



Wee Breaks in Edinburgh



VOCAL Wee Breaks is funded in Edinburgh by:



VOCAL Wee Breaks gratefully acknowledges support from:



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MOŻEMY PRZETŁUMACZYĆ আনন্দের সঙ্গে অনুবাদ করব
وجعلناك لمتحاضر 很乐意翻译
Summary available in Braille, large print, easy read or audio if you ask us. Call 0131 622 6666

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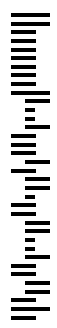
Needing a Wee Break?

Caring for a family member, partner or friend in Edinburgh?

VOCAL Wee Breaks can support you to take time away from your caring role and look after your own health and wellbeing.

- Call us: 0131 622 6666
- Email: edinburgh@weebreaks.com
- Visit: weebreaks.com

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What is Wee Breaks?

Wee Breaks in Edinburgh is an initiative between VOCAL, Community Fund and Edinburgh Health & Social Care Partnership

Offering advice, information and support enabling unpaid carers in Edinburgh to take a break from their caring role.

A bit of me time

Leisure time to enjoy hobbies or interests, holidays and weekends away are often the first things to disappear when caring for someone else.

VOCAL Wee Breaks are here to put you first, get that break and time away from daily routines.

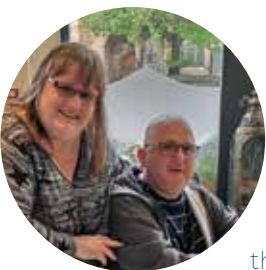
It starts with you

What do you enjoy? What's important to you? Everyone has a different idea of what their ideal break from caring looks like.

Let our team take you on a *break journey*, exploring opportunities and sourcing funding together. Plan that day trip, invigorate lost hobbies, explore local groups or rest and relax with a night, weekend or week away!



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.

If you would benefit from a Wee Break from your caring role and would like more information contact VOCAL:

Call: 0131 662 6666

Email: edinburgh@weebreaks.com

Visit: weebreaks.com

Contact VOCAL Wee Breaks



- Please call me at home / work
- Please send me a Carer Welcome Pack
- Please add me to 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