



# Your Support Your Choice



**If you are receiving support or may receive support in the future from Health & Social Care and would like to...**

- Be better prepared for the assessment process and learn how to get the most out of it
- Learn how to get greater choice and control over the support you or the person you care for receives
- Learn about creative options that will allow you to live life the way you choose

This workshop is run by VOCAL (Voice of Carers across Lothian) Midlothian and LCiL (Lothian Centre for Inclusive Living) and is delivered for unpaid carers and their families.

**Thursday 3<sup>rd</sup> November 2016**

**10.00am – 12.30pm**

**@ VOCAL Midlothian Carer Centre**

30/1 Hardengreen Estate, Dalhousie Road, Dalkeith

Register online at [www.carerstraining.co.uk](http://www.carerstraining.co.uk) or call us on

0131 663 6869 or email [pquinn@vocal.org.uk](mailto:pquinn@vocal.org.uk)

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