

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, please call Tracy Gibson on 07818 592992 or email tracygibson@centralcarers.co.uk

23 September 2020

Getting into Zoom Appointments

Haven't managed to get onto Zoom yet? Why not contact our Training Co-ordinator, Tracy Gibson, for a 15 minute appointment to get you started on zoom, you can connect with your laptop, iPad, mobile phone. Whatever time suits you best. There are five appointment times available 10 am / 10.30 / 11.00 / 11.30 / 12.00. Just call Tracy 07818 592992 to book your appointment.

30 September 2020

Home Energy Scotland

The mission of Home Energy Scotland is to help people in Scotland create warmer homes, reduce their bills and help tackle climate change. You may be entitled to the "Warm Homes Discount" or a grant to help raise the energy efficiency of your property. Come along to find out more.

7 October 2020

Chair Yoga and Relaxation

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.

Please wear comfortable clothes and you may want to use a small blanket or throw.

14 October 2020

Home Fire Safety New Scottish Legislation

Learn what homeowners need to know about changes in legislation relating to fire and smoke alarms. This new legislation will come into force on February 2021. **The legislation states that an “Interlinked Fire and Smoke alarm system” must be fitted in every property** and that there should be adequate Carbon Monoxide protection. Find out how this will affect you.

21 October 2020

Dementia : Shadowing and Sundowning

You may notice that the person you care for becomes more confused and/or agitated in the late afternoon and evening. This is known as “**Sundowning**”. Learn about the steps you can take to help reduce sundowning, for their benefit as well as your own. **Shadowing** is a form of behaviour in which a person with dementia will follow their caregiver around. Learn how to manage this behaviour by gaining an understanding of why this occurs.

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

Website www.centralcarers.org

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

Email: tracygibson@centralcarers.co.uk

Telephone: 07818 592992

Principle funders

