



Expert Caring

Learning and support for carers

Caring for someone and  
**Looking  
after  
yourself**

Tuesdays

20th February-27th March

10am to 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 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.

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**VOCAL**  
Freepost 3172  
EDINBURGH  
EH1 0XG

Tuesday 20th February 2007

**Why Do Carers Need to Look After Themselves**

An opportunity to explore why it is important and how carers can look after themselves. This session also includes a look at how the body works including the role of the major organs.

Tuesday 27th February 2007

**Body M.O.T.**

A Community Nurse will be giving a presentation about some common danger areas such as weight, blood pressure and how to manage them. There will also be time for a private meeting to look at these issues.

Tuesday 6th March 2007

**Diet and Nutrition**

This session will look at choices around diet addressing topics such as alcohol, salt, cholesterol.

Tuesday 13th March 2007

**An Active Lifestyle**

An opportunity to look at how carers can improve or maintain their levels of fitness. This session will also look at the physical and mental benefits of exercise.

Tuesday 20th March 2007

**A Healthy Mind**

This session looks at what constitutes a healthy mind and warning signs carers can use to help them look after themselves.

Tuesday 27th March 2007

**Stress Management**

This session explores how carers can take care of themselves and focuses on managing stress and its associated difficulties.

Please note a light lunch is served following the course. We hope all participants will be able to join us.

**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  
PRTC VOCAL Carers Centre  
8-13 Johnston Terrace  
Edinburgh EH1 2PW  
Tel - 0131 622 6666