

Care with Confidence
Zoom Sessions
January - February 2021
Thursdays 10.30 am – 12 noon

If you are a carer and would like to attend any of these sessions but are not sure how to get online, how to join a Zoom meeting, or simply want to book a place, please get in touch (see our contact details below). We can offer one to one support to help you get set up to join some or all the sessions.

14 January 2021 **Diabetes - How to Reduce Your Risk**

Learn about the different types of diabetes. Find out about the myths and frequently asked questions, including how you can reduce your risk of diabetes.

21 January 2021 **Burns Lunch - 11.30 am -1.00 pm**

This week, we pay tribute to the Scottish Bard over lunch (haggis, 'neeps' and tatties are not obligatory!). Using Burns' poems to stir memories of past recitations and long hours of memorising them, we will address the haggis, read/recite Tam O' Shanter, and any other poems you care to do, and generally have a rare ol' time.

N.B. Starting later at 11.30 am to accommodate lunch

28 January 2021 **Vegetarian Cooking**

There are many reasons to consider reducing the amount of meat in our diet. These include better health such as lower heart disease, blood pressure, diabetes, rates of Colo-rectal cancer and obesity. It is also better for our planet. One meat free day a week could not only help save the planet but also improve your health.

If you think cooking vegetarian/vegan food is a lot of hassle come along to see how a delicious meat free meal can be rustled up in minutes

4 February 2021

Love Food - Hate Waste

In the UK, we waste 6.5 million tonnes of food a year, 4.6 million tonnes of which is edible. Saving food means saving money. If you look at the bigger picture, reducing food waste is also good for the planet. We all have a part to play. This week we discuss how, by doing simple everyday things to keep food from our bins, we can save money AND the planet

To book on any of the above sessions, or for further Information, please contact:

Cath Brunton, Training Co-ordinator, Falkirk & Clackmannanshire Carers Centre

Email: catherinebrunton@centralcarers.co.uk

Telephone: **07857 671347**

Falkirk & Clackmannanshire Carers Centre
1 Bank Street
Falkirk
FK1 1NB

Website: www.centralcarers.org

Principle Funders

