

Support VOCAL at work

www.vocal.org.uk/support-vocal



VOCAL is a registered charity supporting carers in Edinburgh and Midlothian.

A carer provides unpaid care to a family member, partner, relative or friend of any age who needs help to manage a long term condition, disability, physical or mental health problem or addiction.

Message from our **Chief Executive**

Caring for a partner, relative or friend touches people across all ages and communities at some time in their lives.



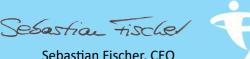
Since VOCAL opened one of the first Carer Centres in

Scotland in 1994, carer recognition has been translated into policy, legislation and a network of carer support organisations across the country. But growing demand for care continues to outstrip provision. As a result, the pressure and expectations on families to care for relatives, neighbours and friends is greater than ever.

As we approach VOCAL's 25th anniversary in 2019, we reflect proudly on our work for carers, but can't rest on our laurels. VOCAL needs to prepare to meet even greater demand in the future. By 2021, we aim to support 10,000 carers a year in Edinburgh and Midlothian. We can achieve this by creating new partnerships, engaging more people and raising funds to expand the range of our support.

We hope you will support our campaign. Please work alongside us to support carers across Edinburgh and Midlothian now and in the future.

On behalf of carers, thank you



Sebastian Fischer, CEO

Our 25th anniversary campaign

In 2019, VOCAL will celebrate 25 years of supporting carers and we invite you to celebrate with us.

Our campaign focuses on the importance of keeping carers healthy and connected in the community. We have identified four main priorities to strengthen the sense of community and connectivity between carers and impact positively on their physical and mental wellbeing.

Our aim is to raise £50,000 to fund important new projects for carers:

Our plans for the future includes

Connecting Carers - a peer mentoring project matching carers with volunteers who have had similar experiences of caring, helping carers feel valued, listened to, supported and informed.

Carer Counselling - helping carers to manage the emotional impact of caring and help them to maintain their emotional wellbeing.

Carer Access Fund – enabling more carers in Midlothian to access events, day trips and breaks from caring.

Big Yellow Mini Bus - connecting carers across Edinburgh and Midlothian with our support services and new opportunities to take a break.

Get involved!

Contact us at fundraising@vocal.org.uk or call 0131 622 6666



Company donations



Charity of the Year





Collection boxes



Payroll giving

Payroll giving is an easy, flexible and tax-effi-



Gift in Kind

unique way for Carer Centres to provide short breaks to



M Staff fundraising



How VOCAL can support your company

We can deliver complimentary **THINK Working Carer** training to your managers and staff
in-house and support you in becoming a
recognised Carer Positive employer.



All of your employees with caring responsibilities at home can access our services free of charge.

We will **promote your fundraising events** on our website and social media pages.

You will have support from our **Partnership Development Officer** and access to our fundraising materials.

We like to recognise our supporters with a thank you letter, cheque presentation, acknowledgment on our social media pages, an update on the impact of your donation and the opportunity to feature on our donor wall.

Facts about working carers

Around 1 in 8 people in the workforce have caring responsibilities at home. This will increase significantly as people grow older and we work longer.

It is estimated that there are 759,000 unpaid carers in Scotland.

23% of carers have had to reduce or give up paid employment because of their caring responsibilities.

(2017 VOCAL carer survey)

Around 270,000 people in Scotland juggle caring with employment.

26% of carers give up work because balancing caring and holding down a job becomes too much.

(VOCAL carer survey 2017)

For more information about supporting VOCAL at work contact:

Partnership Development Officer fundraising@vocal.org.uk 0131 622 6666 www.vocal.org.uk/support-vocal/

VOCAL Edinburgh Carers' Hub

60 Leith Walk, Edinburgh EH6 5HB Tel: 0131 622 6666 Facebook: /VOCALCarers

Twitter: @EdinburghCarers

VOCAL Midlothian Carer Centre

30/1 Hardengreen Estate Dalhousie Road, Dalkeith EH22 3NX Tel: 0131 663 6869 Facebook: /MidlothianCarers











HAPPY TO TRANSLATE

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VOCAL is a recognised Scottish charity: SC020755

Private limited company (Scotland): SC183050