

# 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

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## 24 November 2020      **Dementia & Diet**

Changes in eating habits and eating problems are common in dementia and can greatly affect a person's relationship with food, their eating habits and the mechanical processes of eating. Come along to get some hints and tips from an NHS dietician on how to deal with this.

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## 01 December 2020      **Healthcare Improvement Scotland**

Wendy McDougall an Engagement Officer with Healthcare Improvement Scotland will provide a brief overview of the organisation, the role and remit of the Community Engagement Directorate and their role in supporting communities help shape health and care services. You will have the opportunity to ask Wendy questions around the support and advisory role that the directorate has within the local community and their national influence.

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## 08 December 2020      **Vegetarian Cooking**

According to research, vegetarians have a lower rate of coronary heart disease, hypertension, diabetes, colorectal cancer and obesity. In addition, vegetarians (including vegans) have a 30% lower carbon footprint, compared to non-vegetarians. With so many reasons to eat more plants and fewer animals for your health, come along to learn how to create nutritious meals without meat.

To book a place or for further information, please contact

**Donna Mulder** Training Co-ordinator

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Principle funders

