

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:

Rebecca Fowler-Ralston

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**

Principal Funders of Central Carers Association



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



If you help to look after a partner, child, relative or friend who needs your help due to disability, illness, frailty or addiction – you're a carer.

Care with Confidence

Polmont Programme

March 2019

Thursday mornings

10.30 am to 12.30 pm

Greenpark Community Centre

Greenpark Drive

Polmont

FK2 0PZ

Care with Confidence

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

Rebecca Fowler-Ralston
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:

- Thursday 7 March** **Stress & Relaxation**
- Thursday 14 March** **Facing Challenges**
- Thursday 21 March** **Being Heard**
- Thursday 28 March** **Communicating Effectively**
- Thursday 4 April** **What is Dementia?**
- Thursday 11 April** **What is Autism?**

Name _____
Address _____
Postcode _____
Telephone _____ Mobile _____
Email _____

Greenpark Community Centre

10.30 am – 12.30 pm

07 March **Stress & Relaxation**

As a carer you may find yourself under increasing stress. The session will help you recognise the signs of stress and provide techniques to help ease feelings of tension.

14 March **Facing Challenges**

Managing and understanding challenging situations when caring for someone can be overwhelming. Learn about the information and support available from Falkirk & Clackmannanshire Carers Centre.

21 March **Being Heard**

Learn about the rights carers have and how to use them to get your voice heard by NHS Forth Valley, Social Work and community organisations who can support you in your caring role.

28 March **Communicating Effectively**

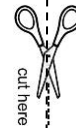
Get hints and tips on how to improve your communication, assertiveness and negotiation skills. There will also be practical advice on getting the best out of support in your local area.

04 April **What is Dementia?**

Learn about the different types of dementia and common symptoms experienced by those living with the condition. The session will provide information on who can help you in your caring role.

11 April **What is Autism?**

Understand more about autism, the autistic spectrum and challenges for those living with autism. The session will look at support strategies and information on who can help you in your caring role.



cut here