

VOCAL
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EDINBURGH
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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. 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.

Expert Caring

Learning and support for carers

Caring for someone with a

Heart Condition

Thursdays

10 April - 29 May 2008

1pm - 3.30pm

VOCAL Carers Centre
8-13 Johnston Terrace
Edinburgh

just off the Royal Mile



Thursday 10 April 2008, 1-3.30pm
Understanding the Heart
This session explores the role of the heart in the body, looking at how it works and the effect of different medical conditions.

Thursday 17 April 2008, 1-3.30pm
Treating a Heart Condition
This session provides information about different forms of treatment, including drugs, stress management and the role of exercise in managing a heart condition.

Thursday 24 April 2008, 1-3.30pm
Living with a Heart Condition
This session provides practical advice about how to manage day to day tasks with a heart condition, and how equipment and you as carers, can assist.

Thursday 1 May 2008, 1-3.30pm
Diet and Nutrition
This session provides practical advice about eating and drinking for someone with a heart condition and their family members.

Thursday 8 May 2008, 1-3.30pm
Support in the Community
Focusing on what help is in the community to support someone with a heart condition and their carer. This session looks at the welfare benefits system and the support available.

Thursday 15 May 2008, 1-3.30pm
Changing Relationships
Exploring how relationships work and change. This session allows carers to reflect on how their relationships with friends and family have changed as a result of their caring role.

Thursday 22 May 2008, 1-3.30pm
Looking after yourself
This session gives carers the chance to think about how they can look after themselves, helping to ensure their mental and physical health. This session will also offer practical tips on stress management.

Thursday 29 May 2008, 1-3.30pm
Open session
This session will give time to explore any issues that have arisen during the previous sessions.

Please note afternoon tea is provided for participants following the session

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 at VOCAL on
0131 622 6666 or

Jane@vocal.carers.net

or Louise Peardon at Chest, Heart &

Stroke Scotland on

0131 225 6963 or

louise.peardon@chss.org.uk