

VOCAL  
Freepost 3172  
EDINBURGH  
EH1 0XG

Caring for a partner, child, relative or friend with an illness or disability, or for a person with addiction, 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 Liberton Gilmerton Neighbourhood Partnership.

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.



Expert Caring

Learning and support for carers

Are you worried about someone's use of drugs? -a course for family members.

Tuesdays 6.30pm-8.30pm  
9 March - 30 March 2010

Libertus  
20 Gracemount Drive  
Edinburgh

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

## Are you worried about someone's drug use?

## Interested ?

A free course open to all family members and friends concerned about someone else's drug use. The course provides a confidential space to explore key themes and techniques.

Tuesday 9 March 2010

### **Drug use and dependancy**

This session will introduce theories of addiction and provide information about different drugs and their effects.

Tuesday 16 March 2010

### **Relationships and addiction**

This session provides an opportunity to explore how relationships work and the impact of drug use.

Tuesday 23 March 2010

### **Coping skills**

This session explores different methods of coping in complex situations with a focus on how family members can develop strategies and access support.

Tuesday 30 March 2010

### **Looking after yourself**

This session helps family members to explore the barriers to looking after themselves and how to overcome them. We will have a particular focus on stress management strategies.

Tuesday 27 April 2010

### **Reunion**

A chance to come together and discuss any outstanding issues or developments.

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

- I am a family member
- I know someone 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  
Tel - 0131 622 6666  
or  
Hazel Rendall  
Tel - 0131 672 0986

Please note a free light supper is provided for participants  
6pm-6.30pm