

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**

Network Member



Principal Funders



Care with Confidence

What Carers Need to Know

10.30 am to 12.30 pm

Thursdays

8 February to 8 March 2018

Denny Library

Davies Row

Denny

FK6 6FA

What Carers Need to Know

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

Rebecca Fowler

Training Co-ordinator

Phone 01324 611510

E-mail centre@centralcarers.co.uk

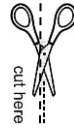
or complete the form below and post to:

Central Carers Association
FREEPOST SCO167
FALKIRK
FK1 1BR

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

- | | | |
|--------------------------|-------------|------------------------------|
| <input type="checkbox"/> | 8 February | Welcome to the Carers Centre |
| <input type="checkbox"/> | 15 February | Being Heard |
| <input type="checkbox"/> | 22 February | Planning for the Future |
| <input type="checkbox"/> | 1 March | Communicating Effectively |
| <input type="checkbox"/> | 8 March | Moving Forward |

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



8 February

Welcome to the Carers Centre

Learn about information and support available from Falkirk & Clackmannanshire Carers Centre.

15 February

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.

22 February

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 to plan ahead.

1 March

Communicating Effectively

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.

8 March

Moving Forward

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