

# Connect Here Guide to Carer Services in Edinburgh



Edinburgh **Health and  
Social Care** Partnership



March 2024

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This guide lists Carer services in Edinburgh.

Supporting someone with mental or physical health difficulties can be rewarding but it can also be hard for the carers.

These listed services aim to help and support with the practicalities of caring but also provide opportunities to share experiences with other carers, get practical information and find out you are not alone.

## Keeping the Guide up to date:

Services have been included within this guide to provide comprehensive, useful and accurate listing of Carer Services available within the Capital. Please email (with hyper-link) any additions or entry update changes for consideration.

Email: [ConnectHereUpdates@nhslothian.scot.nhs.uk](mailto:ConnectHereUpdates@nhslothian.scot.nhs.uk)

## Disclaimer:

The inclusion of services or projects in this guide is in no way a commercial endorsement on the part of Edinburgh Health and Social Care Partnership or NHS Lothian. We are unable to guarantee the quality of service provided by the organisation listed. If you have concerns about a service listed here, please contact the service provider in the first instance and their professional body, if one exists. Please email an experience update to us and it will be taken into consideration whilst updating the next guide. Whilst every effort has been made to ensure the accuracy and reliability of the information in this guide, neither Edinburgh Health and Social Care or NHS Lothian will accept liability for errors or omissions and any resulting harm.

Email: [ConnectHereUpdates@nhslothian.scot.nhs.uk](mailto:ConnectHereUpdates@nhslothian.scot.nhs.uk)

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### Edinburgh Carers Council (ECC)

GF5 14 Links Place Great Michael House  
Edinburgh EH6 7EZ

T: 0131 322 8480

E: [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk)

E2: [rachel@edinburghcarerscouncil.co.uk](mailto:rachel@edinburghcarerscouncil.co.uk) - Information and Resource Worker

W: <https://edinburghcarerscouncil.co.uk/>

FB: <https://www.facebook.com/edinburghcarerscouncil>

**Summary:** As ECC staff are working remotely as well as from our office which enables meeting carers in person for advocacy appointments, where appropriate.

If more information about their Peer Support Services is required, email the Information and Resource Worker at address noted above.

Click on the links above to arrange an appointment or telephone the main office number and call will be promptly returned.

## Carers: Advocacy

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### Partners in Advocacy

Hub 4a Hercules House  
Eskmills, Station Road  
Musselburgh EH21 7PQ

T: 0131 478 7723/7724

E: [edinburgh@partnersinadvocacy.org.uk](mailto:edinburgh@partnersinadvocacy.org.uk)

W: <https://www.partnersinadvocacy.org.uk/>

**Summary:** Partners in Advocacy provides independent advocacy for individuals involved in caring roles with a range of issues.

### VoiceAbility

Tay House  
300 Bath Street  
Glasgow G2 4JR

T: 0300 303 1660 (Helpline)  
Opening Hours: Monday-Friday, 9.00am-5.00pm

E: [helpline@voiceability.org](mailto:helpline@voiceability.org)

W: <https://www.voiceability.org/>

FB: <https://www.facebook.com/VoiceAbilityAdvocacy>

YT: <https://www.youtube.com/watch?v=aLEVITz87Ls>

**Summary:** VoiceAbility provides advocacy for unpaid carers of adults and children in Edinburgh, supporting people to know their rights and access services. VoiceAbility makes sure people are heard when it matters most. We've been supporting people to have their say in decisions about their health, care and wellbeing for over 40 years. We're an independent charity and one of the UK's largest providers of advocacy and involvement services, with local teams around Scotland and England.

## Carer Support: Autism

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### PASDA

Norton Park 57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2416

E: <https://www.pasda.org.uk/index.php/contact-us/>

E: [info@pasda.org.uk](mailto:info@pasda.org.uk)

W: <https://www.pasda.org.uk/>

FB: <https://www.facebook.com/pasdaofficial/>

Tw: <https://twitter.com/pasdaofficial>

Inst: <https://www.instagram.com/pasdacharity/>

**Summary:** This service supports Edinburgh and Lothians parents, partners, siblings and carers who care for adults (over 16) on the autism spectrum.

