

newsletter

Information for Carers throughout Falkirk District and Clackmannanshire

SUMMER 2026

Young Carers Action Day 2026

This year, we proudly marked Young Carers Action Day 2026 with a range of exciting activities across Falkirk and Clackmannanshire, all centred around this year's powerful theme: **Fair Futures for Young Carers**.

The theme highlighted the importance of ensuring that all young carers have the same opportunities as their peers — whether that's time to relax, access to support, or the chance to achieve their goals and aspirations.

As part of this year's activity, we supported thirteen young and young adult carers in attending a hustings event at Edinburgh Zoo, where political candidates answered questions from the public ahead of the upcoming election. This gave young carers a valuable opportunity to hear directly from candidates and engage with issues that matter to them. Feedback was very positive, with many saying it helped them decide who to vote for or confirmed their existing views. The afternoon at the zoo was a bonus and a great way to relax together! This links closely with the **#CarersVotesCount** campaign, highlighting the importance of carers' voices being heard.

Alongside this, young carers took part in a variety of engaging and meaningful activities. Our ever-popular sessions with Cool Creatures returned once again, giving young people the chance to get up close to a range of animals. These sessions continue to be a firm favourite, offering a fun and memorable break from caring roles while helping to build confidence and social connections.

We also delivered calming and restorative mindfulness sessions at Harmony Fields, supported by Good Vibes Meditation Mental Health and Wellbeing Trust. Young carers learned effective techniques to support their wellbeing, alongside spending time with rescue animals in a peaceful outdoor setting.



Furthermore, we worked in partnership with local schools across Falkirk and Clackmannanshire, delivering three whole-school primary assemblies and attending high school Personal and Social Education (PSE) classes to raise awareness, identify hidden young carers, and promote the support available.

Throughout March, we also ran an active social media campaign using **#YoungCarersActionDay**, sharing photos, videos, and powerful messages from young carers about what a **fair future** means to them. Our Young Carer Champions in schools played a key role in spreading awareness and promoting inclusion within their communities.

Together, these activities helped shine a light on the importance of fairness, opportunity and support — ensuring that young carers feel recognised, valued and empowered to look ahead with confidence.



Carers Week 2026

8 – 12 June 2026

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Information and training for carers and professionals



Young Adult Carers Project

This year, we have been helping young adult carers focus on self-care and taking time out for themselves.

We completed Young Adult Carer Support Plans, exploring their interests, embracing their skills and talents, and helping them connect with their local community. We applied for grants for a variety of activities ranging from book and pamper vouchers to concert tickets, craft supplies, and city breaks.

In partnership with local organisations (Clackworks, Mums the Word, Tullibody Community Garden and ACE recycling), we facilitated twice-monthly sessions on upcycling, pottery, craft and cooking. This programme was developed and designed with suggestions and ideas from young adult carers. We are also working with these organisations to offer employment support and volunteering opportunities in the Clackmannanshire area.

We went out to play pool and held sessions in the Centre, which included planning, information sharing, playing games, and eating pizza. We spent a lot of time catching up with Young Adult Carers on a 1:1 basis, meeting them in their own communities, and ensuring they have local access to any upcoming events.

We held a stall at the 'Welcome Week' at Forth Valley College, talking to students and networking. We saw a rise in enquiries from college staff after raising awareness of our project. Next quarter, we will be holding monthly drop-ins at all 3 campuses and meeting with support and guidance staff regularly. We also look forward to working together with their enhanced transition programme in the summer.



Young Adult Carer accessing their 'self-care' through music



Above: Sharon's celebration and (right): Jo's celebration

Staff Changes

In March, we welcomed **Charlene Kane** to the Organisation. Charlene joined our Young Adult Carers Project as a Young Adult Carer Support Worker. We welcome Charlene to the team and wish her all the best in her new role.



We have also said goodbye to **Kim Wylie**, who left her role as Young Adult Carer Support Worker in October 2025 to take up a new and exciting role elsewhere. The Organisation wishes Kim the very best of luck.

Anniversary news – we celebrated a lot of milestones since the last newsletter, none more so than 2 of our longest-serving staff members. **Jo McCorrison**, our Young Carers and Young Adult Carers Lead, celebrated 20 years with the Organisation. During this time, Jo has worked within and helped to develop the Young Carers Project and, in recent years, support for Young Adult Carers. **Sharon Campbell**, our Operations Manager, celebrated 30 years at the Carers Centre, having joined the organisation as the Information Development Worker when the Centre first opened in 1996. The Board and staff wish to pass on their congratulations and thanks to Jo and Sharon for their hard work and dedication over the years.

