

Care with Confidence



Tuesdays
10.30 AM – 12.30 PM



Falkirk Carers Centre
or via Zoom



**falkirk & clackmannshire
carerscentre**

If you are a carer, you can attend most of these sessions online on Zoom or in person at the Carers Centre, 1A Bank Street, Falkirk FK1 1NB.

20 January 2026

Welcome Back – Burns Day

Let's start our 2026 program with a toast to the anniversary of the poet Robert Burns' birth, one of our most famous and celebrated Scots. Our local historian Ian Scott will join us to share interesting tales of the Bard, followed by a Burns lunch.

27 January 2026

Dementia & Delirium

Delirium is common in people with dementia and can make them increasingly confused and distressed. Learn to recognise the signs and what you can do to help someone feel calmer and more in control. Find out how delirium is treated and what to expect during recovery.

03 February 2026

Digital Switchover

Landlines are changing, and the UK's telephone network is going digital. By January 2027, the old analogue network will be completely switched off and replaced by new digital landlines, which will work using broadband. Come along to find out how this could affect you and any telecare devices you may use, such as personal alarms, pendant alarms, and home care monitoring systems.

10 February 2026

A guide to driving safer for longer

Your car needs an MOT—shouldn't mature drivers have a similar check-up?

As we age, changes such as declining eyesight, slower reaction times, and the effects of medication can impact driving ability. To help mature drivers stay safe on the road, **Road Safety Scotland** has launched a new campaign: "*A Guide to Driving Safely for Longer.*"

Join us to learn about the legal requirements and discover practical steps you can take to keep driving confidently and safely for as long as possible.

***If you are a carer in Clackmannshire, you are welcome to join these Falkirk sessions either over Zoom or, if you'd like to attend in person, travel may be provided.**

To book a place or for further information on any of the above, please contact

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