

Partnership working...

# Sickle Cell Patient-and-Carer Training (PaCT) programme

## TWO WEEK COURSE

# Free

## 2010

### Monday 20th September

### Monday 27th September

*Patient  
and Carers  
Training  
Course*

## VENUE

Conference Room  
15 Broadwater Rd  
Tooting  
London  
SW17 ODS

Registration 6pm  
Class 6.30pm - 7.30pm

\*1 hour class  
\*Refreshments

Full Circle's Patient-and-Carer-Training (PaCT) Programme is a FREE TWO-WEEK course for carers and people living with Sickle Cell Disorder.

This course focuses on a range of strategies for stress management including evidence-based relaxation exercises, visualisation and easy-to-learn Hand Reflexology techniques. Classes are taught by Full Circle Fund's Advanced Reflexologist and Yoga trainer Gabriele Steen, MAR, MIGHT, MATL.

Classes are chair-based. We recommend you wear warm, comfortable, loose fitting clothing.

***Places are limited so reserving your place is essential.***

Funded by Full Circle Fund and Merton Sickle Cell and Thalassaemia Group. Venue courtesy of Wandsworth Sickle Cell and Thalassaemia Support Group.

#### CONTACT:

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Above: Full Circle Fund's PaCT programme. Summer 2009