

Care with Confidence



Tuesdays
10.30 AM - 12.30 PM



Falkirk Carers Centre
or via Zoom



falkirk & clackmannanshire
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.

24 February 2026

Dementia – Shadowing & Sundowning

You may notice that the person you care for becomes more confused and/or agitated in the late afternoon and evening. This is known as “Sundowning”. Learn about the steps you can take to help reduce sundowning, for their benefit as well as your own. Shadowing is a form of behaviour in which a person with dementia follows their caregiver around. Find out how to manage this behaviour by gaining an understanding of why this occurs.

03 March 2026

Online Banking & Price Comparison Sites – Getting Started

This beginner-friendly session will introduce online banking, including how to set it up and use common features like checking balances and making payments. You'll also explore tools to help manage your money and learn how to navigate price comparison websites to find the best deals and support your financial wellbeing.

10 March 2026

A Guide to Insurance / Energy Bills and Support Available

In the **first part** of this session, we'll look at how insurance works, what to look out for when buying insurance, and what happens when you need to make a claim. We'll also cover some of the common mistakes we can make when purchasing insurance policies. We'll also provide you with some tips to help you make confident choices about your coverage. **After the break**, we will discuss your energy bills, government support with this, maximising your income, and how to get advice if you are struggling.

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

Donna Mulder

Training Co-ordinator

Phone: 07824 381280

Email: donnmulder@centralcarers.co.uk

Central Carers Association Company Limited by Guarantee | Company No SC184443 | Scottish Charity No SC023658



Falkirk
Health and Social Care
Partnership



Clackmannanshire
Council