Central Carers Association Board Update

It has been a while since we last updated you on our Trustees. Our longest-serving Board Members are **Elizabeth Ramsay** (Chair), **James Allardyce** (Treasurer), **Pat Reid** (Secretary), and **Margaret Daniels** (Trustee).

We have also welcomed two new board members in the last year or so, with **Eugene Greasley** and **Florence Miller** joining the Board as Trustees and bringing with them a wealth of knowledge, both professionally and of the importance of unpaid carers in our communities.



IN FOCUS Dayna Faulds

Training Coordinator

Dayna has been a great addition to the Support Options team since joining us in September 2025. We caught up with her to ask her a few questions so we can get to know her a little better.

Can you tell us about your role?

My role is Training Coordinator. It involves organising and coordinating a wide range of training and information sessions for carers. I get to work closely with different organisations to make sure what we offer is relevant, practical, and supportive – helping our carers care with confidence.

What do you enjoy most?

I really enjoy how varied the role is. I get to learn a lot about a variety of different training topics and work with a wide range of organisations. I have been amazed and inspired by the huge support offerings via the third sector across Falkirk and Clackmannanshire. One of the best parts is connecting with carers during the sessions and seeing friendships form within the training groups.

How does it make a difference?

It makes a difference when carers tell us what they've taken away from sessions – some have said they wished they had known the information sooner, or that they found out about services they didn't know even existed. Knowing that the information will have a practical benefit to their lives is fantastic. Hearing carers' experiences can be very moving and reminds me how important it is to create welcoming and supportive spaces for them.

What do you do in your spare time?

In my spare time, I love spending time playing with my four year old daughter. She certainly keeps me busy! I'm also a keen runner - I've completed a few half marathons, and I'm hoping to do more in the future.

Tell us an interesting fact about you!

I love music and have been to around 100 concerts. When I was 15, I was even on stage with my favourite band at the time (Train, think Drops of Jupiter).

Notice of Annual General Meeting (AGM)

The 30th AGM of Central Carers Association (CCA) will take place on Wednesday 10 June 2026 at 10.00 am, followed by a members-only lunch in the Carers Centre at 1a Bank Street, Falkirk, FK1 1NB. The AGM is open to all. If you are a carer living in the Clackmannanshire area, registered with the Carers Centre and need travel assistance, please contact us using the contact details below. Those who cannot attend in person will be able to join the AGM via Zoom. Please contact the Centre if you wish to attend via Zoom.

CCA is the local voluntary organisation that support carers in Falkirk and Clackmannanshire and is the managing body of the Carers Centre. Full membership of CCA is open to all carers 18 years of age and over in Falkirk and Clackmannanshire, and associate membership is open to young carers under the age of 18. By becoming a Member of CCA, you will be demonstrating your support for the work of the organisation and strengthening its voice as a body that represents carers. Full Members are also entitled to vote at the AGM. The current annual subscription fee is £5 for full or associate membership. If you would like to become a member, please contact us on **01324 611510** (option 1) or via email: centre@centralcarers.co.uk.

Clackmannanshire Service Update

Following a decision last year by Clackmannanshire & Stirling Health & Social Care Partnership (H&SCP) to fund a single carers centre to provide statutory support to carers across Stirling and Clackmannanshire, a tender process was launched in December 2025.

Statutory services for carers include help to complete and review Adult Carer Support Plans and the provision of information for carers, and have previously been provided on behalf of the H&SCP by Stirling Carers Centre and Falkirk & Clackmannanshire Carers Centre in their respective areas.

Falkirk & Clackmannanshire Carers Centre, after careful consideration, made the decision not to bid for the H&SCP contract. As a result, from July 2026, we will no longer be providing **statutory-level** carer support in Clackmannanshire. The new service provider for statutory carer planning and support in Clackmannanshire will be Stirling Carers Centre.

This does not mean that our organisation will cease to provide carer support in Clackmannanshire: conversations about planning and delivery are ongoing, and we will continue to take part in local discussions about carer support. What we know right now is that our current alternative sources of funding will allow us to continue to focus on - and grow - our:

- Short break support options (including Respite, Short Break Grants, Carer Get-togethers)
- Young adult carer focussed support
- Young carer involvement work
- Awareness raising and signposting

There will be further information shared out to all carers with next steps in relation to the transition of the statutory carer supports.

Support

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Individual and group support for carers



Delicious lunch in Alloa

Clackmannanshire Carer Get-Togethers

Thanks to a grant from the Mental Health & Wellbeing fund, we will continue to offer our Carer Get-Togethers from April 2026 to March 2027.

These Get-Togethers are a chance to take a short break from your caring role, meeting up with other carers to enjoy a light lunch and fun activities. You are welcome to bring the adult you care for if you wish.

