

## Care with Confidence Clackmannanshire Zoom Sessions

**Wednesdays 10 am – 12 noon**

If you are a carer living in Clackmannanshire and would like to attend any of these sessions, but not sure how to go online, or how to join a Zoom meeting, please call Tracy Gibson on 07818 592992 or email [tracygibson@centralcarers.co.uk](mailto:tracygibson@centralcarers.co.uk)

### **03 June 2020**      **Voluntary Sector Support**

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Find out all about the voluntary sector support being provided in Clackmannanshire during the lockdown period. We will be joined by Julie Haslam, a member of the Clackmannanshire Third Sector Interface (CTSI) team and Sandra Clements, Manager, Hawkhill Community Centre. Many people are feeling isolated through this crisis, but help is at hand for a friendly chat or to help support you if you are finding it difficult to leave the house.

### **17 June 2020**      **Adult Carer Support Plans and Emergency Planning**

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The Falkirk & Clackmannanshire Carers Centre offer every carer the opportunity to have an Adult Carer Support Plan prepared for them, which also includes preparing an Emergency Plan. If you haven't already had one prepared, or just want to find out more about this, please join us for this conversation and raise any queries you have on the subject.

### **01 July 2020**      **Online SCAMs Police Scotland**

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As more of us are using online services to manage our day to day lives, we need to be aware of the danger of SCAMs through the internet and on the telephone. Please join us for an informative discussion about what to look out for and how to manage your online activity. We hope to be joined by a member of Police Scotland who will give a brief overview of the current issues and warnings they are providing to the public.

### **08 July 2020**      **Power of Attorney**

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What would you do if the person you care for lost the capacity to make decisions on their own? Come along and enjoy this mini session on Power of Attorney and find out how easy it is to set one up and the support you can receive through the Solicitors for Older People in Scotland. These sessions are held throughout the year in Falkirk and Clackmannanshire.

## 15 July 2020 **Talking Mats**

Talking Mats is a tool for improving communication. They help adults and children with communication difficulties to get fully involved in the planning of their care or in helping them to express their views and wishes in their day to day life. We will be joined by a member of the Talking Mats team so that you can see their resource and ask any questions you may have. Anyone caring for a family member or friend with communication issues should find this useful.

## July 2020 *Date to be confirmed* **Falkirk & Clackmannanshire Carers Centre AGM**

The Annual General Meeting of the Carers Centre will take place on Zoom. All carers registered with the Centre are welcome to join the meeting, however, you do need to be a member of the Carers Centre in order to attend. If you are interested in joining this meeting, or becoming a member, please contact our Falkirk office on 01324 611510 or email [centre@centralcarers.org](mailto:centre@centralcarers.org)

## 05 August 2020 **Alzheimer's Scotland Lockdown Support**

Alzheimer's Scotland staff continue to provide support to those in Clackmannanshire who are diagnosed with Dementia. Two members of the Support Staff will be joining us for this session to let you know about the service they are continuing to deliver and what other supports are out there if they need support at this time. Why not join us for this presentation and raise any questions you may have about the lockdown procedure and where to access the support you need.

## 12 August 2020 **Power of Attorney**

What would you do if the person you care for lost the capacity to make decisions on their own? Come along and enjoy this mini session on Power of Attorney and find out how easy it is to set one up and the support you can receive through the Solicitors for Older People in Scotland. These sessions are held throughout the year in Falkirk and Clackmannanshire.

## 19 August 2020 **Young Carers Team**

The Falkirk & Clackmannanshire Carers Centre now have a team of Young Carer Support Workers based in Alloa. Come along and meet the team and enjoy a brief overview of the support they offer young carers and their work with local schools.

Falkirk & Clackmannanshire Carers Centre  
Ludgate House  
Mar Place  
Alloa, FK10 2AD

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

To book on any of the above sessions, please contact Tracy Gibson, Training Co-ordinator, Clackmannanshire

Email: [tracygibson@centralcarers.co.uk](mailto:tracygibson@centralcarers.co.uk)

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Principle funders

