

Falkirk Carers' Voice



Monthly on Mondays
10.00 AM – 12.00 PM



Falkirk Carers Centre
or via Zoom



falkirk & clackmannanshire
carerscentre

Adult Carers Voice Meeting

Held on 24 August 2026

at The Carers Centre Falkirk

Chaired by Sharlene Ramage (Carers Centre Participation Development Worker)
Online option facilitated by Nicola Weedon (Adult Carer Team Lead).
Notes by Dana Horsburgh Carer Representative, Sharlene Ramage and Zoom assistant.

Attendees

There were 18 people in attendance, Carers with a variety of caring situations, Carer Representatives, staff and staff who are also unpaid Carers.
Nicola Weedon (Adult Carer Team Lead).
Lyn McKay- Citizens Advice.
Jessie Anne Malcolm- NHS Forth Valley
Lisa Wilson and 2 students (NHS Forth Valley Falls Team)
Charlene Kane (Young Adult Carer Support Worker)

Central Carers Association Company Limited by Guarantee | Company No SC184443 | Scottish Charity No SC023658



Falkirk
Health and Social Care
Partnership



Clackmannanshire
Council

Falkirk Carers' Voice



Monthly on Mondays
10.00 AM – 12.00 PM



Falkirk Carers Centre
or via Zoom



falkirk & clackmannanshire
carerscentre

Quick recap

This meeting focused on falls prevention and bone health initiatives in Forth Valley, with Lisa Wilson (AHP Falls Lead) presenting updates on community falls prevention work and a hip fracture prevention project aiming to reduce admissions by 15% by 2029. The discussion covered statistics showing that 1 in 3 people over 65 fall annually, with 1400 fall admissions and 485 hip fractures in Forth Valley in 2025, along with factors increasing fall risk including medications, age, and bone density issues. Participants discussed various community resources available including strength and balance classes, equipment support through Living Well Falkirk, and online resources like the Virtual Village Hall and NHS Inform exercises. The meeting also covered the importance of early intervention and challenges in accessing physical activity opportunities due to cost and accessibility issues.

Neighbourhood Networks Service Discussion by Sharlene in Pauline's Absence.

The meeting also showcased Neighbourhood Networks, a service supporting adults with learning disabilities, physical disabilities, and mental health issues. Sharlene read through Pauline's shared slides, everyone in the room had never heard of the service, many carers commented that this sounds like a much-needed service however advertising of its services is required. Carers had many questions on the day that Sharlene did not know the answer to. Carers were keen to learn about the age range, where the service is based, does the service cover the whole of Forth Valley, is there a cost for the service, is there a criteria for participation, is there funded places if there is a cost, is there a specific amount of time the membership lasts and is the service suitable for individuals with dementia. Sharlene committed to gathering more information from Pauline and sharing responses, Pauline's Q and A is at the bottom of these minutes, as are Pauline's slides. The discussion also touched on broader

Central Carers Association Company Limited by Guarantee | Company No SC184443 | Scottish Charity No SC023658



Falkirk
Health and Social Care
Partnership



Clackmannanshire
Council

Falkirk Carers' Voice



Monthly on Mondays
10.00 AM – 12.00 PM



Falkirk Carers Centre
or via Zoom



falkirk & clackmannanshire
carerscentre

challenges in community support and employment opportunities for people with disabilities, suggesting a need for better advertising and more accessible services.

Forth Valley Falls Prevention Update

Lisa explained that the falls prevention program focuses on developing early intervention pathways for high-risk individuals and increasing awareness across community partnerships, care homes, and other settings. The discussion touched on statistics for falls among different age groups, with Lisa noting that while her role primarily focuses on older adults, falls prevention is relevant for people of all ages, particularly those with neurological conditions or deteriorating health.

Bone Health and Fall Prevention

Lisa discussed the importance of staying active to maintain bone health and prevent falls, noting that females are more prone to fractures due to lower bone density. Lisa explained how falls can create a vicious cycle of decreased activity, muscle weakness, and balance issues, leading to increased fall risk. Lisa mentioned ear crystals and emphasized the importance of seeking help for persistent dizziness.