### VOCAL Edinburgh Carers Hub

60 Leith Walk  
Edinburgh EH6 5HB

T: 0131 622 6666

E: [carertraining@vocal.org.uk](mailto:carertraining@vocal.org.uk)

W: <https://www.carerstraining.co.uk/>

FB: <https://www.facebook.com/VOCALEdinburgh>

Tw: <https://twitter.com/VOCALEdinburgh>

**Summary:** This service provides:

- Free training
- Learning
- Social and leisure activities for Edinburgh and Lothian carers, partners or friends

Click on links above for services current available.

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### Change Mental Health

Carers Support Service  
Stafford Centre  
103 Broughton Street  
Edinburgh EH1 3RZ

T: 07597 573 198 (Ana Eales)  
E: Ana.Eales@changemh.org

W: [www.changemh.org](http://www.changemh.org)  
FB: <https://www.facebook.com/changementalhealth>  
Tw: [https://twitter.com/changemh\\_](https://twitter.com/changemh_)  
Yt: <https://www.youtube.com/@changemh>

**Summary:** Their Carers Support Worker, works with the carers, friends and family of people with mental health difficulties. They offer one-to-one emotional, practical support, run peer support groups, a money advice service and work closely with other agencies to ensure their clients receive the support they need.

## Carers: Carer Support

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### Empathy in Mind

Royal Edinburgh Botanic Garden  
Arboretum Place  
Edinburgh EH3 5NZ

T: 07909 922 774 (Linda)  
Opening Hours: Third Tuesday of the month.

E: <https://www.empathyinmind.org/contact-us/>  
E: [welcome@empathyinmind.org](mailto:welcome@empathyinmind.org)  
W: <https://www.empathyinmind.org/>

**Summary:** Empathy in Mind is an Edinburgh carer-led group which offers a safe and confidential space for any carer who may be experiencing the challenging behaviours associated with mental health difficulties. The group is for anyone who cares for someone with a mental health difficulty: you may be a friend, parent, grandparent, partner, sibling or flatmate. The group usually meets in the morning, third Tuesday of the month.

### Health in Mind - Support for Carers

T: 0131 225 8508.

E: <https://ewanm6.sg-host.com/enquiry-form/#>

W: <https://www.health-in-mind.org.uk/news/edinburgh-support-for-carers/>

**Summary:** A range of courses and peer spaces are available to support the mental health and wellbeing of carers. These safe spaces will allow carers the time to explore and discover ways of keeping well and to be able to connect to a wider community of carers and experience peer support.

### Longer courses for unpaid carers

Join events and courses to enhance wellbeing. Click on the links above for more information and to book places.

### Wellbeing Workshops (online)

Five workshops are available on:

- Breathing,
- Mindfulness,
- Relationships,
- Thinking Styles
- Resilience that will help you to improve your wellbeing.

### Coping strategies (online)

A four week course that is looking into what is stress and different coping strategies to help stress management. Join to know more about how to provide more emotional, practical and proactive support to yourself.

### Anxiety Management (online)

A six week course that will explore strategies to manage anxiety on a level of your body and your mind. During the course, learn some basic knowledge about neurobiology of anxiety and how to train ourselves to cope better.

### Moving Forward (face to face and online)

This six week self-management group explores strategies that aims to support change and enhance your resilience in reaching your goals.

If you feel like you are stuck and want to improve your life, but you are not sure what you need or where you can get support, this may be a good place to start.

### Short courses for unpaid carers (online)

Several one-off workshops available for unpaid carers. Sessions are short and focused on guided discussions, sharing experiences and learning new tools.

- Emotional regulation (online),
- Breathing and grounding,
- Boundaries,
- Dealing with unpredictability
- Chats about self care



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### The Action Group

1 Granton Mains Avenue  
Edinburgh EH4 4GA

T: 0131 285 5207

E: [careradvice@actiongroup.org.uk](mailto:careradvice@actiongroup.org.uk)

W: [www.actiongroup.org.uk](http://www.actiongroup.org.uk)

**Summary:** For children and adults with support needs and learning disabilities and their carers. Their carers can get:

- Benefits and income maximisation advice and support.
- Holistic advice and
- Support to help improve wellbeing.

