

Care with Confidence What Carers Need to Know- Grangemouth Zoom Sessions

Thursdays 10:30 am – 12 noon

If you are a carer living in Grangemouth 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 Catherine Brunton on 07857 671347 or email catherinebrunton@centralcarers.co.uk

4 June 2020

Lawyers on Lockdown

Join in with our Zoom chat with Vivienne Malcolm the Development and Training Manager with Caesar & Howie. Vivienne is responsible for raising awareness of legal issues for older people and young people with additional needs. She will update us on how the firm's legal services are coping in this current Covid climate and will address any questions you may have.

11 June 2020

Carers Week/All our Yesterdays Grangemouth

Bring a cake and a beverage and enjoy a trip down memory lane, with photos and a quiz to bring back memories, you thought you had forgotten. Bring your own Pics and memories to share too if you like.

18 June 2020

Relaxation and Mindfulness

In this session we will explore some simple mindfulness and relaxation practices that can be incorporated into our daily lives to help increase our sense of well-being.

25 June 2020

First Aid

Basic First Aid for Lockdown. We will be joined by a member of the St Andrews Ambulance Community Volunteer Group.
Full content to be confirmed

02 July 2020

Chair Yoga

Enjoy the benefits of yoga from the comfort of your chair. Chair yoga will help to increase your flexibility and your overall sense of wellbeing. (wear comfortable clothes and you may want to use a small blanket or throw)

Falkirk & Clackmannanshire Carers Centre
1 Bank Street
Falkirk

Website www.centralcarers.org

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

Email: catherinebrunton@centralcarers.co.uk

Telephone: **07857 671347**

Principle funders



