



Carer Support Organisations

Listed below are Local Carer Organisations who can offer unpaid carers: emotional support; advice to access practical help; assistance with Carer Emergency Plans and ideas on how to have a short break during this time.

This support is currently offered either over the telephone or via digital services such as the NHS Attend Anywhere service.

If you have any queries about this information or who can help you, **please contact the Edinburgh Carer Support Team on 0131-536-3371**. Some organisations have additional information available on their websites.

Organisation	Services	More information
Edinburgh Carer Support Team – Edinburgh Health and Social Care Partnership	Open to carers across the city, this team can also undertake Adult Carer Support Plans during this time.	T: 0131-536-3371 W: https://services.nhslthian.scot/supportingcarers/CarerSupportServices/Pages/CarerSupportTeam.aspx E: carer.support@luht.scot.nhs.uk
Capital Carers (Formerly North West Carers Centre)	Open to both adult and young carers who live in the North West of Edinburgh.	T: 0131 315 3130 W: www.nwcarers.org.uk E: lisa.nwccyoungcarers@gmail.com
Care For Carers	Open to carers across the city. Providing a weekly hard copy newsletter for carers.	T: 0131 661 2077 W: www.care4carers.org.uk E: admin@care4carers.org.uk
Edinburgh Carers Council	Open to carers across the city who are caring for someone experiencing mental health illness.	T: 0131 322 8480 W: https://edinburghcarerscouncil.co.uk E: info@edinburghcarerscouncil.co.uk
Eric Liddell Centre	Open to carers across the city.	T: 0131 447 4520 W: www.ericliddell.org/services/befriending E: sorries@ericliddell.org
Edinburgh Headway Group	Open to carers across the city (and Lothians) to specifically support people caring for someone with an Acquired Brain Injury.	T: 0131 370 0393 W: www.edinburghheadway.org.uk E: carers@edinburghheadway.org.uk
Edinburgh Young Carers	Open to young carers across the city aged 5-25.	T: 0131-475-2322 W: www.youngcarers.org.uk E: info@youngcarers.org.uk
Lanfine Carer Support Service	Open to carers across the city (and Lothians) to specifically support people caring for someone with a Progressive Neurological Condition.	T: 07972 248861 W: https://services.nhslthian.scot/supportingcarers/Pages/LanfineUnit.aspx

MECOPP	Open to carers across the city, this service is available to Black and Minority Ethnic carers.	T: 0131 467 2994 W: www.mecopp.org.uk E: info@mecopp.org.uk
PASDA	Offer support to parents, partners, siblings and carers of adults (over 16) on the autism spectrum who live in Edinburgh and the Lothians.	T: 0131 475 2416 W: https://www.pasda.org.uk/ E: info@pasda.org.uk
Space & The Broomhouse Hub	Open to both adult and young carers who live in the South West of Edinburgh.	T: 0131 455 7731 W: www.spacescot.org E: adultcarers@broomhousecentre.org.uk E: youngcarers@broomhousecentre.org.uk
Support In Mind (Based in the Stafford Centre)	Open to carers across the city to specifically support people caring for someone experiencing mental illness.	T: 0131 557 0718 W: www.supportinmindscotland.org.uk/edinburgh-services W: http://www.staffordcentre.org.uk E: Lorraine@supportinmindscotland.org.uk
The Action Group	Open to carers of children and adults with support needs and learning disabilities, living in Edinburgh, the Lothians and Falkirk areas.	T: 0131 475 2315 W: https://actiongroup.org.uk/ E: info@actiongroup.org.uk
VOCAL	Open to carers across the city. This service also offers dedicated carers counselling, online carer training opportunities and financial and Power of Attorney advice.	T:0131-622-6666 W: https://www.vocal.org.uk/ E: centre@vocal.org.uk
VolunteerNet	Open to carers across the city, VolunteerNet is a service for unpaid carers who live with the person they care for. At this time carers do not have to be registered with VolunteerNet to access some help from their volunteers.	T: 0131-200-2324 (Social Care Direct) W: www.edinburgh.gov.uk/carers/volunteer-support- E: socialcaredirect@edinburgh.gov.uk

Other useful websites include:

NHS Inform – testing info for unpaid carers can be found under “Advice for Key Workers”	W: https://www.nhsinform.scot/wuhan-novel-coronavirus T: 0800 22 44 88
Edinburgh Health and Social Care Partnership- Carers COVID- 19 information page	W: https://www.edinburghhsc.scot/coronavirus-information/carers/
Edinburgh Health and Social Care Partnership- Food Parcel info for vulnerable or shielding people	W: https://www.edinburgh.gov.uk/coronavirus-4/food-parcels-vulnerable-people-coronavirus T: 0131 200 2306 (Edinburgh Vulnerable helpline)
Edinburgh Health and Social Care Partnership- COVID-19 and caring for someone with dementia	W: https://www.edinburghhsc.scot/coronavirus-information/dementia-and-covid-19 T: 0808 808 3000 (Alzheimer Scotland helpline)
Scottish Government - Healthier Scotland	W: https://clearyourhead.scot
Safer Scotland- Corona virus Hub	W: https://www.readyscotland.org/coronavirus
CoronaVirus Information for unpaid cares from the	W: https://www.gov.scot/publications/coronavirus-covid-19-

Scottish Government	advice-for-unpaid-carers-march-2020/
Short Breaks for Strange Times – online breaks from home	W: https://www.sharedcarescotland.org.uk/resources/short-breaks-for-strange-times