

There is no cost to attend the sessions

To enable you to come along, the Carers Centre may be able to help organise alternative care for the person you care for

For further information please contact:  
**Donna Mulder** - Training Co-ordinator



**Falkirk & Clackmannanshire Carers Centre**  
Bank Chambers  
1a Bank Street  
FALKIRK  
FK1 1NB

Telephone: **01324 611510**  
E-mail: **centre@centralcarers.org**  
Website: **www.centralcarers.org**

Quality Assurance



Principal Funders



Network Member



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Company No SC184443 | Scottish Charity No SC023658



**Care with Confidence**

# Programme

**Tuesday**

**18 April – 30 May 2017**

**10:30 am – 12:30 pm**

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

# Care with Confidence Apr- May 2017

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

**Donna Mulder**

**Training Co-ordinator**

Phone 01324 611510

E-mail centre@centralcarers.co.uk

or complete the form below and post to:

**Central Carers Association  
FREEPOST SCO167  
FALKIRK  
FK1 1BR**

Please **tick** the sessions you wish to attend:

- |                          |                  |                               |
|--------------------------|------------------|-------------------------------|
| <input type="checkbox"/> | Tuesday 18 April | Advanced Directives and Wills |
| <input type="checkbox"/> | Tuesday 25 April | Dementia & Continence Care    |
| <input type="checkbox"/> | Tuesday 02 May   | Patient Relations             |
| <input type="checkbox"/> | Tuesday 09 May   | Diabetes                      |
| <input type="checkbox"/> | Tuesday 16 May   | Worry                         |
| <input type="checkbox"/> | Tuesday 23 May   | Reminiscence                  |
| <input type="checkbox"/> | Tuesday 30 May   | The Dementia Outreach Team    |

Name \_\_\_\_\_

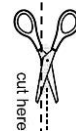
Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

Mobile \_\_\_\_\_

Email \_\_\_\_\_



**18 April**

**Advanced Directives and Wills**

Learn more about Advanced Directives and what to consider when preparing a Will including information on residential care costs and what carers need to know.

**25 April**

**Dementia & Continence Care**

Learn 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.

**02 May**

**Patient Relations**

Come along and meet one of the NHS staff members who deals with your experiences positive or negative during or after a stay in hospital

**09 May**

**Diabetes**

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.

**16 May**

**Worry**

In this session we will look at developing a worry plan to help you reduce your worry and stress.

**23 May**

**Reminiscence**

Let's leave the present behind for a bit and have some fun remembering "When we were young!"

**30 May**

**Dementia & the Dementia Outreach Team**

Learn how the "Dementia Outreach Team" work with families to avoid what could become a crisis situation and ultimately prevent the patient having to be admitted to hospital."