

# Vocal is looking out for carers this Christmas



For many carers the festive season can be a time of additional stress as they can find themselves without the usual support from friends, family and public services.

This year, VOCAL is going to do something different! The VOCAL Edinburgh carer centre will remain open on **28th, 29th and 30th December 2015** from 9am-5pm for a special programme of events and services to ensure that carers have somewhere to go, access to support and someone to talk to when they need it.

Carers are invited to pop in for a cuppa and a chat at the free Carers' Cafe or to attend workshops including meditation, arts & crafts and Laughter Yoga – no booking necessary! There will also be a SMART Recovery Family & Friends meeting for those affected by someone else's addiction on Tuesday 29th Dec 2-4pm.

Workshops, meetings and the Carers Cafe are all free to unpaid carers and will take place at the VOCAL Edinburgh Carer Centre, 8-13 Johnston Terrace, Edinburgh EH1 2PW

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