

## contact **VOCAL**



Despite all the challenges we may face, there is much out there that might help us and our families to get through challenging times. At VOCAL, we're offering a **new range of online training courses** which you'll find details of on the insert that came with this issue of Carers News. As always we can also refer carers to many other opportunities.

We've also put together some other online resources covering areas we'd usually be offering courses on. We've shortened some long complex addresses with the bitly web address shortener so you can type them in easily.

Caring for Adults, Free online course through Open Learn [bit.ly/2yviWNs](https://bit.ly/2yviWNs)

A wide range free online courses Leardirect courses on [learndirect.com](https://learndirect.com)

e-books on preparing for self-isolation and Caring For The Elderly During Self Isolation [learndirect.com/coronavirus-ebooks](https://learndirect.com/coronavirus-ebooks)

Free online courses for parents (including a new course - Coronavirus Outbreak Parental Online Course) and adult health and wellbeing courses on topics such as Mental Health. [thetraininghub.co.uk](https://thetraininghub.co.uk)

Dementia Care: Staying Connected and Living Well, an online course, to help carers stay connected to loved ones, manage stress at home, and defuse difficult situations. [futurelearn.com/courses/dementia-care](https://futurelearn.com/courses/dementia-care)

Futurelearn also offer a course on techniques to reduce stress and improve your wellbeing [bit.ly/2wVSZL4](https://bit.ly/2wVSZL4)

NHS Inform have a great breathing and relaxation exercise for stress: [bit.ly/350ggbl](https://bit.ly/350ggbl)

Carers UK suite of Digital Resources on health and wellbeing, support for caring, and technology and caring. You will need to register an account and **use the Code DGTL4822** [carersdigital.org](https://carersdigital.org)

Wellbeing South Glasgow Services have a range of self help guides, video and audio resources on a range of topics such as health anxiety, panic attacks, low mood, anger, stress and more. [wellbeing-glasgow.org.uk](https://wellbeing-glasgow.org.uk)

Marie Curie have this useful short video and guidance on moving someone in bed: [bit.ly/2KqFaaU](https://bit.ly/2KqFaaU)

Nextdoor.co.uk is a great way to stay informed about what's going on in your area. You can register your postcode and address for free at [nextdoor.co.uk](https://nextdoor.co.uk)

Artsy.net has a range of free creative courses you can take online [bit.ly/3bvovPc](https://bit.ly/3bvovPc)

Online Basic First Aid for adults and children [redcross.org.uk/first-aid](https://redcross.org.uk/first-aid)



**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?**

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

**Connect with VOCAL:**

- @ [centre@vocal.org.uk](mailto:centre@vocal.org.uk)
- [vocal.org.uk](http://vocal.org.uk)
- @VOCALEdinburgh
- /VOCALEdinburgh

**VOCAL Carer Centres**

**Edinburgh Carers Hub**

60 Leith Walk  
Edinburgh EH6 5HB

0131 622 6666

**Midlothian Carer Centre**

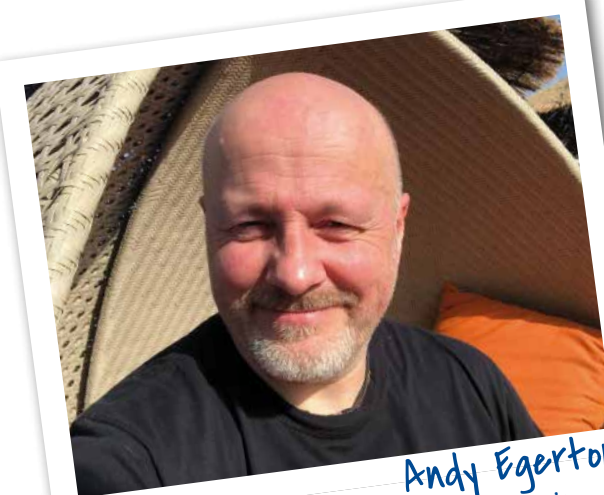
30/1 Hardengreen Estate  
Dalhousie Road, Dalkeith  
EH22 3NX

