

Care with Confidence
Evening Zoom Sessions 2022
April-May: Last Tuesday of Each Month
June: 2nd Tuesday of the Month
6.00pm- 7.30pm

Are you a carer and unable to attend Care with Confidence sessions during the day? Then why not join us on Zoom in the evening instead? We usually meet on the last Tuesday of each month. If you 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.

26 April 2022 **Food Train**

Food train is a volunteer-led charity that can arrange to do grocery shopping, deliver it to the door and even unpack it and put it away in the fridge or cupboards! More than this, they can also help out with practical household tasks such as duvet changing or window cleaning. They also offer a befriending service, at home, through outings or by phone. There's loads more! Come and find out how this service can support you in your caring role.

24 May 2022 **Saving Energy in the Home**

With many of us facing rising fuel bills, Home Energy Scotland have designed an online workshop to help you look after your energy bills. Friendly advisors will talk you through:

- Understanding the Price Cap
- How you can reduce your energy bills
- The savings you'll benefit from by making simple changes to the way you use energy at home
- How you can put these practical tips into practice

The session is 1 hour and interactive, with the chance to ask the advisors questions. Home Energy Scotland is funded by the Scottish Government and provides free, impartial advice to help people in Scotland lower their energy bills and keep warm at home.

14 June 2022 Dementia - Take a walk in their shoes

A person with dementia can feel confused by the world and people around them. They may feel annoyed or angry. They might feel upset with other people too. They may not know that they are upset and can't describe why they feel like that. Come along to look at dementia from their point of view and "Take a Walk in Their Shoes".

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

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Principle Funders



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