

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



Care with Confidence

Programme

Tuesday

26 September – 10 October 2017

10:30 am – 12:30 pm

Falkirk & Clackmannanshire Carers Centre

1a Bank Street

FALKIRK

FK1 1NB

Care with Confidence

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:

- Tuesday 26 September**
- Tuesday 03 October**
- Tuesday 10 October**

Name _____

Address _____

Postcode _____

Telephone _____

Mobile _____

Email _____

Falkirk & Clackmannanshire Carers Centre 10:30 am – 12:30 pm

26 September **Mid Stage Dementia – Part 2**

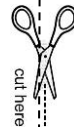
Being a caregiver for someone in the middle stages of Alzheimer's requires flexibility and patience. Come along to learn some strategies and ways of coping that work for you and the person with dementia

03 October **Planning Ahead**

It is important to have the right information at the right time to help you plan when you are caring for someone with a long term condition towards the end of life. Find out now what help is available to support you in the future.

10 October **Cancer Screening**

We know that cancer screening saves thousands of lives each year. It can detect cancers at an early stage and in some cases, even prevent cancers from developing in the first place. Come along to find out how this and changes to your diet and lifestyle can reduce your risk of cancer.



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