

For further information please contact:



Falkirk & Clackmannanshire Carers Centre

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Care with Confidence

Programme

Tuesdays

2 February – 26 April 2016

10am – 12noon

**Carers Centre
1a Bank Street
FALKIRK
FK1 1NB**

Quality Assurance



Principal Funders



Network Member



A Care with Confidence programme February – April 2016

02 February

Dementia - Ask the expert

An open question and answer session with

Dr. McLean or **Dr. Sawhney** Consultant Psychiatrist in Older People's Services, Forth Valley.

09 February

Using Technology - Focus Group (Part 1)

Tell us about the technology you already use, or would like to know more about, (*for example, iPad, mobile phone, Tablet, laptop*) and any barriers or problems you encounter with these technologies to help us to plan future sessions on using technology.

16 February

Pharmacy Services

Pharmacists play a key role in providing quality healthcare. Come along to find out more about the services they can provide.

23 February

Using Technology - Focus Group (Part 2)

We will revisit the issues identified in Part 1. Using this information we will prioritise and develop a session of IT workshops to suit your needs.

01 March

Dementia - Ask the expert

An open question and answer session with

Dr. McLean or **Dr. Sawhney** Consultant Psychiatrist in Older People's Services, Forth Valley.

08 March

Home Fire Safety

A staff member from Central Scotland Fire and Rescue service will help raise your awareness of fire hazards at home. You may find that you qualify for free smoke alarms to be fitted within your home. The fire service will carry this out, and can fit them in a matter of minutes.

15 March

Continence Care

Come along to find out from the Continence Nurse about the different continence care products that are available and who to contact for help and advice about getting these products.

22 March

Power of Attorney

What would you do if the person you care for lost the capacity to make decisions on their own? Come along to find out about Power of Attorney.

29 March

Holiday- no session

05 April

Dementia - Ask the expert

An open question and answer session with

Dr. McLean or **Dr. Sawhney** Consultant Psychiatrist in Older People's Services, Forth Valley.

12 April

Yoga and Relaxation – Week 1

Yoga will help to increase your flexibility and your overall sense of wellbeing. You can enjoy the benefits of yoga, either standing or sitting in the comfort of a chair. You choose what is most beneficial to you.. (Bring along a small blanket or throw and wear comfortable clothes)

19 April

Yoga and Relaxation – Week 2

Yoga - help to increase your flexibility and your overall sense of wellbeing (Bring along a small blanket or throw and wear comfortable clothes)

26 April

Yoga and Relaxation – Week 3

Yoga - help to increase your flexibility and your overall sense of wellbeing (Bring along a small blanket or throw and wear comfortable clothes)

There is no cost to attend these sessions