



Care with Confidence

and Carer Support Activities

at
various venues across
Clackmannanshire

April – June 2016

*All carers welcome – please phone
01259 226 838 for further details*

For further information please contact:

Ian McCourt Service Manager
Phone **01259 226838**
Email ianmccourt@centralcarers.co.uk

Sharon Morgan Carer Support Worker
Phone **01259 226839**
Email sharonmorgan@centralcarer.co.uk



Falkirk & Clackmannanshire Carers Centre
Ludgate House
Mar Place
Alloa

Telephone: **01259 226838**
E-mail: centre@centralcarers.org
Website: www.centralcarers.org

Quality Assurance



Principal Funders



Clackmannanshire
Council



Network Member



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

Carer Support Activities

Every Monday 10 am – 12noon

Community House, Alloa

Join other carers over a coffee (and cake!) in informal discussion, interesting programme of activities, chat and fun.

Every Wednesday 9.30 am – 10.20am

Drop-in for Carers at Tullibody Health Living

A Carer Support Worker will be present to chat over caring and issues and to inform carers about the services provided by the Carers Centre.

Every Tuesday 10.00 am – 12 noon

Drop-in for Carers at Ludgate House, Mar Place, Alloa

A Carer Support Worker will be present to chat over caring and issues and to inform carers about the services provided by the Carers Centre

3rd Thursday of the month

Carers Corner at The Forge in Menstrie

Join other carers over a coffee (and cake!) in informal discussion, and friendly chat. 11.00 am- 12noon

1st Thursday of the month

Carers Corner at the Butterfly in Tillicoultry

Join other carers over a coffee (and cake!) in informal discussion, and friendly chat. 11.15 am – 12.15 pm

18 May 10.00 am – 12 noon

Clackmannanshire Carers Forum at Dunmar House, Alloa # Topics – Advocacy in Clackmannanshire.

A voice for carers and an opportunity to interact with health and social care professionals and discuss issues pertaining to carers.

20 April & 8 June

Carers Café

Carers come together for light refreshments, to socialise and to discuss local issues. At Hawkhill Community Centre 12.15 pm – 1.15pm

Care with Confidence just been launched in Clackmannanshire – come along to find out m4

20 April 10 am – 12 noon at Hawkhill CC, Alloa

Falls Prevention

Preventing falls is vital in maintaining mobility. Learn some simple balance and strengthening exercises. It can make a difference each year; more than a third of over 65's experience one or more falls.

4 May 10 am – 12 noon at Hawkhill CC, Alloa

Handling Anxiety & Agitation

Most of us feel anxious from time to time.

This session will give you some ideas and methods to help you to ease feelings of tension. Come along and find out how Massage, music & meditation can help.

8 June 10 am – 12 noon at Hawkhill CC, Alloa

What is Delirium?

Learn to recognise the signs of delirium and what you can do to help someone with delirium feel calmer and more in control. Find out how delirium is treated and how long it takes to recover.

15 June 10 am – 12 noon at Hawkhill CC, Alloa

Understanding Jargon

Do you struggle with streaming, buffering and tweeting your way through today's society? Do you understand all the jargon used by professionals? Come along for a fun and informative session on understanding jargon.

29 June 10 am – 12 noon at Hawkhill CC, Alloa

Chronic Pain

There are simple changes to help you deal with pain. This can often make a big difference to the amount of disability and suffering you are getting. This is called Pain Management. Come along and learn more.

There is no cost to attend these sessions.

Please phone to book places at sessions marked with #