

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

Rebecca Fowler
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



Managed by Central Carers Association (Falkirk & Clackmannan) | Company Limited by Guarantee
Company No SC184443 | Scottish Charity No SC023658



Care with Confidence

Frontotemporal Dementia Carer Information Sessions

September to November 2018
1.30 pm to 3.30 pm

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

Frontotemporal Dementia Carer Sessions

The Frontotemporal Dementia Carer Sessions are open to carers of people with a confirmed diagnosis of Frontotemporal Dementia. The monthly sessions provide information and support to carers in an informal setting. Professionals are also invited on a regular basis to talk about the clinical, social and legal aspects of care.

The following programme will take place on the last Friday of each calendar month from 1.30 pm to 3.30 pm.

Friday 28 September

Food for Thought

Changes in eating habits and eating problems are common in FTD and can greatly affect a person's relationship with food and the mechanical processes of eating. Come along to get some hints and tips to deal with this.

Friday 26 October

Stress & Distress

As a carer, you may find yourself under increasing stress. The sessions will help you recognise the signs of stress and give you some techniques to help ease feelings of tension and aid relaxation.

Friday 30 November

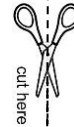
Carers Choice

In September, the group will have the opportunity to suggest a topic or activity for this session.

The group will be facilitated by:

Occupational Therapist
Training Coordinator

Ruth Gardner
Rebecca Fowler



There is no cost to attend the sessions.

To enable you to attend the sessions, the Carers Centre may be able to help organise alternative care for the person you care for.

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

Rebecca Fowler
Training Co-ordinator

Phone 01324 611510

E-mail rebecca.fowler@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:

- Friday 28 September Food for Thought
- Friday 26 October Stress & Distress
- Friday 30 November Carers Choice

Name _____

Address _____

Postcode _____

Telephone _____

Email _____

Mobile _____