

Care with Confidence Sessions August 2021

Wednesday or Thursdays 10.30 am – 12 noon

As Covid 19 restrictions are being eased, we are conducting a mix of activities, some outdoors, others on zoom or in safe community settings. Some will take place on a Thursday as usual, others on a Wednesday, but always from 10.30am-12.00 noon. Please do check the day and venue. If you are a carer and would like to attend any of these sessions but are not sure how to get online, or how to join any of these meetings, 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.

Thursday 12 August 2021 **Tech Care ‘Trail Blazers’**

Falkirk is the first local authority in Scotland to go fully digital with its Telecare Service (MECS). So, what's next? What are the options? How can technology help your loved ones live independently in their own homes for as long as possible? Falkirk MECs are looking to support several volunteers who would like to become a 'Tech Care Trailblazer' Not sure? Why not come along to this session on ZOOM to find out more? You never know what opportunities might await you..

Thursday 19 August 2021 **Solo / Adaptive Cycling Taster Session**

Come and join our 'Get Out Get Active' solo & adaptive cycling taster session at 10.30am-11.30am. We meet in Falkirk Stadium front car park (to the left). All bikes, helmets and sanitising equipment is provided. Please wear comfortable clothing for the weather and bring a bottle of water. It's a great chance to try out our various solo and adaptive bikes which suits all needs. If

you're keen you can then book onto one of the 5-week blocks (subject to bike availability). Afterwards you can take advantage of a socially distance coffee and chat outside. We look forward to seeing you!

Wednesday 25 August 2021 Bread Making-Pizza

Our first Socially Distanced face to face Care with Confidence session inside. We will be creating a bit of magic and alchemy in the mixing of flour and water. Reports show that baking can encourage you not only to relax and forget your problems but sharing your bakes with others can also make you happy. Come along to Talbot House Grangemouth at 10.30 on Wednesday and find out how to make a pizza with a lovely tomato sauce with your choice of toppings, cooked outside in charcoal fired pizza ovens. Then you can happily share with your loved ones..maybe!

Thursday 2 September 2021 Saving Water. (In Scotland?... Really?)

Home Energy Scotland is working in partnership with Scottish Water to help thousands of households save water, energy, and money every year. Around one-fifth of the average household's heating bills are spent on heating water. This workshop will help us to use water more wisely and keep our energy bills down. It will take place in TALBOT HOUSE Grangemouth. Numbers are restricted so be sure to book your place

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

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