

Caring for someone with a

Lung Condition

Thursdays

18 March - 15 April 2010

12pm - 2pm

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. 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 2,500 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 and City of Edinburgh Council,

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.

lung

VOCAL
Freepost 3172
EDINBURGH
EH1 0XG

This five session course provides advice, information and support to family members and friends living with and/or supporting someone with a lung condition.

Thursday 18 March 2010

Understanding the lungs

This session provides information about how the lungs function and how that function is affected by different conditions.

Thursday 25 March 2010

Treating lung conditions

This session provides information about different methods of treating lung conditions, how they work and when to use them. We will also explore when and how to contact health professionals and the role of exercise.

Thursday 1 April 2010

Living with a lung condition

Practical advice about how people with a lung condition and their carers can manage day to day tasks.

Thursday 8 April 2010

Support in the community

Information support is available from the NHS and through Local Authorities to support people with lung conditions and their carers.

Thursday 15 April 2010

Changing relationships

This session explores how caring can affect our relationships. This session will explore how relationships work and the process of change.

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
PRT VOCAL Carers Centre
8 Johnston Terrace
Edinburgh EH1 2PW
Tel - 0131 622 6666

Please note a free buffet lunch is provided for participants