

Join our peer support group for parent carers



We're part of the
**Parents Carewell
Partnership**



vocal 
working with carers

VOCAL (Voice of Carers Across Lothian), LCIL and Health in Mind are facilitating online and in-person peer support groups for parent carers.

VOCAL and LCIL | First Monday of the month | 11am – 12pm | On Zoom.

VOCAL and Health in Mind | First Friday of the month | 10am – 11am | VOCAL Edinburgh Carers' Hub.

Peer support is when people use their own experiences to help each other. Members of the group can decide how to run the group and what topics they would like to cover.

To attend this group, you will need to be registered with VOCAL. Call us on **0808 196 6666**, email **mcopley@vocal.org.uk** or complete our online form: **vocal.org.uk/referrals/**.

VOCAL (Voice of Carers Across Lothian)
Edinburgh Carers' Hub, 60 Leith Walk, Edinburgh, EH6 5HB

VOCAL is a recognised Scottish charity: SC020755
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www.vocal.org.uk