

For further information, to book a place or if you require alternative care for the person you care for, so that you can attend please contact:

Donna Mulder - Carer Training Co-ordinator

Phone 01324 611510

Mobile 07824 381280

E-mail donnmulder@centralcarers.co.uk



Falkirk & Clackmannanshire Carers Centre

Bank Chambers,
1a Bank Street
FALKIRK
FK1 1NB

Telephone: 01324 611510

E-mail: centre@centralcarers.org

Website: www.centralcarers.org

Quality Assurance



Principal Funders



Network Member



Managed by Central Carers Association (Falkirk & Clackmannan) | Company Limited by Guarantee
Company No SC184443 | Scottish Charity No SC023658



Care with Confidence

Managing Stress

Each Wednesday

9 – 23 September 2015

St Alexanders Church

100 Stirling Road

DENNY

FK6 6DL

To book a place please contact [Donna Mulder](#)

Phone **01324 611510**
Mobile **07824 381280**
E-mail **donnamulder@centralcarers.co.uk**

or complete the form below and post to:

Central Carers Association
FREEPOST SCO167
FALKIRK
FK1 1NB

To gain the most benefit, we recommend that you come along to all of the sessions. If you are interested, but cannot attend all of the sessions, please give Donna a call to discuss.

Please **tick** the sessions you wish to attend:

- 9th September** **Mindfulness – Week 1**
- 16th September** **Milndfulness – Week 2**
- 23rd September** **The benefits of massage**

Name _____

Address _____

Postcode _____

Telephone _____ Mobile _____

Email _____



Managing Stress

As a carer you may find yourself under increasing stress. We can give you some ideas and methods to help ease feelings of tension and aid relaxation.

Wednesdays 10:30 am – 12:30 pm

9th Sept.	Mindfulness Week 1 Mindfulness is a mind-body approach to well-being that can help you change the way you think about experiences and reduce stress and anxiety
16th Sept.	Mindfulness Week 2 Practice techniques that can help you to deal with everyday life and stress
23rd Sept.	Pharmacy Services Pharmacists play a key role in providing quality healthcare. Find out more about the services they can provide.

Venue: St Alexanders Church
100 Stirling Road
DENNY
FK6 6DL

Details of a typical session:

10.30am Introduction and welcome tea/coffee
10.45am Speaker / trainer / session
11.45am Comfort break and tea / coffee
12:00pm Social time and feedback
12:30pm Finish

There is no cost to attend these sessions

To enable you to come along, the Carers Centre may be able to help organise alternative care for the person you care for