

# Do you look after a friend or relative? WHO IS LOOKING AFTER YOU?

## Connections, Choices and Changes

A **FREE** six week course for carers.

Meet with other carers to learn new skills, explore how to stay healthy and resilient, respond to challenges and develop the confidence to take more control.



“ I feel more relaxed and less stressed. As a result of attending the course I also feel more able to attend to my own health needs. Some of the coping strategies learnt on the course made a real difference to me in my caring role. ”

Testimonial from a carer that attended the course.

We are now taking names of carers who would be interested in the next 3C's course which will begin on Tuesday 29th October 2013. Each weekly session will run from 10am – 1pm.

For more information or to book a place please contact:

**Lesley Gray**

**Tel: 01224 212021 (ask for Carers Services)**

**or email [carers.info@vsa.org.uk](mailto:carers.info@vsa.org.uk)**



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