

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

30 March 2021 [Mobility & Dementia](#)

Learn about

- the "Super Six", home based exercise programme that can benefit older adults and those with dementia.
- how you can promote independence and reduce falls
- how exercise not only helps the body but the brain

06 April 2021 [Scams](#)

Learn from Trading Standards what to watch out for and how to protect yourself against the current scams going on in this area. Find out about the Trusted Trader Scheme, the 'No Cold Calling' zone, Truecall Call Blockers and other ways to protect yourself from illegal trading practices.

13 April 2021 [Walking Aids](#)

What is the most appropriate walking aid for the person you care for? A walking aid can give someone confidence to move around without the need to rely on other people. But choosing the wrong aid can be inefficient and unsafe. Come along to give the REACH Team some feedback on the information they provide on walking aids and find out how to go about getting the correct equipment and where to return any equipment you no longer use.

To book a place or for further information, please contact

Donna Mulder Training Co-ordinator

Phone : **07824 381280**

Email: donnmulder@centralcarers.co.uk

Principle funders

