

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-Ralston

Training Co-ordinator



Falkirk & Clackmannshire Carers Centre

Bank Chambers

1a Bank Street

FALKIRK

FK1 1NB

Telephone: **01324 611510**

E-mail: **centre@centralcarers.org**

Website: **www.centralcarers.org**



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.

Care with Confidence

Polmont Programme

April – May 2019

Thursday mornings

10.30 am to 12.30 pm

Greenpark Community Centre

Greenpark Drive

Polmont

FK2 0PZ

Principal Funders of Central Carers Association



Care with Confidence

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

Rebecca Fowler-Ralston

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"/> 18 April | Sleep |
| <input type="checkbox"/> 25 April | Caring & Nutrition |
| <input type="checkbox"/> 02 May | Delirium |
| <input type="checkbox"/> 09 May | Continence Care |
| <input type="checkbox"/> 16 May | Home Environment |
| <input type="checkbox"/> 23 May | Planning Ahead |
| <input type="checkbox"/> 30 May | Scams |

Name _____

Address _____

Postcode _____

Telephone _____

Mobile _____

Email _____



Greenpark Community Centre

10.30 am – 12.30 pm

18 April

Sleep

Carers can often find it difficult to have a good night's sleep, especially if the person you care for needs help during the night. Come along for some hints and tips to help you get vital rest for good physical and mental health.

25 April

Nutrition

Eating a healthy, well balanced and varied diet is important for good health but can seem difficult when you have a busy caring role. Come along for some hints and tips to help you maintain a better balance.

02 May

Delirium

Delirium is a common but serious condition that starts suddenly in someone who is unwell. Learn to recognise the signs of the condition and what you can do to help someone with delirium feel calmer and more in control.

09 May

Continence Care

Come along to learn from the Continence Specialist Nurse how to keep the bladder healthy as well as information on how to access support, treatment and continence care products if necessary.

16 May

Home Environment

Come along to learn about simple changes you can make to your home environment and equipment that can reduce the risk of falls and help people to live safely at home for longer.

23 May

Planning Ahead

Facing the time ahead can be difficult for anyone; we hope to support you while you consider future plans, including a gentle glimpse at end of life preparations.

30 May

Scams

Learn from Trading Standards what to watch out for and how to protect yourself against the current scams going on in this area. Find out about the Trusted Trader Scheme, the 'No Cold Calling' zone and other ways to protect yourself from illegal trading practices.