

# Care with Confidence Falkirk (Zoom) Sessions

Tuesdays 10:30 am – 12:30 pm

If you are a carer and would like to attend any of these sessions,  
but are not sure how to go online, or how to join a Zoom meeting,  
please contact [Donna Mulder](#) – see contact details below

## 27 October **Dementia & Delirium**

Learn to recognise the signs of delirium and what you can do to help someone with delirium feel calmer and more in control. Come along to find out how delirium is treated and how long it takes to recover.

## 03 November **Scottish Water – Reducing our Energy Costs**

Home Energy Scotland is working in partnership with Scottish Water to help thousands of households save water, energy, and money every year. With energy bills increasing, simple things that we can do every day to conserve our water, and the energy we use to heat it, can have a positive impact on the environment. Around one fifth of the average household's heating bills are spent on heating water. Using water more wisely can help keep energy bills down.

## 10 November **Diabetes How to reduce your risk**

Learn about the different types of diabetes. Find out about the myths and frequently asked questions, including how you can reduce your risk of diabetes.

To book a place or for further information, please contact

**Donna Mulder Training Co-ordinator**

**Phone : 07824 381280**

**Email: [donnmulder@centralcarers.co.uk](mailto:donnmulder@centralcarers.co.uk)**

Principle funders

