

The aims of VOCAL's Carer Counselling service:

By listening and understanding we will work with carers to empower and support them in their endeavours to find the best possible outcome to their situation.

In addition to counselling, VOCAL also provides courses and workshops on the emotional impact of caring.

For information on any of the above please contact the counselling service using the contact details overleaf.

Comments

VOCAL's Carer Counselling Service welcomes comments on any aspect of the service.

A copy of our comments and complaints procedure is available on our website, in our waiting area or you may ask for a copy to be sent by post or email.

• EDINBURGH •
THE CITY OF EDINBURGH COUNCIL



HAPPY TO TRANSLATE

MOŻEMY PRZETŁUMACZYĆ আনন্দের সঙ্গে অনুবাদ করব

ترجمہ 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 0131 622 6666.

Leaflet reprinted August 2019

Carers Counselling Service VOCAL (Voice of Carers Across Lothian)

Edinburgh Carers' Hub
60 Leith Walk, Edinburgh EH6 5HB

T: 0131 466 8082

E: counselling@vocal.org.uk

W: www.vocal.org.uk

Facebook: /VOCALEdinburgh

Twitter: @VOCALEdinburgh

Scottish Charity: SC020755
Company Registration: SC183050

vocal
working with carers

Counselling for carers



A carer provides unpaid care to a family member, partner, relative or friend with a:

- physical health problem
- mental health problem
- disability
- long term condition
- drug or alcohol problem

VOCAL is a carer-led organisation working with family members, partners and friends who are caring for someone.

0131 466 8082

What is counselling?



VOCAL's COSCA recognised counselling service is open to anyone who provides unpaid help and support to a family member, child, partner, relative or friend, who could not manage without that support.

This could be due to age, a long term condition, disability, physical or mental health problem or addiction.

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

What is counselling?

Counselling aims to support someone in expressing their thoughts and feelings about what is happening in their life.

By exploring all these things counselling can help you to understand more about how you deal with your thoughts and feelings and the situations you find yourself in.

It is not about telling you what you should be doing. It is an opportunity for you to talk about and reflect on what is happening in your life as a carer.

How could it benefit me?

Why is it needed?

Often carers find themselves in situations where their wishes and needs take second place to the person they care for. They can find caring both rewarding and frustrating.

Carers sometimes feel they cannot talk to their family and friends about how they feel about their caring situation. Talking to someone in confidence outside of the situation can be extremely helpful.

How could it help me?

The first thing a counsellor will do is listen to you and what you have to say about your situation. They will try to understand things from your point of view. They can then:

- help you to explore your feelings and thoughts about your situation.
- help you to look at how to deal with your feelings.
- help you to explore your feelings about your relationship with the person you care for and others.
- help you to explore how you might deal with things differently in the future.

How can I access counselling?

Who are the counsellors?

The counsellors are all qualified or in the final year of their training. They have a particular understanding of carers' needs and the difficulties they can experience.

They receive regular supervision and work to the BACP Ethical Framework of Good Practice or the COSCA Statement of Ethics and Code of Practice.

How can I see a counsellor?

All you need to do is contact the Carer Counselling Service. The service manager will arrange an intake session for you at the Edinburgh Carers' Hub. If it is agreed that counselling is appropriate you will then go on a waiting list to see one of the counsellors.

Will it cost me anything?

Carers living in Edinburgh or Midlothian will be asked what financial contribution, if any, they are able to make towards the cost of counselling sessions.

Carers living in any other local authority area will be able to access the VOCAL counselling service at a cost of £20 per session.