

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](mailto:donnmulder@centralcarers.co.uk)



**Care with Confidence**

## Information sessions for carers

Each Thursday

7 – 28 April 2016

10 am – 12 noon

**Talbot House  
Talbot Street  
Grangemouth  
FK3 8HU**



**Falkirk & Clackmannanshire Carers Centre**  
Bank Chambers,  
1a Bank Street  
FALKIRK  
FK1 1NB

Telephone: 01324 611510  
E-mail: [centre@centralcarers.org](mailto:centre@centralcarers.org)  
Website: [www.centralcarers.org](http://www.centralcarers.org)

Quality Assurance



Principal Funders



Network Member



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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:

- 07 April**      **An Introduction to Mindfulness**
- 14 April**      **Pharmacy Services**
- 21 April**      **Falls Management / MECS Day and Overnight Care**
- 28 April**      **Foot Care**

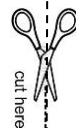
Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_



## Care with Confidence

As a carer you may find yourself under increasing stress. Learn methods to help ease feelings of tension and aid relaxation and find out about services in your area that are there to support you and the person you care for.

**Thursdays 10 am – 12 pm**

### **07 April**      **An Introduction to Mindfulness**

Come along to find out how Mindfulness, which is a mind-body approach to well-being, can help you change the way you think about experiences and reduce stress and anxiety.

### **14 April**      **Pharmacy Services**

Pharmacists play a key role in providing quality healthcare. Come along to find out more about the services they can provide.

### **21 April**      **Falls Management / MECS Day and Overnight care**

Falls can result in injury and adverse longer term consequences. Come along to hear how environmental assessments, medication reviews, therapy and use of equipment, such as MECS can prevent falls at home.

**MECS** and other new technology can help reduce anxiety and lengthen the period of independent living at home.

Learn how **MECS overnight care** can help prevent hospital admission.

### **28 April**      **Foot Care**

Your feet are probably the last part of your body you think about -- until they start hurting! Come along and learn from a podiatrist, the best way to look after your feet and those of the person you care for. **Carers will be able to book a free appointment with the podiatrist at the Carers Centre in Falkirk at the end of this session.**

**Venue:**      **Talbot House**  
                 **Talbot Street**  
                 **Grangemouth FK3 8HU**

### **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