

**For further information please contact:**

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**Falkirk & Clackmannanshire Carers Centre**  
Ludgate House  
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ALLOA  
FK10 2AD

**Website** [www.centralcarers.org](http://www.centralcarers.org)



**Care with Confidence**

and  
**Carer Support  
Activities**  
in  
**Clackmannanshire**

**Jan – Mar 2018**

Principal Funders



## Carer Support Activities

Every Monday 10 am – 12 noon

### Coffee Morning at Community House, Alloa

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

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Every Tuesday 10 am – 12 noon

### Drop-in for carers at Ludgate House, Mar Place, Alloa

A Carer Support Worker will be available to provide information about the services provided by the Carers Centre and have a chat about your caring issues. **Please note there is no session on January 23**

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1<sup>st</sup> Thursday of the month 11.15 am – 12.15 pm

### Carers Corner at the Butterfly Inn, Tillicoultry

Join other carers over a coffee in informal discussion and friendly chat.

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3<sup>rd</sup> Thursday of the month 11 am – 12 noon

### Carers Corner at the Forge, Menstrie

Join other carers over a coffee in informal discussion and friendly chat.

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1<sup>st</sup> & 3<sup>rd</sup> Friday of the month 9.30 am – 10.30 am

### Drop-in for carers at Tullibody Healthy Living, Tullibody

A Carer Support Worker will be available to provide information about the services provided by the Carers Centre and have a chat about your caring issues.

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Last Friday of the month 11 am – 1 pm

### “Singing for Memories” at St. Serf’s Church Hall, Tullibody

A Carer Support Worker will be attending and carers and cared-for are both welcome.

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- All carers welcome
  - There is no cost to attend these sessions

## Care with Confidence

10 am – 12 noon at Hawkhill Community Centre, Alloa

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31 January Adult Carer Support Plan #

From the 1 April 2018 carers will be offered the opportunity to develop an Adult Carer Support Plan. Come along to find out more and to offer your views on the final draft version of the plan.

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07 February Dementia #

Learn about Teepa Snow who is a dementia-care education specialist with a background in occupational therapy and over 30 years in clinical practice.

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14 February Carers Forum # at Dunmar House

A voice for carers and an opportunity to interact with Health and Social Care professionals, for full details, please contact Ian McCourt.

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21 February Footcare #

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.

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28 February Dementia and the Hospital #

Hospital admission and discharge can cause concern for anyone, but more so for those with a cognitive impairment. There are, however, many simple things that staff can undertake which will go a long way to improving a person’s experience in hospital.

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07 March Sleep #

Caring duties sometimes lead to loss of sleep which can impact on your health. Come along for some hints and tips to help you have a better night’s sleep.

**Please phone or email to book places at sessions marked with a #  
(contact details are on the back page of this leaflet)**