

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

26 March – 09 April 2019

Tuesday

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 March** **Dementia – Coping with Change
Psychological Approaches**
- Tuesday 02 April** **Discharge Planning after a hip
Fracture**
- Tuesday 09 April** **Pharmacy Services**

Name _____

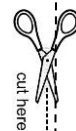
Address _____

Postcode _____

Telephone _____

Mobile _____

Email _____



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

**26 March Dementia - Coping with Change
Psychological Approaches**

Caring can often be challenging and it is likely that carers will experience a range of emotions associated with both the demands of caring itself and adjusting to change. This session will help you to find out about psychological approaches that can help you to manage the sometimes difficult feelings and thoughts that you might experience. It will also teach you ways to focus on your own self-care needs.

02 April Discharge planning after a Hip Fracture

NHS Forth Valley would like to involve Carers in a discussion to improve the discharge process for those who have sustained a hip fracture and are returning to their own home. Staff would like to invite Carers to give their opinions on how they could be involved around the discharge planning process. Helping to ensure a rehabilitation programme that includes realistic goals for the patient that will help them to achieve a timely recovery.

09 April Pharmacy Services

Pharmacists play a key role in providing quality healthcare. Learn about the various services they provide including, Minor Ailments, Acute and Chronic medication, dosette boxes and blister packs. Come along to find out more.