

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.

3rd November 2026

Chest, Heart and Stroke Scotland – Healthier You

Come along to find out more about how to be a 'healthier you' with Chest Heart and Stroke Scotland's Health Defence Team. This presentation will focus on reducing your risk of stroke and heart disease through sustainable lifestyle changes and aims to provide education on prevention of cardiovascular diseases within the community. The Health Defence Team recognise that being a carer for someone else means your own health is equally as important so they are here to help educate you on diet, physical activity, sleep and more. Additionally, they can provide more information on these health conditions and guide you to additional resources. There will also be time to ask questions.

10th November 2026

Session details to be confirmed

17th November 2026

Power of Attorney and Guardianship for Older Adults

What would you do if the person you care for lost the capacity to make decisions on their own? Gain a better understanding from Sarah Patrick at Caesar and Howie on incapacity and how this could impact your caring responsibilities, and how being granted Power of Attorney could help you in your caring role.

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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