

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



vocal  
working with carers



VOCAL gratefully acknowledge support from:



HAPPY TO TRANSLATE

MOŻEMY PRZETŁUMACZYĆ আনন্দের সঙ্গে অনুবাদ করব  
ترجمے کے لئے حاضر 很樂意翻譯 يسعدنا توفير الترجمة

Summary available in Braille, large print, easy read  
or audio if you ask us. Call 0131 622 6666.

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## VOCAL Midlothian Carer Centre

VOCAL (Voice of Carers Across Lothian)

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

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VOCALMidlothian

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Scottish Charity: SC020755  
Company Registration: SC183050



# Support for carers in Midlothian



## A carer provides unpaid care to a family member, partner, relative or friend with a:

- physical health condition
- mental health condition
- disability
- long-term condition
- drug or alcohol problem

**VOCAL is a carer-led organisation working with family members, partners and friends who are caring for someone.**

# 0808 196 6666

## Am I a carer?

## How can VOCAL help?

## How do I get in touch?



### Do you...

**Provide unpaid help and support to a family member, child, partner, relative or friend, who could not manage without you?**

This could be due to age, a long term condition, disability, physical or mental health condition or addiction.

VOCAL supports carers in all family or relationship settings, be they defined by kinship, partnership, friendship, affection or obligation.

### How can VOCAL help?

We provide:

- information
- individual support
- training and groupwork
- counselling

### Carer support

Talk to a carer support worker about your information and support needs, your hopes and goals for the future and work out next steps.

If you are worried about money we can help with benefits checks and applications. If you are thinking about your own health we can offer support to get a break from caring, have a health check, look at eating, exercise and stress management. If you are feeling isolated we can help you meet other carers or find local activities.

### Counselling

VOCAL's COSCA recognised counselling service is open to carers requiring emotional support. Financial contributions are agreed at a level to suit your individual circumstances.

### Training & groupwork

Meet other carers, increase your confidence, improve your health and develop coping skills to help you manage your caring role through the training, group work and peer support programme.

### Surgeries

Free, confidential 1:1 meeting with an expert on a specific topic e.g. Power of Attorney, legal issues, welfare rights.

### Family support addictions

Supporting family members and friends affected by someone else's addiction, this service provides one-to-one and group support, as well as short training courses.

**To access our services please contact VOCAL on 0808 196 6666, by email at [midlothian@vocal.org.uk](mailto:midlothian@vocal.org.uk), visit our website [www.vocal.org.uk/referrals/](http://www.vocal.org.uk/referrals/) or complete and return the attached form.**

## Contact VOCAL



Please ring me at home/ work to discuss how VOCAL can help me.

Please send me a Carer Information 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 full data protection statement at [vocal.org.uk/privacy](http://vocal.org.uk/privacy)

