a touchscreen information kiosk and mobile library, plus support with managing SDS.

**Day trips** - a range of locations and activities to suit all tastes.

**Regular classes** - include mindfulness, Laughter Club, knitting group and lunchtime concerts.

**Therapeutic classes** - yoga and gentle exercise/ Qi Gong.

For full details contact Anna Reid at [reida@ericliddell.org](mailto:reida@ericliddell.org) or call 0131 357 1269.

## Art in the City

Art in the City is an opportunity for people whose lives are affected by dementia and their friends, family and carers to share a gallery visit and discuss art (and other things) in a friendly and supportive environment. The group meets monthly on a Thursday from 10.30am-12pm at one of the Edinburgh galleries. For more information contact Diana on 0131 529 6365.

## Find out about change to primary care in Edinburgh GP practices

Would you like to know about the new changes to what your GP Practice can offer you and how they can support you as a carer?



If so, please come along to meet David White - Strategy, Planning and Quality Manager - from the Edinburgh Health and Social Care Partnership. David will be visiting Care for Carers on Thursday 4th October to share information about the new Edinburgh Primary Care Improvement Plan and what it means for carers.

The meeting will take place in Room G3, Care for Carers, St Margaret's House, 151 London Road, Edinburgh, EH7 6AE on Thursday 4th October from 10.30am - 12pm.

Please contact Ruth McLennan on 0131 661 2077 or Madeleine Martin on 0131 553 8391 for more information.

## New social club for young adults with Acquired Brain Injury (ABI)

Edinburgh Headway Group is absolutely thrilled to announce that it will be launching its first social club for young adults with ABI aged between 18 and 30 years of age.

The Club will support young people with an acquired brain injury to meet up with their peers and develop friendships, build confidence and socialisation skills, improve health and wellbeing and reduce isolation and likelihood of depression.

If you would like to know more or refer a young person then please call Edinburgh Headway on 0131 537 9116.



year of young people  
bliadhna na h-òigridh  
2018



Funding raised by  
The National Lottery  
and awarded by the Heritage Lottery Fund



If you would like to update or remove your details, or would like your name added to VOCAL's mailing list to receive Carers News, then complete this form and return to: **FREEPOST RTYY-ZYUS-HBEY, VOCAL Edinburgh Carers' Hub, 60 Leith Walk, Edinburgh EH6 5HB**

Title: ..... Name: .....

Add ☐

Address: .....

Remove ☐

Previous address (if updating): .....

Postcode: ..... Tel: ..... Email: .....

Update ☐

Condition of person being cared for: .....

Relationship to person being cared for: .....

The information provided in this form will be stored on VOCAL's secure systems. We will use it to send you information about carer support and services by post and email. We may occasionally contact you by telephone. We will not share any personal information with a third party unless required to do so or with your consent. Information is regularly checked to ensure it is accurate and up to date. If you wish to view the information we hold about you or for your details to be removed, please contact VOCAL on 0131 622 6666 or email [centre@vocal.org.uk](mailto:centre@vocal.org.uk). You can read our full data privacy statement on the VOCAL website: [www.vocal.org.uk/privacy](http://www.vocal.org.uk/privacy)