

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**

Quality Assurance



Principal Funders



Network Member



Managed by Central Carers Association (Falkirk & Clackmannan) | Company Limited by Guarantee
Company No SC184443 | Scottish Charity No SC023658



Care with Confidence

Programme

29 January – 26 February
2019

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 29 January | Dementia and Research |
| <input type="checkbox"/> | Tuesday 05 February | Patient Advice & Support Service |
| <input type="checkbox"/> | Tuesday 12 February | Sleep |
| <input type="checkbox"/> | Tuesday 19 February | Gas Safety Awareness |
| <input type="checkbox"/> | Tuesday 26 February | Dementia – Ask the Psychiatrist |

Name _____

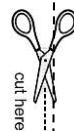
Address _____

Postcode _____

Telephone _____

Mobile _____

Email _____



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

29 January

Dementia and Research

What's going on, What's new?

What current Dementia research is going on in Scotland?

Learn about the latest drug trials. Find out if you or the person you care for are eligible for any current or future studies that can help researchers to beat dementia.

05 February

Patient Advice and Support Service (PaSS)

The Patient Advice and Support Service is an independent service which provides free, accessible and confidential information, to patients, their carers and families in their dealings with the NHS. Find out how to give feedback, make comments, or raise concerns about treatment and care provided by the NHS in Scotland.

12 February

Sleep

Caring duties can 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 nights sleep.

19 February

Gas Safety Awareness

Be Gas Safety Aware. Learn the symptoms of CO poisoning and how to take control of Carbon Monoxide safety. Find out how to obtain a free simple locking cooker valve to eliminate the risk of the cooker being unintentionally turned on or left on.

26 February

Dementia- Ask the Psychiatrist

This is an opportunity to meet other carers who are also supporting someone with dementia at home. Delivered in a question and answer format, gives you an opportunity to ask your questions to a senior health professional dealing directly with patients diagnosed with dementia.