

VOCAL is currently providing:

- Benefits support (telephone and in person with appointments)
- Counselling (Video and in person)
- Power of Attorney (POA), Legal and Long-term care surgeries (telephone support with home visits for POA at a cost of £70)
- Peer mentoring and support groups- both virtual and in person at Eric Liddell Centre
- Training for carers on subjects such as Introduction to Caring, Basic First Aid, Understanding Dementia, Stress Management.

Our website gives dates and times and people can book on here <https://www.carerstraining.co.uk/>

- Wee breaks for unpaid carers such as tickets to Dynamic Earth, Whisky tasting, Mindful Museums: <https://weebreaks.com/>
- ScotSpirit Holiday Voucher Scheme: <https://weebreaks.com/event/scotspirit-holiday-voucher-scheme/>
The scheme enables unpaid carers to enjoy a subsidised overnight break or a daytrip out in Scotland
- Carers Recovery Fund- please ring 0131 622 6666 to discuss. This is aimed at people who have not had funding before and/or who are in the greatest need. It is a one-off grant to help unpaid carers to access a short break, improve financial well-being and/or support their health and well-being.
- There is also a Family Support Addictions Service which provides support and information for families and carers affected by someone else's drug and/or alcohol use