

Need a Wee Break from unpaid caring?



Do you care for a partner, family member or friend?

As an unpaid carer, it can be tricky to find time to yourself to rest, recharge and do the things you enjoy.

Here at VOCAL, we understand how important it is for your own health and wellbeing to take a break now and again.

Our Wee Breaks service is here to help you have some 'me time'. Time to just be yourself.

Get in touch and find out more:



0808 196 6666



weebreaks@vocal.org.uk



vocal.org.uk/wee-breaks

About us

VOCAL is a carer-led charity that provides help and support to anyone in Edinburgh and Midlothian who is caring for a partner, family member or friend.



Do you need a bit of 'me time'?

When you're caring for someone else, it can be hard to make time for your own hobbies and interests... And even harder to take a weekend or holiday away.

VOCAL's Wee Breaks service can help you get a well-deserved break from the daily routines and responsibilities of caring.

How we can help

Our team offers advice, information and support to make your break happen. We will help you explore all the options and plan your Wee Break, whether it's a day trip with a friend, a chance to rediscover a hobby, or taking a night, weekend or even a week away!

We can help you with:

- Deciding what kind of break you need
- Exploring options for stays and activities
- Booking accommodation and travel
- Exploring replacement care options
- Emergency planning
- Sourcing funding

VOCAL's Wee Breaks service is funded by Shared Care Scotland, Edinburgh Health and Social Care Partnership and Midlothian Health and Social Care Partnership.





Respite events

We offer a range of one-off breaks through our respite programme including vouchers for local cafes and restaurants, hotel stays, cinema tickets and access to family parks. And many more options!

Funding your break

We know money is tight for many unpaid carers. Our Wee Breaks team can tell you about free breaks available.

You can also apply to VOCAL's Wee Breaks Fund and grants from other organisations.



What will your Wee Break be?

Options could include:

- Evening at the theatre
- Day out with a friend
- Going for a meal
- Weekend in the countryside
- Doing a craft course
- Regular gym visits
- Active holiday





"I care for my son alone who has Asperger's and depression. I often feel isolated and have had some financial difficulties, which makes taking a break and enjoying hobbies very difficult. The cottage break came at exactly the right time – I feel able to manage things better now."

– Carer



Our holiday homes

We have three holiday homes including a three-bedroom cottage in Blair Atholl, and two homes in Seton Sands holiday park in East Lothian! They are available to unpaid carers for free and discounted breaks.

See our website for more:
vocal.org.uk/wee-breaks





"I applied for funding as I wasn't able to afford a break and I got to a point last year where I couldn't spend time with my other two children due to my daughter's needs taking over every part of my life. Both me and my two boys – Annie's brothers – all needed a well-deserved break."

– Norma, carer



Contact us

VOCAL Edinburgh Carers' Hub
60 Leith Walk, Edinburgh, EH6 5HB

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

T 0808 196 6666

E centre@vocal.org.uk | midlothian@vocal.org.uk
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