0131 663 6869

**Additional services:**

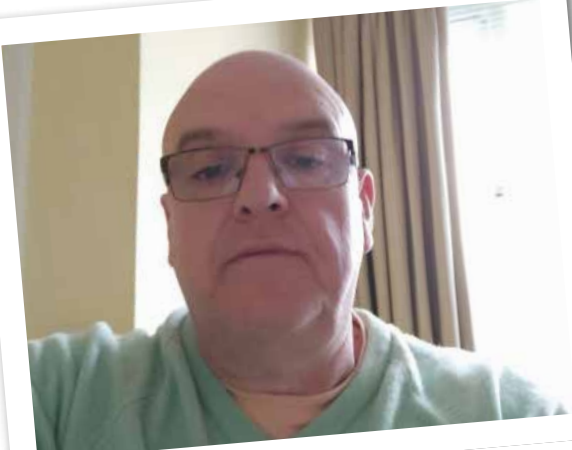
- Family Support Addictions (FSA) **0131 622 6666**
- Counselling **0131 466 8082**
- South Edinburgh **0131 672 0987**
- South West Edin **0131 453 9457**

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



Andy Egerton

Andy's based in North West Edinburgh. He's now working from home with his two adult sons and (in between shifts) his wife who's an NHS nurse. Andy continues to support Carers with information on Benefits and support with their claims via telephone or using attend anywhere.



Bill McLaren

Bill's one of VOCAL's carer support workers and is usually based in the North West of the city. At this time he is actively using email and telephone to ensure that he can continue to make contact and provide support to existing and new carers.



Catherine Corbett

Catherine started in the role of Senior Carer Support Worker this January. Based in Fife Catherine supports carers across the water by phone, email and NHS Attend Anywhere appointments. Catherine is helping to coordinate the Family Support Addictions and Money Matters services, exploring different methods of communication during this challenging time.



Carole Kelly

Carole leads the Edinburgh carer support team. She lives at home in South Edinburgh with her partner, two teenage children and teenage cat. As she has lots of home based activities like cooking, DJing, sewing, reading and gardening... she isn't finding social isolation too awful... though that may change as time goes on!



Gillian Smith

Gillian's normally based at The Haven but now works from home in South Queensferry. She's getting to grips with doing things differently, like video calls which have at times been challenging, but also fun. Gillian's still supporting carers via telephone, and (when up-to-speed) with video calls too.



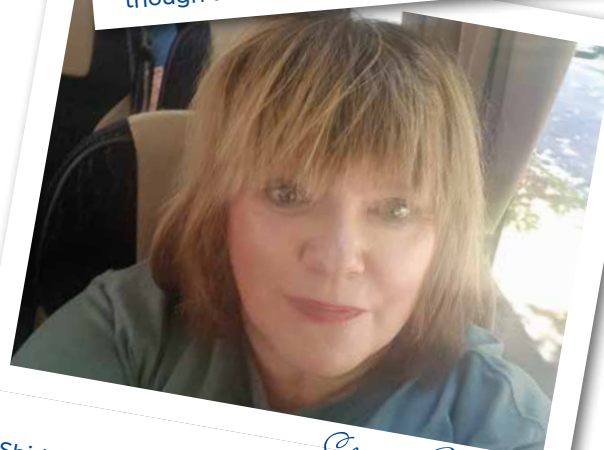
Lisa Rice

Working with unpaid carers for a number of years, Lisa's been in her current role as Senior Carer Support Worker for four years. Supporting carers is as important as ever during these unprecedented times. Lisa will be doing this from her kitchen table in South West Edinburgh. Assistance from a distance.



Heriot Philbrick-Smith

Heriot lives in the east end of Edinburgh. While he's 'locked-in' his home with his partner and children he's very happy to have space to be able to support families in Edinburgh who've a loved one with a drug or alcohol problem in these trying times.



