

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:

Susan Docherty

Training Co-ordinator



Falkirk & Clackmannanshire Carers Centre

Bank Chambers

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FK1 1NB

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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

What Carers need to Know

**Thursday mornings
10.30 am to 12.30 pm
6 February – 5 March**

**Talbot House
Talbot Street
Grangemouth
FK3 8HU**

Care with Confidence

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

Susan Docherty
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 6 February** **Stress & Relaxation**
- Thursday 13 February** **Facing Challenges**
- Thursday 20 February** **Communicating Effectively**
- Thursday 27 February** **Planning for the Future**
- Thursday 5 March** **What Next?**

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

Talbot House

10.30 am – 12.30 pm

Thursday 6 February **Stress & Relaxation**

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

Thursday 13 February **Facing Challenges**

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

Thursday 20 February **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.

Thursday 27 February **Planning for the Future**

Gain insight into the practical and emotional aspects of planning and decision making. Carers will get hints and tips on ways to cope and explore techniques to help plan ahead.

Thursday 5 March **What Next?**

In this session we will look back at the last 5 weeks to evaluate what was most useful. We will also discuss the other support services and activities that may be beneficial to you in the future.

