



Wee Breaks are here!

We are all very excited here at VOCAL to have launched our new Wee Breaks website! The site aims to provide carers and practitioners with up to date information on the short breaks services, funding and support available, enabling individuals to identify, plan and achieve the right break for them.

There are some interesting carer stories to read giving you inspiration and ideas of what a break might look like. We hope that the website will be a useful tool for carers to think about themselves and their needs for time away from the caring role and daily routines.

There are number of breaks available to book online including; self-guided tours of Dynamic Earth, Edinburgh Castle object handling session followed by a guided tour, visit to Inveresk Lodge & Garden and a visit to Jupiter Artland. All you need to do is visit the site, check what is available and book your place online!

There is also lots of information on where to start, how to plan and funding your break and making your break happen!

VOCAL are also hosting a carer engagement event on **Thursday 7th November** whereby you can come along and test out the site, give your feedback and help shape the short breaks service – places are limited so please book in advance via the website.

We are keen to hear your views, so please do contact David in Midlothian by emailing

dwalker@vocal.org.uk
or calling **0131 663 6869**
to give your feedback
or sign up to come
along to the event.



Visit weebreaks.com

25th Anniversary Ceilidh

Wed 20th November

6.30pm – 11.00pm

Lauriston Hall, 28 Lauriston St
Edinburgh EH3 9DJ

As a carer you are part of our story, we hope you will also be part of our anniversary ceilidh on November 20th.

There is no cost for a ticket but everyone will have a chance to donate on the evening if they wish to. We'll have the Auld Spice Ceilidh Band playing plus a bar and refreshments.

To reserve your tickets (max 3 per person) email **jforster@vocal.org.uk** or call **0131 622 6666**.



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:



midlothian@vocal.org.uk



vocal.org.uk



[@VOCALMidlothian](https://twitter.com/VOCALMidlothian)



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

VOCAL Carer Centres

VOCAL Midlothian Carer Centre

30/1 Hardengreen Estate
Dalhousie Road, Dalkeith
EH22 3NX



0131 663 6869

VOCAL Edinburgh Carers' Hub

60 Leith Walk
Edinburgh EH6 5HB



0131 622 6666

Additional services:

