



Building carer-friendly communities is the theme of this year's National Carers Week and is aimed at building communities that support carers to look after family members and friends. The week is an annual event to raise awareness of caring, highlight the challenges carers face and the contribution they make to families and communities.

CARERS WEEK PROGRAMME OF EVENTS

Tuesday 13 June

12 noon to 2 pm

Carers Week Lunch for Male Carers, Carers Centre, Falkirk

An opportunity for male carers to meet, socialise over lunch and find out about our regular Men's Group.

6 pm to 8 pm

Evening Drop-in Session

Carers who cannot visit the Centre during the day can drop in for wine and nibbles.

Wednesday 14 June

10 am to 4 pm

Open Day at the Carers Centre, Falkirk

- 10 am to 12.30 pm Tea, coffee, cakes, smoothie making and calming activities
- 12.30 pm to 1.30 pm Carers Week Buffet Lunch
- 1 pm to 4 pm Nail File and Polish appointments available (to be booked in advance)
- 2 pm to 3 pm Therapets – a chance to meet Brian and Shadow, the Therapet dog

All carers, families and friends welcome

Thursday 15 June

11 am to 3 pm

Big Fit Walk, Helix Park, Falkirk

Meet at Falkirk Stadium at 11 am for leisurely walk to the Kelpies, or a shorter walk to the Lagoon if preferred. Refreshments provided in Plaza Cafe at Helix Park.

For further information or to register interest, please ring 01324 611510

Principal Funders

