

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.

31 March 2026 **Dementia – Behaviour, Hints & Tips**

Changes in behaviour can be one of the most difficult aspects of living with dementia. It's important to see beyond the behaviour itself and think about what may be causing it. There may be specific reasons why the person with dementia is behaving differently. Come along to learn more about what you can do to help.

07 April 2026 **Home Fire Safety**

Find out if you are eligible for a **Home Fire Safety Visit** for people at the highest risk of experiencing a fire in the home. If yes, then the **Scottish Fire & Rescue Service** will provide:

- identification of potential fire risks in your home
- information about bedtime routines
- help to create a robust escape plan
- advice and testing of smoke alarms

Come along to find out more.

14 April 2026 **Focus Group**

We invite you to come along to look back over the subjects covered in the last 10 months and help us plan the future Care with Confidence programs for 2026. To thank you for your feedback, this session will be followed by a light lunch.

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