



# Support services for carers

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We welcome your comments on this leaflet and the services we provide. You'll find comment boxes at reception, on the wards, in the Iona Café and in Day Therapies.

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## Support for carers

If you would like further information or support for yourself or your family, contact us on **0131 551 7751** or by email at [access@stcolumbashospice.org.uk](mailto:access@stcolumbashospice.org.uk) and the Access Team will direct you to the most appropriate services for your needs.

The following organisations may be particularly helpful for family members and friends caring for someone with an incurable illness:

### VOCAL EDINBURGH AND MIDLOTHIAN [www.vocal.org.uk](http://www.vocal.org.uk)

**0131 622 6666** (Edinburgh)

**0131 663 6869** (Midlothian)

VOCAL supports unpaid carers through information, peer support and access to services. VOCAL provides support for unpaid carers in Edinburgh and Midlothian in all caring situations and relationships, to help identify the issues affecting them and achieve the best possible outcome for carers.

### CARERS OF EAST LoTHIAN

[www.coel.org.uk](http://www.coel.org.uk)

**0131 665 0135**

Carers of East Lothian supports all adults in a caring situation in East Lothian to get information and services to help their individual caring role, enhance their own wellbeing, and strengthen their collective voice to improve services.

### CARERS OF WEST LoTHIAN

[www.carers-westlothian.com](http://www.carers-westlothian.com)

**01506 448 000**

Carers of West Lothian offers a range of services that have been developed specifically to meet the needs of carers and their families. Information, advice and support for all unpaid carers and people with disabilities.

### EDINBURGH CARER SUPPORT TEAM

[www.edinburgh.gov.uk/carers](http://www.edinburgh.gov.uk/carers)

**0131 536 3371**

Provides information, advice and support to carers living in Edinburgh. Also offers short-term interventions to help carers consider their own health and lifestyle needs and to link them to appropriate sources of support.

### EDINBURGH YOUNG CARERS

[www.youngcarers.org.uk](http://www.youngcarers.org.uk)

**0131 475 2322**

Provides respite and support to young people between the ages of 5 and 25 who care for somebody at home. Aims to improve the lives and wellbeing of young carers by raising awareness, offering emotional and practical support and by giving each young person the opportunity to take a break from their caring role and have fun in a friendly, supportive environment where they can be themselves and leave worries behind.

### MINORITY ETHNIC CARERS OF PEOPLE PROJECT

[www.mecopp.org.uk](http://www.mecopp.org.uk)

**0131 467 2994** (main line)

**0131 467 2996** (Chinese line)

**0131 467 2997** (Asian language line)

Acts on behalf of service users to secure access to a variety of supports and services, including: multilingual advice and information, advocacy and casework support, recreational, social and therapeutic activities, and healthy living programmes.

### CITIZEN'S ADVICE SCOTLAND

[www.citizensadvice.org.uk/scotland](http://www.citizensadvice.org.uk/scotland)

(See website for details of your local branch)

Information and support with benefits, finances, debt, housing, funerals, wills and more.

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