

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

A wide range free online courses Leardirect courses on learndirect.com

e-books on preparing for self-isolation and Caring For The Elderly During Self Isolation 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

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

Futurelearn also offer a course on techniques to reduce stress and improve your wellbeing bit.ly/2wVSZL4

NHS Inform have a great breathing and relaxation exercise for stress: 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

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

Marie Curie have this useful short video and guidance on moving someone in bed: 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

Artsy.net has a range of free creative courses you can take online bit.ly/3bvovPc

Online Basic First Aid for adults and children 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?

Carers can access the following:

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

Connect with VOCAL:

- @ midlithian@vocal.org.uk
- vocal.org.uk
- @VOCALMidlothian
- /VOCALMidlothian

VOCAL Carer Centres

Midlothian Carer Centre

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

0131 622 6666

Edinburgh Carers Hub

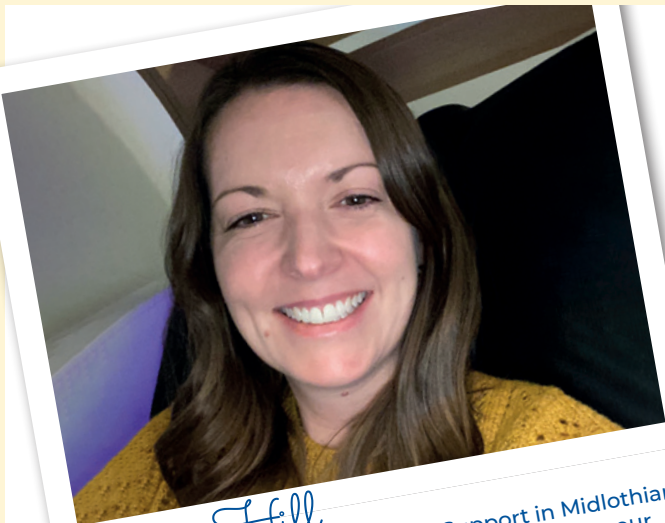
60 Leith Walk
Edinburgh EH6 5HB

0131 663 6869

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.



Laura Hill

Laura's the Lead Officer for Carer Support in Midlothian working alongside our dedicated team to ensure our service continues supporting carers during these difficult times. Laura's currently working from home in East Lothian while juggling home-school for her two lively children!



Tim Humphreys

Tim's the Senior Carer Support Worker in Midlothian overseeing all our carer support operations, alongside our hard working, dedicated team. Tim also has a background in welfare benefits support. He's working from home at the moment while trying to juggle family life with his three young children with boundless energy.



Karen King

Karen lives 'out in the sticks' with her husband, daughter (home from college temporarily) dogs & hens. Karen supports those caring for someone in/being discharged from hospital or with a long-term condition. Support is via telephone, email & Attend Anywhere appointments.



David Walker

David's our Wee Breaks Officer ensuring carers are able to continue to take time off from caring, even in these difficult times. David also has a background in welfare rights and supports the delivery of our Money Matters surgeries.



Hazel Waddell

Hazel supports carers to access Wee Breaks and other opportunities for time off from caring. Hazel's working from home alongside her husband who has become her new coffee break colleague. Working in the kitchen – the hub of the house – has been a challenge and Hazel's had to introduce break times for her grown up boys!



Pauline Quinn

Pauline leads on the essential task of turning our carer centre 'virtual' supporting the delivery of all our services. This includes responding to calls/emails, managing our social media and supporting our surgery programme delivery. Pauline continues to keep in touch with our volunteers to make sure they are safe, well and supported!



Ashleigh Soltani

Ashleigh supports carers affected by someone's drug or alcohol misuse as well as supporting carers to access and complete emergency plans. Ashleigh is kept busy at home with her young family and is enjoying her daily family walks during lockdown.



Peter Horn

Peter's based in East Lothian. He's supporting carers who care for someone with a Mental Health condition, or drug/alcohol addiction, this can be via telephone, email, Attend Anywhere appointments (video calls) or through the dedicated Facebook page 'For Friends and Family Affected by Another's Drug or Alcohol Use'.



Carla Bennett

Carla's working hard juggling being a Mum to two young energetic boys while working from home to support carers in Midlothian. Carla is a Carer Support Worker and her role focuses on supporting carers with all aspects of Self-Directed Support. Carla also supports parent carers in a dedicated Facebook group.

“Assistance from a distance”

Our Midlothian 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 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