The Get-Togethers take place three times a month in Alloa, Alva and Tullibody. For more details, please turn to the back page.



Samba drumming in Tullibody



Renaissance Choir's visit in Alva



Thanks to our Respality providers!

Brucefield Estate in Clackmannanshire offered fantastic overnight stays again throughout 2025-26. Carers were able to take some time out for a 2-night stay to their beautiful, cosy Schenbothies surrounded by scenic nature walks and wildlife. Carers noted how quiet and relaxing their stay was, and that the staff at Brucefield were very helpful and welcoming.

We have also been able to offer carers a tour for two each month to **Rosebank Distillery** in Falkirk. The tour includes a wander around the historic building, learning about the local history and enjoying a tasting experience at the end. This has been a fantastic addition to local breaks this year.

The Hippodrome Cinema in Bo'ness, for the third year in a row, kindly donated free cinema tickets for a variety of screenings in 2025-26, allowing carers to enjoy another fantastic year of movie magic and quality time with friends and family.

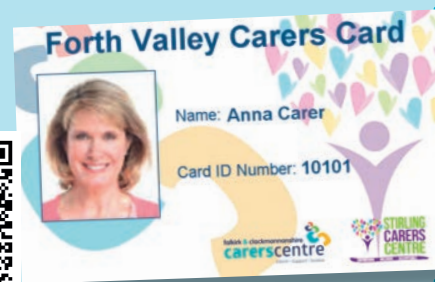
Another returning break this year was tickets for Falkirk Football Club's home games, kindly donated by **Falkirk Foundation**. Falkirk has had another fantastic season with carers from Falkirk and Clackmannanshire cheering them on in the stands. This has, once again, been an excellent (and exciting) break opportunity for carers to make memories supporting their local team.

We want to extend a huge thank you to our fantastic local providers who are supporting unpaid carers in Falkirk and Clackmannanshire to take a well-deserved break!

Forth Valley Carers Cards

The Forth Valley Carers Card is a carer identification card that has been developed by local carers, Carers Centres, NHS Forth Valley and local authorities to ensure that carers are more easily identified by health and social care professionals and recognised and valued as equal partners in care.

You can apply for a Forth Valley Carers Card using our online application form: <https://form.jotform.com/CentralCarers/carers-card>. If you are unable to complete the form, please call us on **01324 611510** and select **Option 1**.





8 – 12 June 2026



Building Carer Friendly Communities

Carers Week is an annual campaign that raises awareness of caring, highlights the challenges unpaid carers face, and helps recognise the contribution they make to families and communities throughout the UK.

This year, the theme for Carers Week is **Building Carer Friendly Communities**, which highlights the impact carer-friendly communities can have in making a real and lasting difference to the lives of carers everywhere.

Carers Week Programme:

To book a place for the activities below, please visit <https://centralcarers.org/carers-week-2026> by scanning the QR code or email shortbreaks@centralcarers.co.uk. Please note spaces are limited, and will be allocated on a first-come, first-served basis. If an event is over-subscribed, priority may be given to those who haven't accessed a short break activity before.



Events in Falkirk

| Date | Time | Activity | Open to |
|-------------------|-----------------|--|--|
| Monday 8 June | 10 am - 3 pm | 25-min individual pamper appointments with Mary Philiben held at the Centre: choice of back, neck and shoulder massage, mini facials, and taster reflexology | Falkirk & Clackmannanshire carers |
| | 10 am - 3 pm | Drop-in Session run by Falkirk Adult Carer Support Team in the Centre - No booking required | Falkirk carers only |
| Tuesday 9 June | All day | Guided Hill Walk with Falkirk Outdoors | By invitation only* |
| | 10 am - 12 noon | Consultation with Social Security Scotland regarding Carer Benefits, held in the Centre - No booking required | Falkirk & Clackmannanshire carers |
| Wednesday 10 June | 10 am | Annual General Meeting in the Centre - No booking required | Falkirk & Clackmannanshire carers and the public |
| | 11.30 am | Members-only Lunch in the Centre | Members-only |
| Thursday 11 June | 11 am - 12 noon | Health & Wellbeing Activity with Good Vibes Meditation Mental Health and Wellbeing Trust held in the Centre | Falkirk & Clackmannanshire carers |
| Friday 12 June | 10.30 am - 1 pm | Cold Water Dip with Sarah McBride, Cold Water Facilitator | By invitation only* |

Events in Clackmannanshire

To celebrate Carers Week, we hope that you can come along to Carers Afternoon Tea at Inglewood House, Alloa, from 1 pm to 3 pm on **Thursday 11 June 2026**. The cost to carers is £5. Please note, this event is only for Clackmannanshire carers, spaces are limited and will be allocated on a first-come, first-served basis.

