

Friday 20 November 2015

'Looking after someone? Know your rights'

Carers Centre Open Afternoon

Friday 20 November 2015

1.30 pm to 4 pm

Having the right information at the right time can make a huge difference when you are looking after someone. Come along to our Open Afternoon on Carers Rights Day to find out about information, support and services for carers and the people they care for.

Carer Centre staff and representatives from other local organisations will be on hand with information and to answer questions – or just pop in for a cup of tea, a chat or treat yourself to a pampering session.

Information

- Benefits
- Short Breaks
- Alzheimer's Support
- Mental Health Support
- Self Directed Support
- And more.....

Pampering

- Indian Head Massage
- Manicure
- Pedicure
- Facial
- Aromatherapy Massage

Refreshments

- Smoothie Bar
- Tea/Coffee
- Snacks

Please note all individual pampering sessions require to be booked in advance by contacting the Carers Centre: 1a Bank Street, FALKIRK, FK1 1NB. Telephone: 01324 611510. Email: centre@centralcarers.org
Website: www.centralcarers.org

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