

There is no cost to attend the sessions.

To enable you to come along, the Carers Centre may be able to help organise alternative care for the person you care for.

For further information please contact:
Donna Mulder - 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**

Principal Funders



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Company No SC184443 | Scottish Charity No SC023658



If you help to look after a partner, child, relative or friend who needs your help due to disability, illness, frailty or addiction – you're a carer.

What Carers Need to Know

Who can help me with a benefits check?
Where do I go to get a MECS alarm or help at home?
Where can I find out about Power of Attorney?
Would I be entitled to Legal Aid?

19 June – 17 July 2018
Tuesday

10.30 am – 12.30 pm

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

Care with Confidence

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

Donna Mulder

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"/> | Tuesday 19 June | Welcome to the Carers Centre |
| <input type="checkbox"/> | Tuesday 26 June | Planning for the Future |
| <input type="checkbox"/> | Tuesday 03 July | Communicating Effectively |
| <input type="checkbox"/> | Tuesday 10 July | Being Heard |
| <input type="checkbox"/> | Tuesday 17 July | Moving Forward |

Name

Address

Postcode

Telephone

Mobile

Email

Falkirk & Clackmannanshire Carers Centre 10:30 am – 12:30 pm

Falkirk & Clackmannanshire Carers Centre is offering carers an opportunity to attend local sessions that will focus on improving their confidence in caring for someone else. These sessions will also provide carers with information that will develop their knowledge and understanding to help them in their caring role

19 June **Welcome to the Carers Centre**

Come along to learn about the practical information and emotional support available to you from Falkirk & Clackmannanshire Carers Centre. This may include a benefits check, referrals to other organisations and most importantly keeping you informed about the most appropriate services available to help you in your caring role.

26 June **Planning for the Future**

Gain insight into the practical and emotional aspects of planning and decision making. You will learn different coping strategies and explore techniques to help you plan ahead.

03 July **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.

10 July **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.

17 July **Moving Forward**

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