Family Support

Addictions (FSA) 0131 622 6666

Counselling 0131 466 8082

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

Where to find VOCAL in Midlothian



VOCAL Midlothian Carers' Centre – EH22 3NX

Eastfield Medical Practice – EH26 8EZ

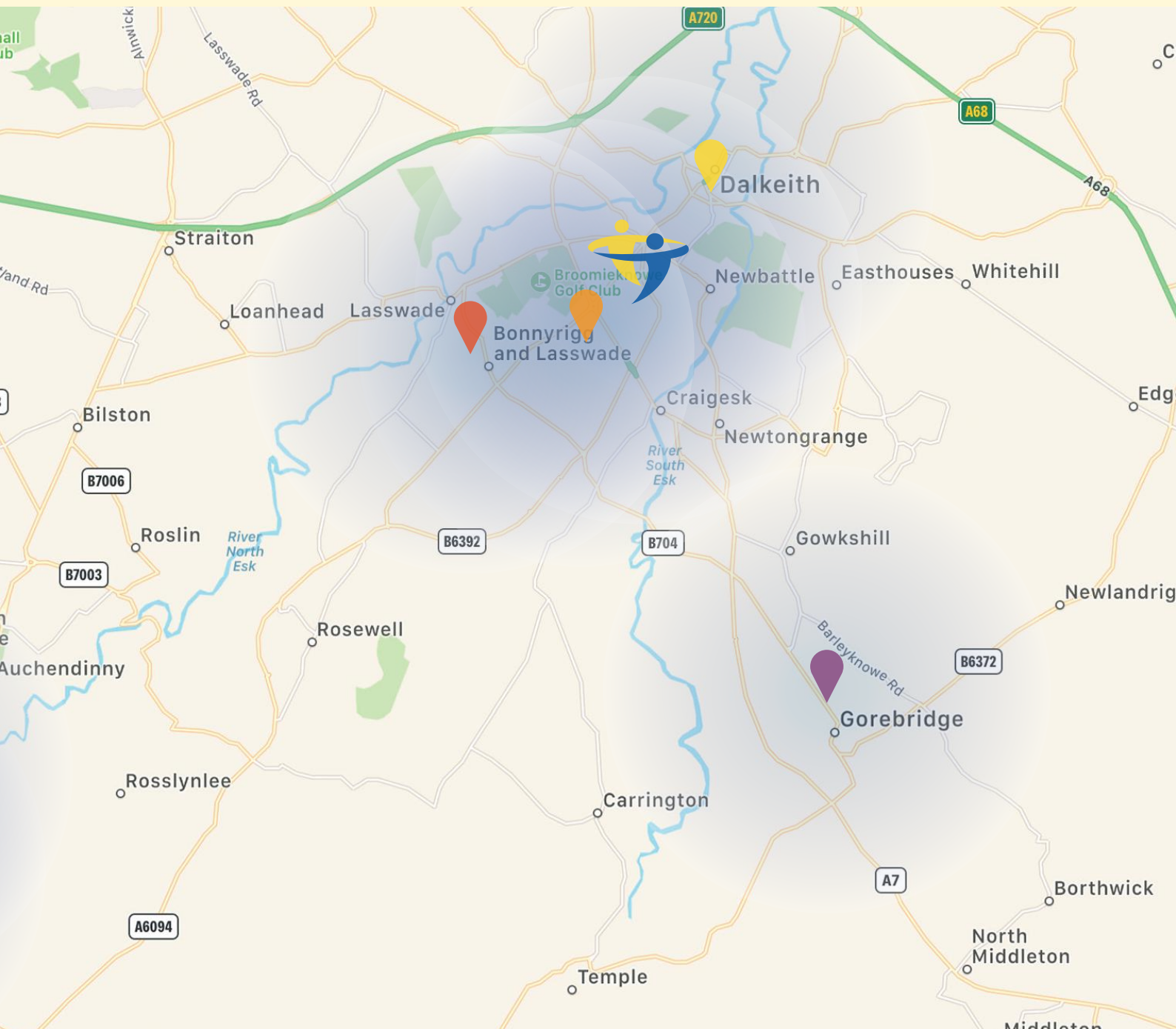
Penicuik Medical Practice – EH26 8LF



Looking Ahead

VOCAL's 25th anniversary year comes to an end with a sponsored fundraising sky-jump by 7 VOCAL supporters on 5 October and our celebratory Ceilidh on 20 November.

The Ceilidh is a public event and we will pay tribute to supporters, staff and volunteers who built VOCAL as a respected carer organization in the Lothians.



No11 Recovery Hub – EH22 1AL

Memory Clinic @ Midlothian Community Hospital – EH22 3ND

Bonnyrigg Health Centre – EH19 2ET

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We thank a number of long-serving trustees who are leaving the board this year and are recruiting new trustees to replace them. We thank Margaret Bennett, Christine Farquhar, Patrick Layden, Maureen Munro and Pam Russell for their services as trustees and wish them well for the future. To find out more about VOCAL's recruitment of new trustees, please contact chiefexecutive@vocal.org.uk.

“ The Parliament congratulates VOCAL on its 25th anniversary; acknowledges the immense amount of work that it does to support carers across Edinburgh and Midlothian and the importance of this to society; encourages people to visit vocal.org.uk to find out more about its work, and wishes VOCAL all the best.”
Colin Beattie MSP, 15th July 2019
Scottish Parliament Motion S5M-18226

Remaining trustees appointed Bill Aitken as Interim Convenor. As a trustee since 2016, Bill is also a

carer who has previously received valuable services from VOCAL. Bill hopes to guide the organisation into the next 25 years of serving carers in Edinburgh and the Lothians.

We hope this issue of ‘Carers News’ will again raise many interesting and helpful issues for carers – thank you for all your support, past, present and continuing for the future!

Sebastian Fische

TreasureTree

Did you know that Treasure tree gave carers who chose to profit share rather than fully donate £15,000 this year.

Here is an example of how it works. A carer asked us to sell a specialised wool-spinning item. A drum carder (we sell almost anything). New, this item costs £475. We sold it for £350.

As a Bronze Donation **the carer received £262.50 and VOCAL received £87.50**. Imagine our delight when the buyer told us that she is also a carer who had taken up wool spinning as a form of relaxation and stress relief. Win Win!



Development day at Treasure Tree

At the end of August, Debbie Greenough (Treasure Tree development manager) and Seb Fischer (Treasure Tree development manager) led a group of volunteers, VOCAL staff and carers in a development day looking at how Treasure Tree was performing. One of the things we realised is we need to market what we do more effectively. **This is where you come in**, please! Even if you cannot donate items (or even if you do), could you tell your friends, neighbours and relatives about us?

We take all the pain out of selling items or helping clear a house. We will come and view items, remove them, store them and then sell them, where possible. We urgently need more stock, particularly, mobility/care items, Retro or Vintage items, furniture and jewellery. Help us in order to help you.



Keep it local. Sell through VOCAL

If you would like to update or remove your details, or would like your name added to VOCAL's mailing list, then complete this form and return to us at: **VOCAL Midlothian 30/1 Hardengreen Industrial Estate, Dalkeith, EH22 3NX** or email us with this information:

Title: Name:

Address:

Previous address (if updating):

Postcode: Tel: Email:

Condition of person being cared for:

Relationship to person being cared for:

Add

Remove

Update

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 663 6869 or email midlothian@vocal.org.uk You can read our full data privacy statement on the VOCAL website: www.vocal.org.uk/privacy