falkirk & clackmannanshire carerscentre
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Empowering carers to care with confidence and in good health.



Care with Confidence

Information Sessions

Website
www.centralcarers.org

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01324 611510 (Option 1)

carewithconfidence@centralcarers.co.uk

Training Co-ordinators

Dayna Faulds

Dayna has been a Training Co-ordinator for the past year, having made a career change to pursue her passion for supporting unpaid carers. She brings a wealth of skills and experience to her role and is passionate about providing carers with accessible information, learning and support. Dayna leads a range of Care with Confidence sessions, including parent carer-specific information and training, supporting carers to develop their knowledge, confidence and skills in their caring role.



Carly Crooks

Carly has extensive experience supporting unpaid carers. Before moving into this role in June 2026, Carly worked as an Adult Carer Support Worker for over four years and has a strong understanding of the experiences and support needs of carers. Carly leads a range of Care with Confidence sessions, including dementia-specific information and training sessions, supporting carers to develop their knowledge, confidence and skills in their caring role.



General Topics

Title:	**Power of Attorney and Guardianship for Older Adults**		
Date:	Tuesday 17th November	**Time:**	10.30 am to 12.30 pm
Booking:	Registration link	**T-Coordinator:**	Carly Crooks
Description:	**Join us in person or on Zoom** 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 on your caring responsibilities and how being granted Power of Attorney could help you in your caring role.		

Please note there will be no Care with Confidence sessions during the month of December.

Title:	**Ten for Zen - Finding Patience When You're Exhausted**		
Date:	Tuesday 19th January	**Time:**	10 am to 11.30 am
Booking:	Registration link	**T-Coordinator:**	Carly Crooks
Description:	**In person only** When you're tired, stressed, and stretched thin, patience is often the first thing to go. Martin Stepek, Mindfulness teacher at Ten for Zen, offers practical ways to pause, reset, and respond more kindly - to the person you care for and to yourself. **PLEASE NOTE THE EARLIER START TIME OF 10 AM.**		

General Topics

Title:	**Suicide Prevention**		
Date:	Monday 1st February	**Time:**	10.30 am to 12.30 pm
Booking:	Registration link	**T-Coordinator:**	Dayna Faulds
Description:	**Join us in person or on Zoom** Fiona Bartley, Senior Health Improvement Officer from NHS Forth Valley, is delivering a session designed to help carers learn practical ways to support not only the people they care for, but also peers and others in the community. You'll gain confidence in recognising signs, starting conversations, and responding effectively.		

Title:	**Carer Essentials**		
Date:	Wednesday 3rd February	**Time:**	12.30 pm to 1.30 pm
Booking:	Registration link	**T-Coordinator:**	Dayna Faulds
Description:	**Join us in person or on Zoom** We are hosting bi-monthly Information Sessions, ideal for those who have recently registered with the Carers Centre or would like a refresher. You can learn what we do at the Centre, connect with other carers, and leave equipped with knowledge to support yourself and your cared-for person.		

Dementia Topics

Title:	**Dementia and Sensory Changes Part 2**		
Date:	Tuesday 24th November	**Time:**	10.30 am to 12.30 pm
Booking:	Registration link	**T-Coordinator:**	Carly Crooks
Description:	**Join us in person or on Zoom** It is important to learn the common signs of sensory changes for those with dementia and how this can affect their daily life. We are looking at this over two sessions. In this session, we will consider how changes to taste and smell, position sense and balance can have an impact on the way your loved one may experience the world.		

Please note there will be no Care with Confidence sessions during the month of December.

For parent carers

Title:	**ASN Sensory & Communication Overview**		
Date:	Thursday 14th January	**Time:**	10.30 am to 12.30 pm
Booking:	Registration link	**T-Coordinator:**	Dayna Faulds
Description:	**Join us in person or on Zoom** Alice Grant from Falkirk Council's Children's Services, will be delivering an engaging overview on sensory and communication needs, focussed on those with ASN. Alice will provide a practical, accessible overview of the following: ✅ Sensory Needs ✅ Distressed Behaviours ✅ Regulation & Stimming ✅ Model of Child Engagement		

Title:	**ADHD for Parent Carers**		
Date:	Thursday 4th February	**Time:**	10.30 am to 12.30 pm
Booking:	Registration link	**T-Coordinator:**	Dayna Faulds
Description:	**Join us in person or on Zoom** Join Eoin Keane, Educational Psychologist within Falkirk Council, for an informative session exploring ADHD in children and young people. Learn more about understanding ADHD, supporting your child at home and school, practical strategies that can help day-to-day, what families can do while waiting for assessment or diagnosis, and where to access further support and resources. This session is suitable for parents and carers supporting a child or young person with ADHD.		

For parent carers

Title:	**Parent Plus: Additional Support Needs (Adolescent)**		
Date:	See below	**Time:**	10 am to 12.30 pm
Booking:	Registration link	**T-Coordinator:**	Dayna Faulds
Description:	**In person only** Are you parenting a young person aged 11-16 with additional support needs? Join our **6-week Parents Plus ASN Programme**, to learn practical strategies for supporting your adolescent's emotional wellbeing, communication, behaviour, independence and family relationships. Delivered by Dayna Faulds (Training Coordinator, Carers Centre) and Alice Grant (ASN Teacher, Falkirk Council) the programme provides a supportive space to share experiences with other parents and gain ideas and confidence for everyday challenges – it is parent-led, tailored to your needs and focused on topics of your choosing each week. For six weeks on the **following dates**:		

Feb	Feb	Mar	Mar	Mar	Mar
18th	25th	4th	11th	18th	25th

Title:	**Transitions Drop-in Café**		
Date:	See below	**Time:**	10 am to 1 pm
Booking:	Registration link	**T-Coordinator:**	Dayna Faulds
Description:	**In person only** Fiona Maguire from the Falkirk Health & Social Care Partnership is hosting monthly drop ins, open to anyone supporting individuals aged 14-25, Fiona specialises in Transitions for all children but especially those with ASN. ✅ Ask questions about support available ✅ Learn how young people are supported in their transitions beyond school On the **following dates**:		

Feb	Mar	Apr	May	Jun
18th	25th	22nd	20th	10th

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Contact Information

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Address
1a Bank Street, Falkirk, FK1 1NB

Website
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Care with Confidence information sessions provide opportunities for carers to develop their skills and knowledge to help them in their caring role and build their confidence. The sessions also support and encourage carers to look after their own health and wellbeing, and provide opportunities for social interaction and peer support. In addition, carers are also able to have a break from their caring situation for a short period of time.