Hip Fracture Prevention Project

Lisa shared information on the hip fracture prevention project across Forth Valley, which aims to reducing hip fractures by 15% by 2029. The project focuses on improving bone health assessments, increasing access to physical activity classes, and enhancing population awareness about bone health. The conversation highlighted various challenges including accessibility issues and

Central Carers Association Company Limited by Guarantee | Company No SC184443 | Scottish Charity No SC023658



Falkirk
Health and Social Care
Partnership



Clackmannanshire
Council

Falkirk Carers' Voice



Monthly on Mondays
10.00 AM – 12.00 PM



Falkirk Carers Centre
or via Zoom



falkirk & clackmannanshire
carerscentre

cost barriers to accessing strength and balance classes and evidenced the need for better information about available services.

Hip Fracture Prevention Survey Update

Lisa provided an update on a project examining hip fracture prevention, highlighting key findings from a patient survey, which had a 15% response rate. The survey revealed that falls often occur in everyday environments, there's limited awareness of available strength and balance exercises, and bone health isn't prominently discussed or promoted in the community. Lisa also mentioned conducting a carers survey focusing on those caring for someone with a recent hip fracture, which revealed uncertainty about available community exercise classes and identified fear of falls, walking difficulties, and memory issues as common precursors to fractures.

Bone Health and Falls Prevention

Lisa discussed initiatives to support bone health and falls prevention, strength and balance exercises, and specialized classes for higher-risk populations. Lisa highlighted challenges in venue accessibility and attendance at community education sessions called "Staying Steady," suggesting that social media promotion and addressing stigma around falling could improve participation.

Equipment Access for Older Adults

Lisa discussed equipment access options for older adults, explaining that the Living Well Falkirk site provides equipment quickly through self-referral, while the REACH team handles more complex cases requiring multiple needs assessment. Lisa emphasized the importance of seeking medical advice for new blackouts, dizziness, or multiple falls within six months, particularly when taking four or more medicines without recent reviews.

Central Carers Association Company Limited by Guarantee | Company No SC184443 | Scottish Charity No SC023658



Falkirk
Health and Social Care
Partnership



Clackmannanshire
Council

Falkirk Carers' Voice



Monthly on Mondays
10.00 AM – 12.00 PM



Falkirk Carers Centre
or via Zoom



falkirk & clackmannanshire
carerscentre

Safety Mobility Event Planning

Lisa discussed an upcoming safety mobility event on September 14 at 1:30-3:30pm which will feature pharmacists, podiatrists, hearing aid clinics, dieticians, active services, TRAX access services, telecare, and physio students who will conduct walking aid MOTs. Lisa advised that while they cannot bring a large stock of walking aids, they will take names and addresses to arrange follow-ups afterward.

The meeting also included a discussion about how to handle falls, with Lisa recommending giving fallen individuals a few minutes to recover, checking for obvious injuries, and contacting emergency services if fractures are suspected, while keeping the person warm and hydrated.

Slides from Lisa Wilson about Falls Prevention can be viewed here:

<https://centralcarers.org/wp-content/uploads/2026/09/Falls-Prevention-Slides.pdf>

Sharlene to

- Contact Pauline to ask questions about Neighbourhood Network (age range, criteria, cost, who pays, suitability for people with dementia, etc.) and share the responses with all attendees who signed in. Sharlene has done this.
- Consider inviting "Access to Work" to a future meeting to discuss employment opportunities for people with disabilities.