You can book your place by scanning the QR code or visiting: <https://tinyurl.com/cw-afternoon-tea>.



*As part of Carers Week Activities, carers who have expressed an interest in Short Break Activities were invited along to try our themed community activities. If you would like to hear more about the future short break activities on offer, or join our cancellation list, please contact shortbreaks@centralcarers.co.uk.

Support

continued....

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Better Breaks Project

What a fantastic year we have had delivering the Better Breaks Growing Connections project through 2025-26. We would like to thank all the families for joining us and making the project a big success.

We'd like to thank Shared Care Scotland for their support throughout the project and also some of our local providers, including **Sustainable Thinking Scotland C.I.C.**, **The Mariner Centre**, **Happy Days Bus Company**, **4 Co Wynd**, **Lyn Sutherland Art**, and **Well Wild**.

We are excited to announce that we have been successful for continued Better Breaks funding for short break activities throughout 2026-27 for disabled children and young people (aged 20 and under) and their parents and carers.

We look forward to offering lots of exciting activities and outings for parent carers and their families living in the Falkirk & Clackmannanshire areas.

We hope to kick-start the fun in early summer.



Care with Confidence

Transitions Drop-in Cafés

Fiona Douglas from the Falkirk Health & Social Care Partnership is hosting monthly 'Drop-in Cafés' in the Centre. These are open to anyone supporting individuals aged 14-25. Fiona specialises in Transitions for all children, but especially those with ASN. She will be running these for 3 hours each month, and you can drop in at any time with questions or for a chat.

So that we can anticipate numbers, please register for the upcoming session here:

<https://tinyurl.com/drop-in-cafe>, or email daynafaulds@centralcarers.co.uk.

Future dates can be found on our website's news page.



Scottish Autism 6-Part Course

From August onwards, Scottish Autism are hosting a 6-part block of information sessions specifically designed for parent carers, held in person at the Carers Centre (1a Bank St, Falkirk, FK1 1NB); alternatively, you can join us on Zoom. We will cover neurodiversity, autism, communication and thinking styles, sensory understanding, stress and well-being, the wider family, and circles of support.

Session 1: **Introduction to Neurodiversity and Autism**

Session 2: **Communication and Thinking Styles**

Session 3: **Sensory Understanding**

Session 5: **Stress and Wellbeing**

Session 5: **The Wider Family and Circles of Support**

Session 6: **Final Reflections**

If you are interested in attending these sessions, please contact:

daynafaulds@centralcarers.co.uk

for more information, or register here:

<https://tinyurl.com/scottish-autism-series>



Care with Confidence Survey

Help us help you!

We want to understand if any barriers are preventing you from attending information and training sessions at the Carers Centre. We will strive to make these sessions more accessible, and our podcast series is in the works to cover our essential topics.

However, please complete this survey to help us offer more relevant sessions and to improve your ability to attend:

<https://tinyurl.com/carers-survey>.



The Carers Centre can also support carers to access short breaks grants which are funded by the Scottish Government's Short Breaks Fund and also by the Falkirk Health and Social Care Partnership and Respiteability breaks which have been offered by local hospitality and activity providers and are free to carers

Involve

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Opportunities for carers to have their voices heard



Children and Young People's Commissioner Meeting

At the start of the year, we supported three young carers from Falkirk and Clackmannanshire to travel to Edinburgh to meet with the Children and Young People's Commissioner Scotland and her team.

The group were given a tour of the office and took part in a series of interactive activities focused on young carers' experiences in education, exploring both the positives and the challenges they face. The session created a safe and supportive space for young people to share their views openly and feel listened to on issues that directly affect them. It was a valuable opportunity for the young carers to have their voices heard at a national level, build confidence in expressing their experiences, and contribute to meaningful discussions that can help influence future change. The day also included a relaxed lunch together, which helped create a welcoming and enjoyable atmosphere for everyone involved.



UPDATE

Falkirk Carers' Voice

Falkirk Carers' Voice meetings, held monthly on a Monday between 10 am and 12 noon in person at the Carers Centre (1a Bank Street) and via Zoom, provide an opportunity for carers to meet with other carers, representatives from local authorities, and other third sector organisations.

During these meetings, carers can share their views and experiences to help shape carer support and learn about useful local services, as well as important updates that may impact their caring role.

In the last few months, we welcomed Falkirk Health and Social Care Partnership, seeking carers' views on a variety of topics: new Carers Strategy, Shifting the balance of Care, and Care at home Services, to name a few.

