

February 2017

Thursday 2 February

Getting to Know You

The session will provide an introduction to the Falkirk & Clackmannanshire Carers Centre and services within Forth Valley Sensory Centre. The group will then have the chance to identify topics or guest speakers for future sessions.

Thursday 9 February

Managing Stress

This session will help you to recognise the signs of stress and the impact of stress on your body. The session will also provide tips and strategies to ease feelings of tension and aid relaxation.

Thursday 16 February

Sleep

Caring duties sometimes lead to loss of sleep which can impact on your health. Come along for tips and strategies to help you have a better nights sleep.

Thursday 23 February

Nutrition

As a carer, eating a balanced diet will keep your body strong and give you enough energy to provide the best care for the person you are caring for and yourself. Come along for tips and strategies to support a healthier lifestyle.

March 2017

Thursday 2 March

Being Assertive

Being assertive can help us feel better about ourselves and our exchanges with others. This can improve self-esteem, build personal confidence and reduce stress.

Thursday 9 March

Coping with Change

Caring can often mean changes in our relationships, environment and lifestyle. This session will discuss the nature of change and provide tips and strategies to help you cope with challenges this may bring.

Thursday 16 March

Grief & Loss

Grief and loss are most often associated with bereavement, yet we experience different types of loss throughout our lives. This session will explore grief reactions experienced by carers and those affected by sensory loss.

Thursday 23 March

Home Environment

The session will explore challenges faced by those with sensory loss and provide tips and strategies for adapting your home.

Thursday 30 March

Carers Decide - Topic/Guest Speaker

The group will have identified a guest speaker or topic from the previous Getting to Know You session.

To book a place, or for more information, please contact:

Brenda Whyte
Group Coordinator

Rebecca Fowler
Training Coordinator

See reverse for contact details.

Or complete the form below and post to:

Central Carers Association
FREEPOST SCO16
FALKIRK
FK1 1BR

Please tick all sessions you wish to attend:

- | | | |
|--------------------------|--------------------|----------------------------|
| <input type="checkbox"/> | 2 February | Getting to Know You |
| <input type="checkbox"/> | 9 February | Managing Stress |
| <input type="checkbox"/> | 16 February | Sleep |
| <input type="checkbox"/> | 23 February | Nutrition |
| <input type="checkbox"/> | 2 March | Being Assertive |
| <input type="checkbox"/> | 9 March | Coping with Change |
| <input type="checkbox"/> | 16 March | Grief & Loss |
| <input type="checkbox"/> | 23 March | Home Environment |
| <input type="checkbox"/> | 30 March | Carers Decide |

Name:

Address:

Postcode:

Telephone:

Mobile:

Email:

Who are the sessions for?

The sessions are for unpaid carers of adults affected by sensory loss living in the Falkirk Council area. Unlike other groups carers may be accompanied by the person they care for who will be able to take part in alternative activities provided by the Sensory Centre.

Who are carers?

Carers provide unpaid help and support to a partner, relative or friend who couldn't manage without their help due to disability or illness associated with sensory loss.

What is sensory loss?

Sensory loss includes those who may be blind, partially sighted, deaf, deafened, deafblind and hard of hearing.

What happens at the group?

The Wellbeing Café will meet each week from 12 noon to 2.30 pm and offer a mix of learning opportunities and social support for carers. Both the carer and the cared for person will have a programme to take part in followed by lunch so that they may share their learning and benefit from peer support.

Who Leads the Group?

Brenda Whyte

Group Coordinator
Forth Valley Sensory Centre

Rebecca Fowler

Training Coordinator
Falkirk & Clackmannanshire
Carers Centre

How do I get to the group?

Transport may be arranged for those unable to manage otherwise.

Please contact Brenda or Rebecca to discuss.

To book a place, or for more information,
please contact:

Brenda Whyte

01324 590862
07341 560709 (Text Only)

brendawhyte@forthvalleysensorycentre.org

Forth Valley Sensory Centre
Redbrae Road
Camelon
Falkirk
FK1 4DD

Or alternatively:

Rebecca Fowler

01324 611510

rebeccaflower@centralcarers.co.uk

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



Care with Confidence

Wellbeing Café Carer Sessions

February - March
2017 Programme
12 noon to 2.30 pm

Forth Valley Sensory Centre
Redbrae Road
Camelon
Falkirk
FK1 4DD

forth valley 
sensory centre