



Energy support and advice for unpaid carers

At VOCAL, we want to make sure carers are not left to navigate the challenges of energy bills and finances alone.

Carers often need to keep their homes warmer for longer or rely on electricity to power essential medical devices such as oxygen machines, hoists, and mobility aids.

VOCAL's Safe and Warm project, funded by SGN, helps carers to reduce their energy costs, improve energy efficiency and support their own wellbeing.

How we can help

Our Safe and Warm Carer Support Practitioner has specialist knowledge of energy efficiency, tariffs, and wellbeing.

You can access:

- Personalised one-to-one support: Practical advice tailored to your situation and cost-saving opportunities.
- Energy-saving solutions: Simple, effective ways to improve energy efficiency without compromising health.
- Advice on keeping your home safe: For yourself or the person you care for. Carbon monoxide awareness and free CO alarms are provided.
- Wellbeing support: A dedicated space to share how energy issues impact your wellbeing and learn effective techniques for managing your health.



Get in touch to let us support you today: vocal.org.uk/warm



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

T 0808 196 6666

E centre@vocal.org.uk

 /VOCALEdinburgh

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

T 0808 196 6666 (option 2)

E midlothian@vocal.org.uk

 /VOCALMidlothian