

Care with Confidence

What Carers Need to Know

The Carers Centre is starting a new programme of 'What Carers Need to Know' online information sessions on Zoom in September.

The sessions are aimed at those who are relatively new to caring for a family member or friend at home, or carers who would like to know more about the help and support that is available to them and how to deal with some of the challenges that caring can bring.

To make it easier for carers to take part, we will be repeating each session on different days of the week and at different times throughout September/October (depending on demand).

Programme

| Session Topic | Day Date Time (choose one only for each session) |
|---------------------------------------|--|
| Welcome to the Carers Centre and Zoom | Tuesday 1 Sept 10.30am - 12.00 noon Thursday 3 Sept 6.30pm - 8.00pm |
| Stress & relaxation | Tuesday 8 Sept 10.30am - 12.00 noon Thursday 10 Sept 6.30pm - 8.00pm |
| Facing Challenges | Tuesday 15 Sept 10.30am - 12.00 noon Thursday 17 Sept 6.30pm - 8.00pm |
| Communicating Effectively | Tuesday 22 Sept 10.30am - 12.00 noon Thursday 24 Sept 6.30pm - 8.00pm |
| Planning for the Future | Tuesday 29 Sept 10.30am - 12.00 noon Thursday 1 Oct 6.30pm - 8.00pm |
| What next? | Tuesday 6 Oct 10.30am - 12.00 noon Thursday 8 Oct 6.30pm - 8.00pm |

To register an interest in attending the 'What Carers Need to Know' sessions, and to let us know your preferred day and time, and/or if you require further details about the programme, please contact us directly using the contact details below.

Not confident using Zoom? Please contact us to arrange for one to one help.

**Cath Brunton
Training Co-ordinator
Falkirk**

Email

catherinebrunton@centralcarers.co.uk

**Mobile 07857 671347
I work Part -Time: Monday to
Thursday**

**Tracy Gibson
Training Co-ordinator
Clackmannanshire**

Email

tracygibson@centralcarers.co.uk

Mobile 07818 592992