



Vote for VOCAL
Voice of Carers Across Lothian!

Help us support unpaid carers



**Rachel supports her son who has autism.
David supports his wife who has MS. Lisa
supports her mum who has Alzheimer's.**

3 in 5 people take on a caring role at some point in their lives

An unpaid carer is someone of any age who supports a family member, child, partner, relative or friend who needs help to manage a physical or mental health condition, a disability, or an addiction.

That might include you, or someone you know.

Many carers are at crisis point – now more than ever

Some have to choose between heating or eating and many are caring 24/7 without a break.

VOCAL works with carers to improve their health and wellbeing, financial situation and social opportunities

Carers can use our counselling service, meet others in peer support groups, enjoy a cinema break, or apply for funding to cover food or fuel costs.

We support over 10,000 carers each year, but with an estimated 100,000 carers in the Lothians, we know there are more that need support!

Your vote could help us expand our support

Being Lothian's next Charity of Choice will help:

- more carers recognise their caring role
- more carers access support and enable them to live well and continue caring
- more people understand the vital role of carers

**LEARN
MORE:**



vocal.org.uk

Scottish Charity: SC020755
Company Registration: SC183050

vocal 
working *with* carers