



The Scottish Government has allocated £750,000 to enable unpaid carers to get a break from caring, recognising the impact of the pandemic and the challenges that carers face in lock-down.

Carers in Edinburgh can apply to VOCAL for a grant to fund activities, devices and support, which gives them a break from caring.

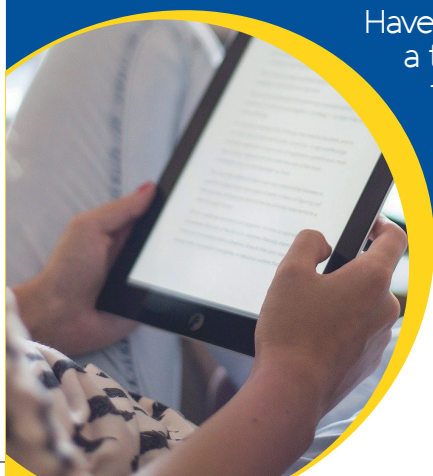
If you are a carer and have an interest you find difficult to afford, but it would make a real difference to your care-life balance, please consider applying!

Digital Options:

Would a tablet or computer help you to keep in contact with family and friends? Do you need a WiFi connection? Would a subscription like Netflix or Prime help now visiting the cinema is out?

Education Options:

Have you considered an online course or a tutor for yourself or your children - to give you a break and time to focus on your own learning?



Funding from
Short
breaks fund

vocal
working *with* carers



Mental Wellbeing Options:

Therapeutic supports like Mindfulness or Counselling can give you time to focus on you.

You may want to create a calming indoor or outdoor space, buy a monthly self-care package, expand your cookery skills or create a herb garden.

Physical Activity Options:

We all need exercise, now more than ever!

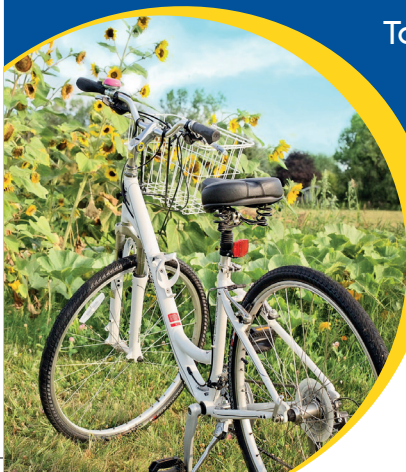
You might want to purchase a bike, fitness equipment, sign up to a fitness class or hire a personal trainer.

Hobbies and Interests Options:

Music, reading books, subscribing to Spotify or a magazine, buying a digital radio - whatever your hobby or interest, would spending a little more on it give you a better break from caring?



To apply, please visit
weebreaks.com/wee-breaks-edinburgh,
call 0131 622 6666
or email centre@vocal.org.uk



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