

# Care with Confidence

## Clackmannanshire Zoom Sessions

May 2021

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

**Wed 19 May at 10 am**      **Bowel Cancer Awareness**

Bowel cancer is the third most common cancer in Scotland, but it doesn't have to be this way. With early detection this can be treated and cured. At this event you will hear from a member of Bowel Cancer UK who will cover areas including common symptoms, the risk factors and the NHS bowel screening programme.

**Tue 25 May at 2 pm**      **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 find out about Incapacity and how being granted Power of Attorney could help you in your caring role. You will also hear about supports available that you can access to have this put in place.

**Wed 26 May at 10am**      **Visiting Friends with Dementia**

Many of us know a friend or family member with dementia. Please join us for this informative session, delivered by a member of the Community Mental Health Team, where you will gain a better understanding of this condition and increase your confidence about visiting someone living with dementia.

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

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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