

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

23 February 2021

Dementia - Encouraging Engagement

Everyone needs a sense of purpose and to enjoy themselves during the day. Encouraging someone with dementia to do something creative, some gentle exercise, or take part in an activity helps them to realise their potential, which in turn improves their self-esteem. Come along to find out more.

02 March 2021

Bowel Cancer Awareness

Bowel cancer is a common type of cancer. However, screening can help find it at an early stage when it is easier to treat. Learn about the symptoms, causes, diagnosis and treatment of bowel cancer and get a better understanding of the new bowel cancer screening test. Come along to find out more.

09 March 2020

Love Food – Hate Waste

In the UK, we waste 6.5 million tonnes of food a year, 4.6 million tonnes of which is edible. Saving food means saving money. If you look at the bigger picture, reducing food waste is also good for the planet. We all have a part to play. This week we discuss how, by doing simple everyday things to keep food from our bins, we can save money AND the planet

To book a place or for further information, please contact

Donna Mulder Training Co-ordinator

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Principle funders

