

The sessions are free to attend.

To enable you to attend the Carers Centre may be able to arrange alternative care for the person you care for.

To book a place, or for further information please contact:

Rebecca Fowler
Training Co-ordinator



Falkirk & Clackmannanshire Carers Centre

Bank Chambers
1a Bank Street
FALKIRK
FK1 1NB

Telephone: **01324 611510**
E-mail: **centre@centralcarers.org**
Website: **www.centralcarers.org**



Care with Confidence

What Carers Need to Know

10.30 am – 12.30 pm

Thursdays

21 September to 26 October 2017

Denny Library

Davies Row

Denny

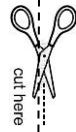
FK6 6FA

Network Member



Principal Funders





What Carers Need to Know

What Carers Need to Know is a 6 week programme designed to give carers essential information to develop confidence in their caring role.

To book a place, or for further information, please contact:

Rebecca Fowler
Training Co-ordinator

Phone 01324 611510
E-mail centre@centralcarers.co.uk

or complete the form below and post to:

Central Carers Association
FREEPOST SCO167
FALKIRK
FK1 1BR

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

- 21 September 2017 Welcome to the Carers Centre
- 28 September 2017 Being Heard
- 5 October 2017 Communication & the Community
- 12 October 2017 Planning for the Future
- 19 October 2017 Carers Choice
- 26 October 2017 Moving Forward

Name _____
Address _____
Postcode _____
Telephone _____ Mobile _____
Email _____

21 September

Welcome to the Carers Centre

Learn about information and support available from Falkirk & Clackmannanshire Carers Centre. There will be an opportunity to meet other carers like you and suggest future topics for the programme.

28 September

Being Heard

Find out how NHS Forth Valley, Social Work and other community organisations can support you in your caring role. Learn about the rights carers have and how to use them to get your voice heard.

5 October

Communication & the Community

Get hints and tips on how to improve your communication, assertiveness and negotiation skills. There will also be practical advice on getting the best out of support in your local area.

12 October

Planning for the Future

Gain insight into the practical and emotional aspects of planning and decision making. Carers will get hints and tips on ways to cope and explore techniques to help plan ahead.

19 October

Carers Choice

In week one, you will have the opportunity to suggest a topic or activity for this session.

26 October

Moving Forward

Carers will be given information about further Care with Confidence sessions and other Carers Centre activities.