

Care with Confidence Falkirk (Zoom) Sessions

Tuesdays 10:30 am – 12:30 pm

If you are a carer and would like to attend any of these sessions,
but are not sure how to go online, or how to join a Zoom meeting,
please contact [Donna Mulder](#) – see contact details below

28 July [Alzheimer Scotland](#)

Alzheimer Scotland is celebrating its 40th year of support for people with dementia, their carers and families. Come and learn about support during lock-down and about the services that will resume when lock-down eases. It's a chance to ask questions from your local team and to talk about the challenges of living with dementia during the pandemic.

04 August [First Aid at Home](#)

Do you have a first aid kit at home? What should be in a first aid kit? Come along to learn about "First Aid at Home" from one of St Andrew's First Aid tutors who have been teaching First Aid to communities in Scotland since the charity was founded in 1882.

11 August [Mobile Emergency Care Service – MECS](#)

The MECS team can provide and install appropriate equipment, including sensory mats and alarm systems, to help reduce stress and anxiety and help people remain in their own home. Those who can benefit from this service include those with confusion or dementia, a sensory impairment, a predisposition to falls or other accidents at home. Come along to find out how to link into this service and how this team is working during the lockdown period.

To book a place or for further information, please contact

Donna Mulder Training Co-ordinator

Phone : 07824 381280

Email: donnmulder@centralcarers.co.uk

Principle funders

