



Caring with Confidence

Learning and support for carers

Caring for someone and **Looking after yourself**

Fridays 10am-12.30pm
30 January - 13th March '09

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

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 'Caring with Confidence' 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 'Caring with Confidence' 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

Friday 30 January 2009

Why Do Carers Need to Look After Themselves?

An opportunity to explore why it is important and how carers can look after themselves.

Friday 6 February 2009

Diet and Nutrition

This session will look at choices around diet and its effect on health, addressing topics such as alcohol, salt and cholesterol.

Friday 13 February 2009

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.

Friday 20 February 2009

A Healthy Mind

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

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

Friday 27 February 2009

Thinking About Stress

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

Friday 6 March 2009

Activities for Relaxation

This session gives carers an opportunity to explore their creative side with a session led by an art therapist.

Friday 13 March 2009

Complimentary Therapies Taster

In this session we will learn more about complimentary therapies and have the opportunity to try reflexology.

Friday 15th May 2009

Reunion and Walk

A chance to catch up with friends made on the course and a guided walk.

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

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.....

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