

Support for carers in Edinburgh



VOCAL is an organisation that supports carers.

To get in touch with us ask about a service or find out more, send the form back to us free by email or by free post:



If you want to send the form to us by post, email centre@vocal.org.uk or call 0131 622 6666 and ask us for a free post return envelope



Or you can visit us at:
VOCAL Edinburgh Carers Hub
60 Leith Walk
Edinburgh
EH6 5HB



Call: 0131 622 6666



Email: centre@vocal.org.uk



Internet: www.vocal.org.uk



All our services are free except for our Counselling service where we ask you to pay what you can afford.

Are you a carer?

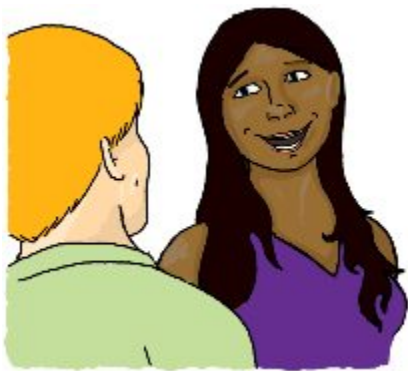


Carers support people who cannot manage without them, they could be:

- family members



- partners



- friends.



Carers are not paid for what they do, they might be supporting people with:

- a physical disability



- a mental health problem



- a learning disability



- health problems



- a drink or drug problem.



How can VOCAL help?

We support all carers.



We can help with:

- advice and information



- support with how it is going



- training and groups



- someone to talk to about problems

i Information



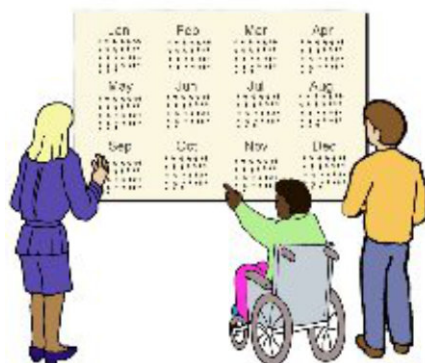
- information about your rights



- benefits



- support services



- planning for the future.

Courses and meetings



We run courses and have meetings about things like:

- telecare panic buttons



- stopping falls

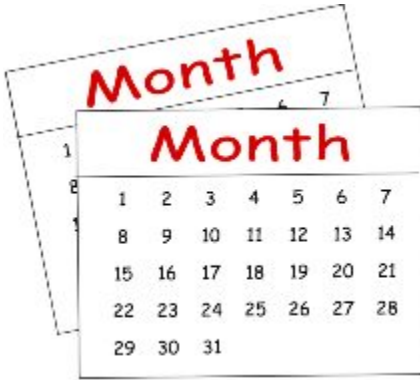


- money matters



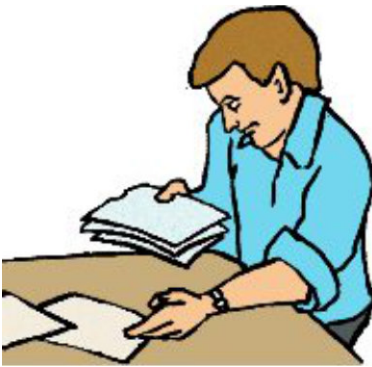
- health problems.

Groups



We run groups that can help with:

- day to day problems



- how to manage



- coping with stress



- after someone has died.

Counselling



We have a counselling service that gives support and helps with how you're feeling. We ask you to pay what you can afford for this service.



Advocacy

Advocacy is a service to help you speak up or speak for you.

Drink and Drugs family support



If a member of your family has a drink or drug problem we can give you support.

Getting in touch form

Please fill out the details below and we will get back to you.

☐

Please ring me

☐

Please send me a carers pack

☐

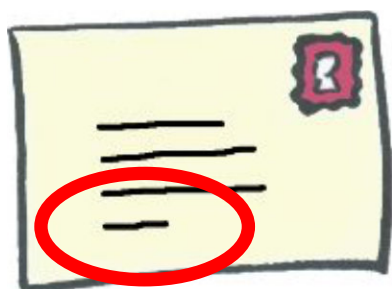
Please put me on your mailing list



Name



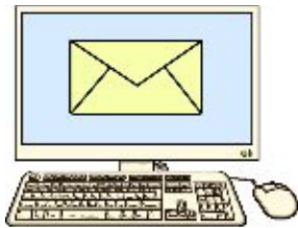
Address



Postcode



Telephone



Email



Date of birth



How long have you been a carer?



How old is the person you care for?



Why do they need a carer?



We would like to keep your information safely on our computer.



We don't give it to anyone else.


☐

If you do not want us to keep your information please tick here.



**To send the form to us in the post email
centre@vocal.org.uk or call 0131 622 6666
with your address and tell us you have an
Easy Read form you want to send to us.**

We will send you a freepost envelope to post it in.