Suggestions

Central Carers Association Company Limited by Guarantee | Company No SC184443 | Scottish Charity No SC023658



Falkirk
Health and Social Care
Partnership



Clackmannanshire
Council

Falkirk Carers' Voice



Monthly on Mondays
10.00 AM – 12.00 PM



Falkirk Carers Centre
or via Zoom



falkirk & clackmannanshire
carerscentre

- Attendees: Self-refer to the REACH team if experiencing falls or needing support, and mention falls during the referral process.
- Attendees: Seek a medication review from their GP practice if taking four or more medicines or if it has been a long time since the last review.
- Attendees: Use the Royal Osteoporosis Society Bone Health Checker for self-assessment.
- Lisa mentioned accessing the RVS Village Hall, this service will unfortunately stop as of mid-September 2026.

Pauline's response to the questions raised by attendees, answered after the meeting:

Age range - We support adults aged 16 (School leavers) - 65 years

Where the service is based - We have networks spread across the central belt of Scotland and 3 networks in Falkirk covering 1. Falkirk Central, 2. Grangemouth & Boness, 3. Denny/ Larbert.

We don't have an office or base in Falkirk, we are community based so all activities take place in local community spaces.

Does the service cover the whole of Forth Valley - We currently have the 3 networks in Falkirk. We previously had a Stirling Network however we lost the funding for this.

Is there a cost for the service? - We are funded by Falkirk Health and Social Care Partnership so there is no cost for the service. Members of our service are

Central Carers Association Company Limited by Guarantee | Company No SC184443 | Scottish Charity No SC023658



Falkirk
Health and Social Care
Partnership



Clackmannanshire
Council

Falkirk Carers' Voice



Monthly on Mondays
10.00 AM – 12.00 PM



Falkirk Carers Centre
or via Zoom



falkirk & clackmannanshire
carerscentre

however required to pay their own expenses when they attend activities, they do not pay anything towards staff expenses. For example, if the group were going bowling, individuals would be responsible for paying for participating in bowling and paying for their own lunch.

Is there a criteria for participation? - We support individuals who have a learning or physical disability, poor mental health or neurodiversity. They don't need to have a formal diagnosis. Individuals need to have a level of independence where they can travel to/ from a central meeting point or willing to work towards this. We can offer a few sessions of travel training to allow an individual to learn a specific travel route that would allow for this to happen. Some of our younger members are dropped off/ picked up by parents/carers with a view to them travelling independently in the future. Staff are unable to pick up/ drop off members of our service. We work best when we support individuals who don't meet the criteria for other formal supports and we would be unable to offer support to individuals who have large packages of support. We are outcome focused and member- led with at least one activity organised per week. Our support is flexible and activities/ dates/ times are agreed with the members of the network. All potential new members will be assessed before being offered membership to ensure we are the right service for them.

Is there a specific amount of time the membership lasts and is the service suitable for individuals with dementia? - We would not be able to support individuals with dementia. Membership is unique to every individual so there is no time limit on support however we are not a forever service, our aim is to support members with their identified outcomes to equip them with the skills

Central Carers Association Company Limited by Guarantee | Company No SC184443 | Scottish Charity No SC023658



Falkirk
Health and Social Care
Partnership



Clackmannanshire
Council

Falkirk Carers' Voice



Monthly on Mondays
10.00 AM – 12.00 PM



Falkirk Carers Centre
or via Zoom



falkirk & clackmannanshire
carerscentre

to live independent lives. Once an individual has achieved their outcomes they have a few options:

1. Leave the network- There may be times when we have reached the end of a member's journey and there are some identified outcomes that we are unable to support with, If this is the case then we may refer to other services such as social work.
2. Become an associate member - An associate member is someone who has completed their journey with Neighbourhood Networks but are either not ready to move on completely or have some outcomes that can be achieved by being an associate (e.g friendships and relationships) Our associates don't require support from staff but are free to link in with the planned activities as and when required. Our associates often have lots of skills they have learnt through being a member and often offer some peer support back to the newer members of the service.
3. Join the independent network - Our independent members facilitate their own network independently. They plan and attend activities with no staff involvement and some of these members have been signed up as peer support volunteers where they offer peer support back to the newer network members. For example, if a newer member needed some support with public transport an independent member or peer volunteer could support an individual with this journey.

