

# THANK YOU!

Judging by the smiles on their faces, some of our recent supporters have taken great pride and enjoyment in fundraising for VOCAL. Pictured are Kevin from Agenor Technology who, with his colleague Tony, took on the Virtual Kiltwalk challenge over 11-13 September – and Emma Pattinson with her adventure-loving sister and father who completed a 10,000ft skydive in support of VOCAL.

To these kind supporters we extend huge thanks and appreciation of their generous actions and those of their sponsors.

Would you like to support VOCAL? Please contact Julie: [fundraising@vocal.org.uk](mailto:fundraising@vocal.org.uk) if you would like to join our club of smiling supporters.



## Putting Carers First

COVID-19 changed our lives overnight and the impact on carers and those they care for has been significant with many support services stopped or reduced. Additional caring responsibilities and a sense of isolation grew for many, affecting physical and mental well being. The fear of infection prevented many from asking for the help they may be entitled to.

At VOCAL, our commitment to putting carers first has grown even stronger as a result of this pandemic. Since April we have reshaped our support to carers. In May, we resumed training and group work programmes, provided by video conferences and webinars. Since August, in line with the government's road map,

staff have returned to our buildings for at least one day a week.

Until the end of this year, perhaps longer, our premises can only be open by appointment, not for drop-ins or casual visits. Inside these pages you will see the precautions and protection we have put in place to make VOCAL safe for carers, staff and volunteers. Our centres may be closed to the general public, but VOCAL is open to carers!

So **please do contact us**, by email or phone, and **do refer carers** for help and support.

It's certainly not business as usual, but our staff and volunteers work as hard as ever to help wherever we can!



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:

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

VOCAL Carer Centres

**Midlothian Carer Centre**  
30/1 Hardengreen Estate  
Dalhousie Road, Dalkeith  
EH22 3NX

0131 663 6869

**Edinburgh Carers Hub**  
60 Leith Walk  
Edinburgh EH6 5HB

0131 622 6666

Additional services:

Family Support Addictions (FSA) 0131 663 6869  
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.



A look inside the Centre at our COVID-safe space



Many spaces in the centre have changed. We've made sure that the few people in our buildings will always have ample room to keep a safe distance, as VOCAL staff demonstrate here.

Of course all our telephone and online support is also continuing. We will follow any new guidance as the pandemic develops, always working to safely support carers.



If you like you can now come in for a face to face appointment with carer support, so long as it's arranged in advance. Pauline's chosen to keep her mask on for a Money Matters appointment with Laura. Carer support will follow your lead on what you find comfortable.

Staff all follow distancing guidance too, even when no carers are here! Here you can see Hazel and Peter working from spaced out desks while they continue supporting carers by phone and online.



A Gift In Your Will?

Remembering VOCAL in your will is a positive and rewarding action. These gifts allow us to reach out to even more carers and design innovative effective ways to support this growing group of extraordinary people in our community:

**“Leaving a gift in my will is the best way I can thank VOCAL for their support and help when my wife became ill”**

To find out how to leave a legacy to VOCAL, contact us for a leaflet or a confidential conversation.



For Peter's counselling appointment he's decided to take his mask off, which is also fine - all our rooms are now set up so that carers and staff can stay safely distanced at all times.

We do ask that everyone who's able to wears a mask in all common areas such as corridors and stairways. We've made hand sanitiser available throughout both our buildings, along with friendly reminder signage making sure you'll always know what's expected, and how to keep yourself and others safe.

A new angle on your time off from caring

explore COVID-safe carer break options

weebreaks.com

Weeks Breaks Time off from caring





## Going for Gold

Since Treasure Tree began trading, many success stories have contributed to our passing over £20,000 in profits directly back to carers. One our best ever successes happened during lockdown.

While we specialise in selling mobility items, we do also sell many other things, including jewellery. One Treasure Tree client first approached us last year to value a piece of family jewellery. At the time deciding to hold onto it.

This April he got back in touch and asked us to sell the piece: a fourteen carat ballet bracelet weighing 81.72 grams, and valued at around £1,300 for its bullion or scrap price.

The bracelet sold within twenty four hours for £1,890, to a buyer who bought the bracelet to wear and enjoy.

Our client was thrilled. As a silver donor half the value of his sale was donated to Treasure Tree, with the other half transferred directly to his bank account.

If you have Items that you're thinking of parting with, why not get in touch with Treasure Tree to see how we can help. We're experts at helping you find new homes for – and welcome income from – your unwanted items. 100% of Treasure Tree profits go to VOCAL, so you'll also be helping to support carers in Edinburgh & Midlothian.



visit our shop at  
[ebay.co.uk/str/treasuretreeforvocalcarers](https://ebay.co.uk/str/treasuretreeforvocalcarers)



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](mailto:midlothian@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)