

## Acceptance Form

I would like to attend the Caring and Coping with Loss in Dementia Course.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Tel No. \_\_\_\_\_

Email: \_\_\_\_\_

Please tick who you care for below;

I care for my spouse \_\_\_\_\_

I care for my parent \_\_\_\_\_

I care for \_\_\_\_\_

Please phone, email or return this form as soon as possible to book a place as places are limited.

Each Session will take place at Care for Carers, St Margaret's House, 151 London Rd, Edinburgh EH7 6AE.

We can help with transport for this course. For further information please contact: Care for Carers on 0131 661 2077.

Caring and Coping with Loss in Dementia Course  
for Carers

### **Do you feel overwhelmed, struggle with feelings of guilt, anger or feel as if you are on a rollercoaster?**

Then this course could be for you. The course is open to any carer looking after a person with dementia, the person may live at home, be in hospital or in long term care.

The course will:

- support you to discuss the emotional aspects of caring in a safe and supportive group with other carers looking after a person with Dementia.
- Help you to identify coping strategies
- Help you to feel less isolated
- Talk about issues around Living Bereavement

The course will run for 6 sessions , with follow up meetings and will start on;

**Wednesday the 31st of October from 6.30pm to 8.30pm.**

The course will be facilitated and supported by Gwenne McIntosh Lecturer in Mental Health, Jill Wallis Community Occupational Therapist and Dipa Ward, Short Breaks Support Worker Care for Carers.

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Tear here

Care for Carers is a voluntary organisation which provides support, information and advice to carers locally and citywide and short residential breaks to carers from across Scotland.

The course is supported by Edinburgh Napier University.

**This course will be held at:**

**Care for Carers  
St Margaret's House  
151 London Road  
Edinburgh  
EH76AE**

**Telephone: 0131 661 2077**

**Email: [admin@care4carers.org.uk](mailto:admin@care4carers.org.uk) or  
[dipa@care4carers.org.uk](mailto:dipa@care4carers.org.uk)**

For more information please contact Care for Carers on the number above.

Care for Carers is funded by the City of Edinburgh Council Department of Health & Social Care . NHS Lothian, The Royal Astronomical Society, Scottish Government and the Prevention Investment Fund . Care for Carers is a Registered charity No. SCIO 13450.



## **Caring and Coping with Loss in Dementia**

**A course for carers**

◆ **EDINBURGH** ◆  
THE CITY OF EDINBURGH COUNCIL

Edinburgh Napier  
UNIVERSITY 