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Care with Confidence

and
**Carer Support
Activities**
in
Clackmannanshire

April – May 2017

Principal Funders



Carer Support Activities

Every Monday **10 am – 12 noon**
Coffee Morning at Community House, Alloa

Join other carers over a coffee in informal discussion, interesting programme of activities, chat and fun.

Every Tuesday **10 am – 12 noon**
Drop-in for carers at Ludgate House, Mar Place, Alloa

A Carer Support Worker will be available to provide information about the services provided by the Carers Centre and have a chat about your caring issues.

1st Thursday of the month **11.15 am – 12.15 pm**
Carers Corner at the Butterfly Inn, Tillicoultry

Join other carers over a coffee in informal discussion and friendly chat.

3rd Thursday of the month **11 am – 12 noon**
Carers Corner at the Forge, Menstrie

Join other carers over a coffee in informal discussion and friendly chat.

Every Friday **9.30 am – 10.30 am**
Drop-in for carers at Tullibody Health Living, Tullibody

A Carer Support Worker will be available to provide information about the services provided by the Carers Centre and have a chat about your caring issues.

17 May **Clackmannanshire Carers Forum #**

A voice for carers and an opportunity to interact with health and social care professionals. - For full details please contact Ian McCourt

- All carers welcome
- There is no cost to attend these sessions
- Please phone or email to book places at sessions marked with # (contact details are available on the back page of this leaflet)

Care with Confidence

10 am – 12 noon at Hawkhill Community Centre, Alloa

19 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.

26 April **Worry #**

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

3 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.

10 May **Mini Steps to Better Nutrition #**

Eating a healthy, well balanced and varied diet is important for good health. It can also help reduce the risk of developing health conditions such as heart disease, high blood pressure, diabetes, and strokes. Come along to find out more.

Power of Attorney # Ludgate House, Alloa – 11 May at 2.30 pm

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 and how it may impact on your caring responsibilities.