



Expert Caring  
Learning and support for carers

# Caring for someone

Wednesdays  
4th October -15th November  
10am -1pm

VOCAL Carers Centre  
8-13 Johnston Terrace  
Edinburgh  
just off the Royal Mile

Learning with carers and professionals at the  
**Princess Royal Trust  
VOCAL Carers Centre**  
8-13 Johnston Terrace,  
Edinburgh EH1 2PW

Caring for a partner, child, relative or friend with an illness or disability, or for a person who is frail, can be a rewarding task. But however much we love the person, caring can become demanding and stressful, and sometimes it's difficult without support.

Knowing what help is available, and how to access it is very important. At VOCAL we can help.

Since 1995, over 1,000 carers have attended VOCAL's training courses to learn from professionals and from others in similar situations what they are entitled to and how to get support.

VOCAL's 'Expert Carers' courses help you to find the best solutions for your own situation. Getting the right information from the beginning can help you plan and ensure a better quality of life for you and the person you care for.

VOCAL's '*Expert Carers*' learning programme is funded and supported by NHS Lothian, City of Edinburgh Council, and by the Big Lottery Fund.

All courses are free to carers and we offer travel and alternative care expenses, if you need someone to look after the person you care for while you attend this course.

If you are unsure about committing to this course, return this slip and we will contact you with further details.

Alternatively, just ring Jane Greenacre on 0131 622 6666 for more information.

generic

**VOCAL**  
**Freepost 3172**  
**EDINBURGH**  
**EH1 0XG**

# Caring for someone

## Interested ?

*Wednesday 4th October 2006*

### **Understanding the Human Body**

Information about how the human body works and some of the things that can go wrong including information about specific conditions and illnesses.

*Wednesday 11th October 2006*

### **Understanding Medicines**

Information on medication and its uses, how drugs work, when medication should be given, what happens if a dose is missed, possible side effects and if drugs can be taken safely with alcohol.

*Wednesday 18th October 2006*

### **Money Matters**

This session looks at what welfare benefits are available to carers and the people they care for. There will also be an exploration of money management techniques such as Powers of Attorney and Appointees.

*Wednesday 25th October 2006*

### **Support in the Community**

What is community care all about - how are peoples needs assessed - will it be possible to get help at home - what rights do I have?

*Wednesday 1st November 2006*

### **Effective Communication**

A session exploring how to make the most of contact with professionals. Topics will include how do we communicate, assertiveness and preparing for a meeting.

*Wednesday 8th November 2006*

### **Changing Relationships**

This session explores how caring can affect our relationships. Topics will include guilt, loss and communication.

*Wednesday 15th November 2006*

### **Looking After Yourself**

This last session looks at ways carers can help themselves - identifying and dealing with stress - making time for yourself - learning about different ways to relax.

### **I would like to know more about 'expert caring'**

- I am a carer
- I know a carer who might benefit
- I would like to know more about VOCAL

Name .....

Address .....

.....

.....

Postcode .....

Tel .....

### **FOR CARERS ONLY:**

- Please register me for this course
- Please ring me to discuss details

*For further information contact:*

Jane Greenacre  
PRT VOCAL Carers Centre  
8 Johnston Terrace  
Edinburgh EH1 2PW  
Tel - 0131 622 6666

Please note a light lunch will be provided for all participants