

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 & Clackmannanshire Carers Centre**

Bank Chambers

1a Bank Street

FALKIRK

FK1 1NB

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

Website: **[www.centralcarers.org](http://www.centralcarers.org)**

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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**

## Care with Confidence

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

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**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**

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

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

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.

