

Care with Confidence

Zoom Sessions

June 2021

Thursdays 10.30 am – 12 noon

If you are a carer and would like to attend any of these sessions but are not sure how to get online, how to join a Zoom meeting, or simply want to book a place, please get in touch (see our contact details below). We can offer one to one support to help you get set up to join some or all the sessions.

3 June 2021

Brave Heart

Eva, Walking Development Officer for The Braveheart Association, will talk about Braveheart's walking project which takes place throughout the Falkirk District. They encourage anyone looking to become more physically or socially active to join their friendly walks. They also support individuals with long term conditions, Dementia, and sensory impairments.

7-11 June 2021

Carers Week



More Information to come. Keep an eye on Facebook and our Website for further updates.

<https://www.facebook.com/fccentralcarers>

<http://centralcarers.org/>

17 June 2021

Exercise for the Brain- Learning a Second Language

Give your brain a good workout! Learning a new language can:

Boost your brain power.

Improve your memory.

Increase your listening skills.

AND increase your attention span.

Most of all it can be FUN. Come along to try it and find out more!

24 June 2021

Walking Aids

Does the person you care for use or will need to use a walking aid?

What is the most appropriate walking aid for them?

The correct walking aid can give confidence to move around without the need to rely on other people.

Choosing the wrong aid can be inefficient and unsafe.

Meet the REACH team to find out how to get the correct walking aid; where you can return equipment you no longer use and a whole host of things about walking aids.

To book on any of the above sessions, or for further Information, please contact:

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