

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

31 August 2021 **Dementia and Reminiscence**

For people with cognitive difficulties, it is important to tap into all the senses to trigger memories. A picture to look at, an object to touch, a taste, smell or a song can all take someone back in time, often to a very specific memory. Come along to learn about the reminiscence opportunities available from Falkirk Community Trust which can provide fun and engaging activities, creating a sense of wellbeing and allowing those with dementia to engage and socialize.

07 September 2021 **NHS Pharmacy First Scotland**

Pharmacists play a key role in providing quality healthcare. Pharmacists and their teams are experts in medicines and can help with minor health concerns. A pharmacist, or a member of the pharmacy team, can give you advice and treatment (if you need it) for various minor illnesses and common clinical conditions. Come along to find out more about the services they can provide.

14 September 2021 **Fatigue**

Fatigue is an extreme, sometimes overwhelming, physical and mental tiredness, that doesn't significantly improve with rest or sleep. It can affect your motivation and your ability to concentrate, this is sometimes described as having brain fog. Some people find it affects their emotional wellbeing making them feel irritable or depressed. Come along to find out a number of things that you can do to help manage your fatigue.

To book a place or for further information, please contact

Donna Mulder Training Co-ordinator

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Principle funders

