

Care with Confidence

Clackmannanshire Zoom Sessions

February 2021

Wednesdays 10 am – 12 noon

If you are a carer living in Clackmannanshire and would like to attend any of these sessions, please call Tracy Gibson on 07818 592992 or email tracygibson@centralcarers.co.uk

10 February **Depression and Delirium**

Learn how to recognize the signs of depression and delirium and what you can do to help someone feel calmer and more in control. As a carer, you may have experience in supporting people who have had these conditions, including those who have dementia. Come and learn more about their symptoms and how they are treated.

17th February **Self Directed Support**

Self Directed Support, based in Grangemouth, support people to make informed choices in selecting the care they need. Come along to this session and learn about the choices you have when you are offered a package of care.

24th February **Foot Care**

Our feet take the weight of our whole body - and age takes its toll on our feet. Many of the common foot conditions can be avoided with self care. In this session you will learn about the best way to take care of your feet and why this is important to maintain health.

Falkirk & Clackmannanshire Carers Centre
Ludgate House
Mar Place
Alloa, FK10 2AD

To book on any of the above sessions, please contact Tracy Gibson, Training Co-ordinator, Clackmannanshire
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Website: www.centralcarers.org

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Principle funders



