

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**



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



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Company No SC184443 | Scottish Charity No SC023658



Care with Confidence

Information sessions for carers

Thursdays

2 – 30 June 2016

10:30 am – 12:30 pm

**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:

- 02 June** **Understanding Stress**
- 09 June** **Home Fire Safety**
- 16 June** **Guided Relaxation**
- 23 June** **Delirium**
- 30 June** **Footcare**

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 10:30 am – 12:30 pm

02 June **Understanding Stress**

Stress impacts on us all – especially when caring. Learn how it impacts on you; how you can recognise stress; what your personal stress levels are presently

09 June **Home Fire Safety**

A staff member from Central Scotland Fire and Rescue service will help raise your awareness of fire hazards at home. You may find that you qualify for free smoke alarms to be fitted within your home. The fire service will carry this out, and can fit them in a matter of minutes.

16 June **Guided Relaxation**

Come along to learn simple but effective methods to help you to relax and unwind.

23 June **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

30 June **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: St Alexanders Church
100 Stirling Road, DENNY, FK6 6DL

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