People can self-refer. Email or call them on the number above and ask to speak to an adviser from the carer advice team.

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## Carers: Carer Support

### Capital Carers

1 Waterfront Avenue  
Edinburgh EH5 2FF

T: 0131 315 3130

T: 07407 427773 (Rosie Moorhead - Adult Services Coordinator)

T: 07500 003726 (Lisa Miller - Young Adult Carer)

T: 07766 131736 (Kirsty Shinton - Young Carers Support Worker)

T: 07471 6694535 (Shona James - Schools Project Worker)

E: <https://capitalcarers.org.uk/contact/>

W: <https://capitalcarers.org.uk/>

FB: <https://www.facebook.com/capitalcarers/>

Tw: [https://twitter.com/carers\\_team](https://twitter.com/carers_team)

**Summary:** They provide a range of information, support and signposting services for Carers of all ages in North West Edinburgh, by phone, email, online, and in person.

### VOCAL Edinburgh

60 Leith Walk  
Edinburgh EH6 5HB

T: 0131 622 6666

E: [centre@vocal.org.uk](mailto:centre@vocal.org.uk)

W: <https://www.vocal.org.uk/>

FB: <https://www.facebook.com/VOCALEdinburgh>

Tw: <https://twitter.com/VOCALEdinburgh>

**Summary:** This service provides -

- Information and advice
- Emotional support
- Training
- Counselling
- Advocacy
- Support to carers, including those supporting someone with additional problems

Click on links above for services current available.

## Carers: Carer Support

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### Care for Carers

Room 4.25 St Margaret's House  
151 London Road  
Edinburgh EH7 6AE

T: 0131 661 2077

Opening Hours: Monday-Friday 9.00am-5.00pm

E: [admin@care4carers.org.uk](mailto:admin@care4carers.org.uk)

W: <https://www.care4carers.org.uk/>

FB: <https://www.facebook.com/care4carersedinburgh>

**Summary:** The service can provide information and advice to help carers in their caring role. It also offers short term interventions to help carers to consider their own health and lifestyle needs and to link them to appropriate sources of support.

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### Eric Liddel Centre - Carers Programme

15 Morningside Road  
Edinburgh EH10 4DP

T: 07394497173 - Irene McCarthy

E: [mccarthy@ericliddell.org](mailto:mccarthy@ericliddell.org)

W: <https://www.ericliddell.org/carers-programme/>

**Summary:** This service offers a range of courses, access to information and literature on a range of issues relevant to carers. Additional classes such as dance, art, music/singing as well as interesting talks by organisations and individuals who support carers are also available.

They also offer 1-2-1 support via direct payments/Self Directed support via a dedicated member of staff who is available by appointment.

Finally, carers and cared for can enjoy our excursions as part of a small group on excursions to local venues and places of interest. A member of staff will be present to offer any assistance needed. Transport and entry fees are provided free of charge.

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## Carers: Carer Support

### Space - Adult Carers

Space and Broomhouse Hub  
79-89 Broomhouse Crescent  
Edinburgh EH11 3RH

T: 0131 455 7731

E: [admin@spacescot.org](mailto:admin@spacescot.org)

W: <http://www.spacescot.org/>

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Inst: [https://www.instagram.com/space\\_broomhousehub/](https://www.instagram.com/space_broomhousehub/)

**Summary:** Support offered to adult carers with regular telephone calls providing information, advice, well-being and coping strategies.

## Carers: Carer Support

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### Edinburgh Carer Support Team

Edinburgh

T: 0131 536 3371

Opening Hours: Monday-Friday, 09.00am-5.00pm

W: <https://www.edinburgh.gov.uk/carers/edinburgh-carer-support-team-1>

W2: <https://services.nhslothian.scot/supportingcarers/>

**Summary:** The service can provide information and advice to help carers in their caring role. It also offers short term interventions to help carers to consider their own health and lifestyle needs and to link them to appropriate sources of support.

