

## Care with Confidence

### Zoom Sessions

March 2021

Thursdays 10.30 am – 12 noon

If you are a carer and would like to attend any of these sessions but are not sure how to get online, how to join a Zoom meeting, or simply want to book a place, please get in touch (see our contact details below). We can offer one to one support to help you get set up to join some or all the sessions.

#### 4 March 2021 [Diabetes Awareness](#)

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Rescheduled from January. Linda McGlynn from Diabetes UK will join us to tell us about the different types of diabetes, dispel the myths which surround it and answer your questions. Also includes information on how you can reduce your risk of getting diabetes

#### 11 March 2021 [Dance for Life 2](#)

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A follow on from our introduction in February, we will attend a full dance for life session with Janice. These classes aim to help with balance, flexibility and coordination which will help to avoid falls. You will also receive a PDF (Printable) workbook which will explain further, the benefits of exercise and dance, as well as ways you can improve your strength, balance, and deep breathing.

#### 18 March 2021 [Bowel Cancer Awareness](#)

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Bowel cancer is currently the third most common cancer in the UK. In Scotland, it is the second most common cancer killer. Almost 3,800 people in Scotland are diagnosed with bowel cancer each year, and approximately 1,700 people die annually from the disease. It doesn't have to be this way. A volunteer from Bowel Cancer UK will take us through:

- signs and symptoms – the most common symptoms of bowel cancer

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- risks – risk factors associated with bowel cancer
  - bowel screening – learn about the NHS bowel screening programme and the importance of taking part.

They will also be happy to answer any questions you might have. Very often, volunteers have had personal experience of bowel cancer, and therefore have a great deal of knowledge and wisdom to share.

To book on any of the above sessions, or for further Information, please contact:

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