



**Remember your  
loved one with a  
donation to VOCAL**

**Make a difference to local unpaid  
carers**

Unpaid carers are people of any age who support someone who needs help to manage a disability, long-term condition, physical or mental health condition, or substance use.





**Maybe that sounds like you, or someone close to you?**

**Many people don't see themselves as an unpaid carer. It could just be what you do, whether out of love, kindness, or a sense of obligation.**

## Why carers need support

While caring for someone can be rewarding and bring you closer to the person you care for, it can come with challenges, too. Carers often face social isolation and difficulties with their own physical or mental health. Being a carer can mean spending a lot of time looking after someone and putting your own needs second to the person you care for.

Being able to take short breaks from caring is vital – it helps carers cope with worries and focus on their own wellbeing. However, many carers struggle with this as they feel guilty, worry about the cost, or find planning too stressful.

Caring also comes with costs, whether due to paying for accessibility equipment, travelling to healthcare appointments, or powering medical devices. Many carers are also forced to reduce their working hours or leave their job due to their caring role. Losing out on both income and a sense of community can have a long-lasting impact.

## How you can help

At VOCAL, we support over 10,000 carers each year to navigate the challenges and impacts of caring. The number of carers is growing and demand for our services continues to increase.

By donating to VOCAL, you will directly support our services and make a difference to the lives of carers. We offer carers:

- One-to-one emotional and practical support
- Peer support and counselling
- Help with benefits and financial planning
- Funding and tickets for short break opportunities
- Events, training and activities
- Advice and information about caring

## How to donate

If you would like to give to VOCAL in memory of a family member or friend you have lost, there are a few options.



### Funeral collection

When planning a funeral, you will have the opportunity to choose whether to collect for a charity. We are proud to work with funeral directors to support funeral collections. You can speak to your funeral director about including details about VOCAL in the order of service, facilitating donations from attendees through cash or a QR code, or setting up a JustGiving page on your behalf.

### Online fundraising

Asking for online donations is another way you can raise money for your chosen charity. You can set up a page on JustGiving in memory of your loved one, and share it with your family, friends and colleagues. VOCAL can help you set this up, too.

### Take on a challenge in memory

Have you ever thought about doing a fundraising challenge? This could be anything from doing a marathon or a skydive, to joining VOCAL's cold-water swimming sessions. Or you could create your own challenge – some of our past participants have chosen an activity that the person they lost would have enjoyed too, to continue their legacy.

### Donate online

There are lots of ways you can donate money directly to VOCAL, such as through regular bank transfers or a gift in your will.

Visit  
[vocal.org.uk/donate](https://vocal.org.uk/donate)  
or email  
[fundraising@vocal.org.uk](mailto:fundraising@vocal.org.uk)  
to find out more



*"I got into running for the Edinburgh 10k, which I did in memory of my dad. He passed away from early onset Alzheimer's in January 2024.*

*Dad used to run and the last time I ran was with him, so the whole process was very healing. I miss him every day – he was only 67 when he died.*

*VOCAL were a big help when Dad was first diagnosed. We were clueless, but we had great conversations to get support in place for him. I became Dad's full-time carer whilst juggling work and three young children, so I was so grateful for any support. My brother, who cares for his partner, has also accessed respite support through VOCAL.*

*Now I want to give back and help this great charity get some more financial support."*

- Mel, former carer

## Get in touch today

**T** 0808 196 6666 | **E** [fundraising@vocal.org.uk](mailto:fundraising@vocal.org.uk)  
[vocal.org.uk/donate](https://vocal.org.uk/donate)

Funded by

Edinburgh Health and  
Social Care Partnership



EDINBURGH  
Alcohol & Drug  
Partnership



Midlothian  
Health & Social Care  
Partnership



**CARER POSITIVE**  
Employer in Scotland  
EXEMPLARY

TRUSTED  
STANDARD  
**LEVEL 2**  
NCS

### Edinburgh Carers' Hub

60 Leith Walk,  
Edinburgh, EH6 5HB

**E** [centre@vocal.org.uk](mailto:centre@vocal.org.uk)



/VOCALEdinburgh

### Midlothian Carer Centre

30/1 Hardengreen Estate,  
Eskbank, Dalkeith, EH22 3NX

**E** [midlothian@vocal.org.uk](mailto:midlothian@vocal.org.uk)



/VOCALMidlothian

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Scottish Charity: SC020755. Company Registration: SC183050.



HAPPY TO TRANSLATE

MOŻEMY PRZETŁUMACZYĆ

আমাদের সঙ্গে অনুবাদ করুন

ترجمہ کے لئے حاضر ہرمانی ترجمہ