

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.

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.

6, 13 and 20 October 2026 10.30am – 12.30pm Chair Yoga

Anne Millard from AM Wellbeing will be joining us in October to provide three sessions of chair yoga. Caring for someone can impact a person's physical health and emotional wellbeing. Chair yoga is an ideal way to gently move the body to help increase flexibility, mobility and wellbeing. The sessions are suitable for everyone and will include some simple breathing techniques, relaxation and mindfulness practices. You can join these sessions in person or online on Zoom.

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

For more information on any of the above, please contact

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Health and Social Care
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