

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:

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**

Principal Funders of Central Carers Association



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Inform | Support | Involve

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

12 September until 17 October 2018

Wednesday evenings

6 pm – 8 pm

Falkirk & Clackmannanshire Carers Centre

1a Bank Street

FALKIRK

FK1 1NB

Care with Confidence

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:

- Wednesday 12 September** **Managing Stress**
- Wednesday 19 September** **Support from the Carers Centre**
- Wednesday 26 September** **Being Heard**
- Wednesday 3 October** **Communicating Effectively**
- Wednesday 10 October** **Planning for the Future**
- Wednesday 17 October** **Moving Forward**

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

Falkirk & Clackmannanshire Carers Centre are offering carers an opportunity to attend evening sessions for those who cannot attend our day time programmes.

Refreshments and finger buffet will be available on arrival.

Falkirk & Clackmannanshire Carers Centre 6 pm – 8 pm

12 September **Managing Stress**

As a carer you may find yourself under increasing stress. The session will help you recognise the signs of stress and provide techniques to help ease feelings of tension.

19 September **Support from the Carers Centre**

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

26 September **Being Heard**

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

3 October **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 October **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.

17 October **Moving Forward**

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

