



# Wee Breaks in Midlothian



VOCAL Wee Breaks is funded in Midlothian by:



VOCAL Wee Breaks gratefully acknowledges support from:



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MOŻEMY PRZETŁUMACZYĆ    আনন্দের সঙ্গে অনুবাদ করব  
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*VOCAL Midlothian Carer Centre*  
30/1 Hardengreen Estate  
Dalhousie Road  
Dalkeith, EH22 3NX

- 0131 663 6869
- midlothian@vocal.org.uk
- weebreaks.com
- @VOCALMidlothian
- /VOCALMidlothian

Scottish charity: SC020755  
Company registration: SC18305

## Needing a Wee Break?

If you care for a family member, partner or friend in Midlothian, **VOCAL Wee Breaks** can support you to take some time away from your caring role and look after your own health and wellbeing.

Call us: 0131 663 6869  
Email: midlothian@vocal.org.uk  
Visit: weebreaks.com

Freeport RTJZ-LHZA-BLHC  
VOCAL Midlothian  
30/1 Hardengreen Industrial Estate  
Dalkeith  
EH22 3NX



# What is Wee Breaks?

Wee Breaks in Midlothian is a joint initiative between VOCAL and Midlothian Health & Social Care Partnership. We offer information, advice and support to enable unpaid carers in Midlothian to take a break from their caring role.

## *A bit of me time*

Becoming a carer affects us all in different ways. The daily responsibility of attending to someone else's needs may mean your own needs are often neglected.

Remember when you had time to meet people, go out or do whatever it was you used to enjoy doing? Leisure time is often the first thing that disappears for carers and the last thing they have time for. We can help you make time for yourself.

## *It starts with you*

Everyone's idea of a break is different. Our team are here to help you plan your break, find funding, apply for grants and share ideas and suggestions on the type of breaks you may enjoy.

A break could be anything from a few hours a week in the gym, a new hobby, a family day trip, weekend away or a weeks holiday with or without the person you care for.



## *Time away from caring...*



### *Lovely, relaxing lunch, which lifted our spirits*

Fiona and her husband took advantage of one of our free wee breaks and spent some quality time together having lunch in a local bistro. Fiona's husband doesn't leave the house very often, so this was the perfect opportunity to enjoy a relaxing, affordable lunch and lift their spirits.

### *Lots of laughs, shared experiences and special memories*

Hazel and her family spent some time at the Duchally Estate, where her autistic son was able to try out and enjoy a range of sports and leisure activities. The family were also able to spend some time together, relax, share experiences and create long lasting special memories.



### *Sun, sea and peace of mind*

Peter and a friend were able to spend a week in Scarborough enjoying some seaside sunshine, while catching up with some old friends and colleagues. The four day trip, funded through VOCAL's Short Break Fund, gave him a much needed break from looking after his disabled wife. Peter was able to relax and unwind knowing his wife was being looked after by friends and family and returned from his wee break fully refreshed and better able to continue in his caring role.

## Contact VOCAL Wee Breaks



- Please ring me at home / work to discuss how VOCAL can help me
- Please send me a Carer Welcome Pack and put me on your mailing list

Name:

Address:

Postcode:

Telephone:

Email:

Date of birth:

Ethnicity:

Years caring:

Information about the person being cared for:

Condition(s):

Age:

Relationship:

### How we use the information in this form:

The information provided in this form will be stored on VOCAL's secure systems. We will use it to let you know about carer events, training and other relevant support by post, email, SMS or 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 and you can ask to amend, view or remove your personal data by contacting us (details overleaf).

We would also like to send you occasional information by email about fundraising events and other VOCAL activities.

Please tick here to receive this information:

Read our data protection statement at [vocal.org.uk/privacy](http://vocal.org.uk/privacy)