

First Aid for Carers – Evening Session

This session is being provided by The Red Cross and will focus on how to cope with a Stroke, Falls and Bleeds. The meeting will be held on **Thursday the 2nd of November from 6-8.30pm.**

This session will be held in **Link Up Room G3 on the ground floor in St Margaret's House, 151 London Road, Edinburgh, EH7 6AE.** G3 is on the left hand side of the main front door, next door to the Swap Shop.

If you are interested in coming along please let me know by phoning Care for Carers office on 0131 661 2077 or by emailing admin@care4carers.org.uk

Pharmacy Advice – What is available and how do you access it?

Pharmacies are providing more and more one to one consultations for patients and carers, they can provide advice and treatment for ailments such as Athlete's Foot, Backache, Eczema, Pain, Piles, Congestion, Diarrhoea and the list goes on. Instead of trying to get a GP appointment you can sign up to the Minor Ailments Service and pop along to your pharmacy instead.

Want to find out more? Come along to St Margaret's House on Thursday the 7th of December from 7-9pm. A pharmacist will explain what is available in Leith and other areas from the Minor Ailments Service. If you are interested in coming along please let me know by phoning Care for Carers office on 0131 661 2077 or by emailing admin@care4carers.org.uk

