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Do you have a diagnosis of heart failure or are you a carer of someone who has?

Would you like to be part of a group helping to make sure that people with mild heart failure and their carers get the right support in the Motherwell area?

**What will it involve?**

You would meet with a group of people, some with lived experience of heart failure and carers as well as others from Health Services, Social Work, and organisations like Chest Heart and Stroke and the British Heart Foundation.

All group members would have an equal say. The group would value **your** knowledge and expertise as a person living with heart failure or caring for someone with heart failure in the Motherwell area.

**More about the meetings**

You would be asked to commit to the following meeting dates (10am-3.30pm) with a little homework in between.

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| * Wed 9 April 2014
 | * Wed 4 June 2014
 | * Wed 20Aug 2014
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| * Wed 29 Oct 2014
 | * Date in Dec 2014 - tbc
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All meetings at: GLO Centre, Muir Street, Motherwell, ML1 1BN

At the meetings there will be small group discussions, with someone making sure that everyone is treated with dignity and respect. They will make sure you have any support you need to contribute.

Lunch, tea and coffee will be provided, with regular breaks.

All travel and parking costs will be paid for and you will be paid £100 fee for attending each meeting in recognition of your contribution.

**How to get involved?**

If you are interested, **please complete the sign up sheet**. If you would like to hear more before you decide, please contact Louise Gray, Heart Failure Nurse (louise.gray@lanarkshire.scot.nhs.uk or Kerry Musselbrook, Project Leader for (kerry.musselbrook@iriss.org.uk .