## Carers: Carer Support

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### Carers of East Lothian

East Lothian Community Hospital

Alderston Road

Haddington EH41 3PF

T: 0131 665 0135

E: [centre@coel.org.uk](mailto:centre@coel.org.uk)

W: <https://coel.org.uk>

FB: <https://www.facebook.com/coel92>

**Summary:** Supporting carers in East Lothian by providing information and services to improve overall wellbeing.

### Carers of West Lothian

Sycamore House  
Quarrywood Ct.  
Livingstone EH54 6AX

T: 01506 448000

Opening Hours: Monday–Friday 9.00am–5.00pm

E: [office@carers-westlothian.com](mailto:office@carers-westlothian.com)

W: <http://carers-westlothian.com>

FB: <https://www.facebook.com/CarersofWestLothian/>

Tw: <https://twitter.com/CarersWL>

Inst: <https://www.instagram.com/carerswestlothian/>

**Summary:** Carers of West Lothian is a well-established charity offering a range of services developed to meet the needs of unpaid carers and disabled people in West Lothian.

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### Home Start Edinburgh

247 Leith Walk  
Edinburgh EH6 8NY

T: 0131 553 7819

Opening Hours: Monday-Thursday 9.00am to 5.00pm; Friday 9.00am to 12 noon

E: [admin@homestartedinburgh.org.uk](mailto:admin@homestartedinburgh.org.uk)

W: <https://www.homestartedinburgh.org.uk/>

FB: <https://www.facebook.com/HomeStartEDI>

**Summary:** Home-Start Edinburgh Supports parents with young children at home and recruit and train volunteers to provide this support.

Additionally, as part of its on-going programme, HSE runs regular parent and children groups and arranges social events for referred families.

## Carer Support: Families

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### Fair Advice Edinburgh

95 Causewayside  
Edinburgh EH9 1QG

T: 0131 662 1962

E: [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk)

FB: <https://www.facebook.com/FairAdviceEdinburgh>

Tw: [https://twitter.com/Fair\\_Advice](https://twitter.com/Fair_Advice)

**Summary:** FAIR is an information and advice service for people with learning disabilities, parents, carers and people who work with them in Edinburgh.

### Marie Curie Support Line

Marie Curie 89 Albert Embankment  
London SE1 7TP

T: 0800 090 2309 - Support Line

Opening Hours: Monday-Friday, 9.00am-5.00pm

W: <https://www.mariecurie.org.uk/help/support/marie-curie-support-line>

FB: <https://www.facebook.com/MarieCurieUK>

Tw: <https://twitter.com/mariecurieuk>

YT: <https://www.youtube.com/user/mariecurieuk>

**Summary:** Every Monday to Friday between 9.00am-5.00pm, contact at above links to ask questions and find support.

## Carers: Parenting

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### One Parent Families

2 York Place  
Edinburgh EH1 3EP

T: 0808 801 0323 - Helpline

T: 0131 556 3899

E: [helpline@opfs.org.uk](mailto:helpline@opfs.org.uk)

W: <https://opfs.org.uk/>

FB: <https://www.facebook.com/OneParentFamiliesScotland/>

Tw: <https://twitter.com/opfs?lang=en>

Inst: <https://www.instagram.com/oneparentfamiliescotland/>

**Summary:** One Parent Families Scotland aims to enable single parent families to achieve their potential, to reach a decent standard of living and contribute to Scottish society.

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### Edinburgh Young Carers

Norton Park 57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2322

W: <https://www.youngcarers.org.uk/>

FB: <https://www.facebook.com/Edinburghyoungcarers/>

Tw: <https://twitter.com/eycp>

Inst: <https://www.instagram.com/eycscotland/>

**Summary:** This is a voluntary organisation which provides respite and support to young people between the ages of 5 and 25 who care for somebody at home. The aim is 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.

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## Carers: Young Carers

### Space - Young Adults, Young Carers

Space and Broomhouse Hub  
79-89 Broomhouse Crescent  
Edinburgh EH11 3RH

T: 0131 455 7731

E: [admin@spacescot.org](mailto:admin@spacescot.org)

W: <http://www.spacescot.org/>

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Inst: [https://www.instagram.com/space\\_broomhousehub/](https://www.instagram.com/space_broomhousehub/)

**Summary:** This service offers one to one telephone support and/or group support through digital platforms via telephone, Whatsapp, door step visits and fun and engaging activity packs. Email link above for a new referral and for more information.