You can view the slides from the Neighbourhood Networks here:

<https://centralcarers.org/wp-content/uploads/2026/09/Neighbourhood-Networks-2026.pptx>

Central Carers Association Company Limited by Guarantee | Company No SC184443 | Scottish Charity No SC023658



Falkirk
Health and Social Care
Partnership



Clackmannanshire
Council

Falkirk Carers' Voice



Monthly on Mondays
10.00 AM – 12.00 PM



Falkirk Carers Centre
or via Zoom



falkirk & clackmannanshire
carerscentre

Carers Views/Suggestions/Comments

- A Carer highlighted challenges in accessing healthcare services, including difficulties with blood pressure monitoring and medication reviews, this Carer shared their experience of having to visit various pharmacies to get someone to check their blood pressure without charge.
- Carers would like to chat with someone from Access to work, Sharlene will look into this.
- A few carers commented during Pauline's slides that many community spaces are closing and that this is making it harder for people to meet up.
- Sharlene asked Lisa if data was being collected for under 65's particularly for those who are under the influence of alcohol and drugs, Lisa said that this is not something that she is working on, however feels there will be data on this, Lisa is happy to provide support or guidance to any group with higher risks of falls.
- A carer online commented that Polmont Community Centre has many strength and balance classes and some have free funded places.
- A carer commented that Balliefields have lots of classes on for strength and balance.
- A carer commented that Bonnybridge community centre has lots of classes on for strength and balance.
- A carer commented that many carers struggle for time to attend these classes and others in the room agreed.
- A carer commented that it can be hard going into a new space alone, other carers in the room agreed.
- A carer commented that more people need to know about the importance of taking Vitamin D.

Central Carers Association Company Limited by Guarantee | Company No SC184443 | Scottish Charity No SC023658



Falkirk
Health and Social Care
Partnership



Clackmannanshire
Council

Falkirk Carers' Voice



Monthly on Mondays
10.00 AM – 12.00 PM



Falkirk Carers Centre
or via Zoom



falkirk & clackmannanshire
carerscentre

- A carer commented that there is a lack of supports for women who are menopausal.
- It was discussed that people relying on bus services can miss appointments and groups as sometimes public transport is not reliable.
- A carer commented that they have not had a medication review in 6 years and they are on numerous different medications.
- A carer commented that their GP is very good at reviewing their medications and this is done on a 6 monthly basis.
- A Carer mentioned social media and how advertising through this is not accessible for all.
- A few Carers spoke about the people they care for falling in hospital, there were comments about not enough staff to take patients to the toilet and staff working very hard but not having enough staff to do the important tasks like helping people to the toilet and to assist with eating.

Other:

A message from **Councillor Fiona Collie** about the assisted bin collections and the additional service if the household has nappies or incontinence products can be found here: <https://centralcarers.org/wp-content/uploads/2026/09/Message-from-Councillor-Fiona-Collie.pdf>

In October, on Monday 26th, we will welcome Sarah Patrick from Caesar and Howie, who will discuss the importance of having Power of Attorney/Guardianship in place, and Carlynn Baillie from the Dollar Park Dementia Service shall tell us more about the services that they provide, including their new evening and weekend supports.

Central Carers Association Company Limited by Guarantee | Company No SC184443 | Scottish Charity No SC023658



Falkirk
Health and Social Care
Partnership



Clackmannanshire
Council

Falkirk Carers' Voice



Monthly on Mondays
10.00 AM – 12.00 PM



Falkirk Carers Centre
or via Zoom



falkirk & clackmannanshire
carerscentre

In November, on Monday 30th, we will welcome Tena Cochrane from Headway, a service that supports people who have experienced brain injury, and our second speaker is still to be confirmed.

Central Carers Association Company Limited by Guarantee | Company No SC184443 | Scottish Charity No SC023658



Falkirk
Health and Social Care
Partnership



Clackmannanshire
Council