

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

### **8 September 2026      Welfare Benefits Overview**

Lyn McKay, Welfare Benefits Adviser, Citizens Advice Bureau, will give us an overview of different benefits, including working-age benefits and older adult benefits, with an opportunity to ask any questions you may have relating to welfare benefits.

### **15 September 2026      Canine Partners**

William Holmes, Volunteer at Canine Partners, will be joining us to talk about the many incredible ways assistance dogs transform the lives of their Partners; not just making them more independent, but helping them gain confidence, socialise and take their place in society. Assistance dogs are trained to meet the needs of individuals with a physical disability or condition affecting their daily life and limiting their independence.

### **22 September 2026      Bowel Cancer UK Awareness Session**

This session will be delivered by Bowel Cancer UK. You will learn important information about bowel cancer, including the prevalence of bowel cancer, the six most common signs and symptoms, and risk factors. You'll also learn about the NHS bowel screening programme and the importance of taking part. There will also be an opportunity to ask any questions you might have.

### **29 September 2026      Caring for Smiles – NHS Forth Valley**

Louise Balfour, Oral Health Central Nurse, NHS Forth Valley will talk about the importance of oral health. Did you know problems in the mouth can affect the rest of your body? Are you aware of different toothbrushes available to clean the mouth and teeth? Join us to find out more.

**Register [here](#) for any of the sessions.**

**For more information on any of the above, please contact**

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