Other external organisations, such as Age Scotland, Sustainable Thinking Scotland C.I.C, Forth Valley Advocacy, and many more, also joined us to talk about their services. Furthermore, NHS Forth Valley's Chief Executive and Executive Nurse Director held an important consultation with carers and will be returning in June!

For the last few months, in partnership with NHS Forth Valley's Dementia and Delirium Lead, we have successfully held a series of consultations regarding dementia services and support. Thanks to carers' feedback, improvements have been made to the services. We look forward to continuing these consultations and are keen to see the difference carers make.

We previously carried out a number of surveys and consultations around the fact that carers who are in receipt of the State Pension are unable to claim Carer Support Payment. Carers' views have been shared with Carers Trust, who will use them to influence politicians to include unpaid carers in their manifesto priorities. Lyn McKay, Welfare Benefits Adviser at Citizens Advice Bureau, and Sharlene Ramage, our Carer Participation Development Worker, have also joined a national carers group where they continue to discuss this topic to drive change.

Your Carer Representatives have also been working hard to have carers' voices heard. We thank them for their time and commitment. You can read their updates about various topics here: <https://centralcarers.org/carers-rep-updates>.

Thank you to all the carers who attended the Voice and any of the carer consultation events. Your views really matter and can help drive positive change. More professionals will be coming along in the coming months to share how their services can help you and the person you care for, but more importantly, to find out what you need from them!

If you are interested in joining, please contact Sharlene on 01324 611510 (Option 4) or email sharleneramage@centralcarers.co.uk.

Group Support Activities

Falkirk

- **Falkirk Carers Lunch** – This group meets for lunch on the first Thursday of every month (except December) at **Tamfourhill Community Hub**, between 12.30 and 2 pm. Carers and the person they care for are welcome to come along. For more information contact Sarah at the Carers Centre on **01324 611510 (Option 1)**.
- Our partnership with **Central Wellbeing SCIO**, who run support groups for carers in Falkirk, continues. Currently, they offer a range of groups, including the Carers Cafe drop-in, every Wednesday at the Carers Centre, and the men's group, which meets at the Carers Centre on the first Tuesday of each month.

You can find out more about the groups at the What's On section on our website, or by visiting Central Wellbeing's website (centralwellbeing.org).

Clackmannanshire

- **Carer Support Group** – This group meets every Tuesday (except the first Tuesday of the month) at **Hawkhill Community Centre** between 1.30 pm and 3 pm. You are welcome to just come along, but if you would like more information, please contact Caroline, carolinequinn@centralcarers.co.uk, Tel: **01324 611510**.
- **Carer Get-Togethers with a light lunch** – Please contact Amanda, amandarutherford@centralcarers.co.uk, Tel: **01324 611510**, if you would like to attend any of the Carer Get-Together events. Light lunch is provided, and you are welcome to bring the adult you care for if you wish.
 - **Alloa**: first Tuesday of the month, at **Hawkhill Community Centre**, between 12.30 and 2 pm
 - **Alva**: Thursday, the week after the 1st Tuesday of the month, at **Parklands Community Centre**, between 12 noon and 2 pm.
 - **Tullibody**: every third Monday of the month, at **Tullibody Civic Centre**, between 12 noon and 2 pm.



'5 Days of Carers Week' PRIZE DRAW

Our popular prize draw is back for this year's Carers Week!

We'll be doing a draw each day from **Monday 8 June to Friday 12 June!** In show of our support, the prizes for this raffle will include vouchers from multiple local businesses.

To enter, contact us by either completing the tear-off slip below and sending it back to us using the freepost address provided, or <https://form.jotform.com/CentralCarers/cwpcd>. All entries will be included in an anonymous prize draw, and winners will be notified by telephone.



Name

Address

Contact number

Email address

Please include me in the **'5 Days of Carers Week' Prize Draw**

I agree to receiving future information by email

Please remove me from the newsletter mailing list

Freepost address: **Central Carers Association, Freepost SCO167, Falkirk, FK1 1BR**



Prefer Paperless?

To keep the costs associated with our newsletter down, and to get more up-to-date information from our e-bulletins, we would encourage anyone who is able to receive this newsletter online to get in touch and let us know your email address! Get in touch with us today at: <https://form.jotform.com/CentralCarers/newsletter-subscription> to sign-up to our e-mailing list.



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Falkirk & Clackmannanshire Carers Centre is managed by a board of trustees elected from the membership of Central Carers Association, a voluntary organisation comprising carers and those with an interest in carers' issues.

The organisation is a Company Limited by Guarantee (Company No SC184443) and a Registered Scottish Charity (No SC023658)

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