Shirley Morris

Shirley's one of our welfare advisors. With 20 years' experience in the field she's also been involved in recent consultations in social security. Shirley was a carer herself for a few years. From the west of Scotland originally, she lives in Leith.



Rachel Sikanwall

Rachel lives in the South West of Edinburgh with her husband. Now working from home, Rachel continues to answer calls as our Duty Officer and responds to carers making their first contact with VOCAL. When not working or talking to friends and family, Rachel's maximising her time indoors, learning new skills and embracing the quiet.



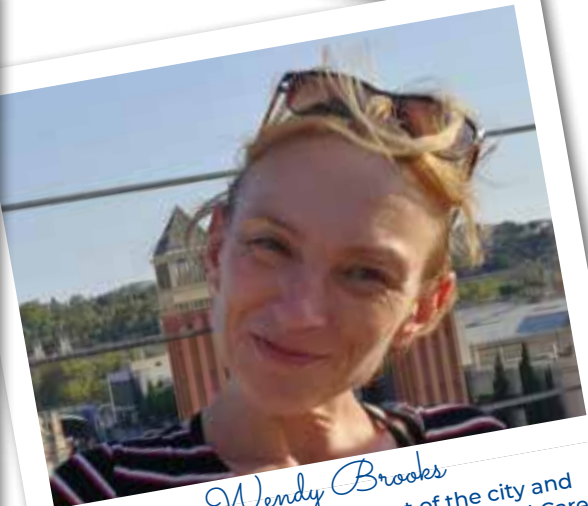
Stuart Byrne

Stuart's an experienced addiction worker, here to support people affected by someone else's alcohol or drug use. Stuart's able to support people by telephone or via web software like Attend Anywhere.



Tammy Easton

Tammy's a mum of two based in the west of Edinburgh. While she looks after her kids with the schools closed, she's also supporting carers interested in Self Directed Support via telephone and Attend Anywhere appointments.



Wendy Brooks

Wendy's based in the South East of the city and works in partnership with Health and Social Care within the NHS Carer Support Team. Drawing on personal and professional experience Wendy can support carers with Emergency Planning, Power of Attorney and Anticipatory Care Plans.

**"Assistance from a distance"**

Our Edinburgh Carer Support Team share snapshots of themselves in lockdown. These are the many faces of VOCAL's remote access carer support.



# TreasureTree

Welcome to Treasure Tree news. We come to you in very strange times. We are sure all of you are having to deal with different things but we are pulling together to make a difference. This really is the ethos of Treasure Tree. As the whole country is looking towards behaving in a socially conscious manner we would remind you that buying from Treasure Tree does exactly that.

We rely on all of you to continue to donate and, while we are allowed to drive, we can arrange for no contact collection and delivery. So if you need a vital piece of equipment please go to our eBay store (link below) and see if we have what you need. You may be taking the time of enforced lockdown to do some house clearing, feel free to make contact to ask if it is something that we can sell. Remember our interests are particularly mobility equipment, vintage items and jewellery. Many buyers come to us from abroad and we post internationally. All monies raised go directly to VOCAL.



## Tom's chair

We would like to share a story that is linked to somebody with a social conscience. Earlier in the year we were very honoured to be asked to sell the electric wheelchair used by Tom Gilzean MBE. As you will recall this ardent fundraiser spent many years collecting for his favourite charity in Princes Street and this well-known figure died last year. Usually we either sell with all profits to VOCAL Or 50% to VOCAL and 50% to donor. In this case Tom's son asked us to split the Funds with 50% to VOCAL and the other 50% going to Tom's chosen charity. Fortuitously, at the same time, a lady who was in extreme need of a chair immediately, whose sole help is a young carer, made an enquiry. Within a couple of days the chair was delivered along with some ramps. Again this is closing the circle of care with both people in need and charities benefitting.



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: **VOCAL Edinburgh Carers' Hub, 60 Leith Walk, Edinburgh EH6 5HB** 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 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)