

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



Care with Confidence

Programme

30 April – 28 May 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 30 April | Dementia – Coping with Change |
| <input type="checkbox"/> | Tuesday 07 May | Scams |
| <input type="checkbox"/> | Tuesday 14 May | Handle with Care |
| <input type="checkbox"/> | Tuesday 21 May | No session |
| <input type="checkbox"/> | Tuesday 28 May | Dementia Outreach Team & Alzheimer Scotland |

Name

Address

Postcode

Telephone

Mobile

Email

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

30 April **Dementia - Coping with Change Psychological Approaches**

Caring can often be challenging and it is likely that carers will experience a range of emotions associated with both the demands of caring itself and adjusting to change. This session will help you to find out about psychological approaches that can help you to manage the sometimes difficult feelings and thoughts that you might experience. It will also teach you ways to focus on your own self-care needs.

07 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.

14 May **Handle with Care**

Moving and handling is a crucial part of care for many carers and it is important that it is carried out appropriately. Discover ways of preventing injury to yourself and your relative when giving assistance to move around at home. This session is not a substitute for professional clinical advice from your clinician or healthcare professional.

21 May **No Tuesday Session - Forum Wednesday 22 May**

28 May **Dementia – The Dementia Outreach Team & Alzheimer Scotland**

Learn how the Dementia Outreach Team work with families to avoid what could become a crisis situation and ultimately prevent the patient having to be admitted to hospital. Find out about the community activities, information and support available from Alzheimer Scotland in Falkirk.

