

'Expert Caring' is a course designed for carers - people with considerable caring responsibilities for a spouse, partner, parent or child, a neighbour or friend with an illness or disability.

Help and support is available for transport and respite, and the course is entirely free of charge. Refreshments and a light lunch are also provided free of charge.

Each session provides opportunities to listen to experts and other carers.

All speakers and tutors have been specially chosen to deal with situations experienced by carers. They are drawn from hospital staff, community services, social work, advice centres and other relevant agencies.

The course has been jointly funded and organised by:
*VOCAL - Voice of Carers Across Lothian
 Edinburgh Carers Council for Carers of
 Mental Health Service Users
 Big Lottery Fund*

The course is open to all carers looking after someone with a mental health problem

For further information ring Jane Greenacre on 0131 622 6666 or Lami Mulvey on 0131 554 5153

VOCAL
Freepost 3172
EDINBURGH
EH1 0XG

Expert Caring

Learning and support for carers

looking to the future with someone with mental health difficulties

Wednesday Evenings
 17th January-28th February
 6pm-8.30pm

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

Edinburgh Carers Council



for carers of those who use
 mental health services



Looking to the future

Interested ?

Wednesday 17th January 2006

An Introduction to Community Mental Health

This session will introduce the systems and people involved in supporting those with mental health difficulties in the community.

Wednesday 24th January 2006

Living in the Community

This session looks at housing, education, employment and social options for people with mental health difficulties.

Wednesday 31st January 2006

The Legislation Maze

An opportunity to look at the implications of the Mental Health Act and Adults with Incapacity Act for people with mental health difficulties and their carers.

Wednesday 7th February 2006

Preparing Financially for the Future

This session will look at how wills and trusts can be used to help someone with a mental health problem prepare financially for the future

Wednesday 14th February 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 21st February 2006

Moving Towards the Future

This session, led by a CPN and a Pharmacist, will help carers to understand son or daughter's path to the future and will include tips to help them.

Wednesday 28th February 2006

Possibilities for the Future and Thinking about Yourself

For this session we will be joined by the Scottish Recovery Network who will be sharing stories of recovery.

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 Edinburgh Carers Council and 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
Tel - 0131 622 6666

or

Linda MacLeod
Tel - 0131 554 5153

Please note a light supper will be provided for all participants