

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 any of these sessions online on Zoom or in person at the Carers Centre, 1A Bank Street, Falkirk FK1 1NB.

28 April 2026 **Dementia – Brain Health**

Come along to find out about the research called **OMNI “Oral Microbiome & Nitrates” for Brain Health**, which is being used to try and help improve the lives of people living with **Alzheimer’s Disease**. We will look at **Nitric Oxide**, which is a molecule in our bodies that helps keep our cardiovascular system healthy, and the **oral microbiome**, which is the community of microorganisms – mostly bacteria- living in the mouth. Come along to find out more about these topics and what the science says you can do to improve them.

05 May 2026 **Forth Valley - Sensory Loss Advice Service**

We will welcome the team from the Forth Valley Citizens Advice Bureau (CAB) Sensory Loss Advice Service (SLAS). SLAS is an innovative approach that extends and increases CAB’s ability to inclusively support people with sensory loss across Forth Valley. They help people with sensory difficulties access advice, information, support and representation in relation to benefits, debt, employment, consumer issues, energy, and housing issues. Come along to find out more.

12 May 2026 **Canine Partners**

Ever wondered how a playful puppy becomes a life-changing assistance dog? Learn how Canine Partners train and carefully match their dogs with disabled people. Learn about the specialist skills these assistance dogs develop, their partnership journey, and the lifelong support provided to ensure each partnership thrives. Come along to find out more.

To book a place or for further information on any of the above, please contact Donna Mulder
Phone: 07824 381280
Training Co-ordinator Email : donnmulder@centralcarers.co.uk

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