

Care with Confidence

at the Carers Centre or via Zoom

Tuesdays 10.30 am – 12.30 pm

For these sessions, you have a choice of attending on Zoom or in person at the Carers Centre , 1A Bank Street, Falkirk FK1 1NB.

If you are a carer and would like to attend any of these sessions either in person or online please contact Donna Mulder to book a place– see contact details below

24 January 2023 Strathcarron History Stories & Events

We have invited Ken Shirra along to tell us more about the events and local history stories that he hosts on Zoom for Strathcarron Hospice, and as it is so close to the birthday of a famous Scottish poet, we have asked Ken to entertain us with some interesting stories about Mr Robert Burns.

31 January 2023 Epilepsy Awareness

Learn about epilepsy and seizures, including what epilepsy is, causes, triggers, symptoms and the different treatment options. Find out about the different responses to different types of seizures, and how to recognise an emergency situation. Learn about the effects that epilepsy can have on an individual and how to support those living with the condition.

07 February 2023 Technology Enabled Care

The “Council of the Future Analogue to Digital Telecare Project” have been looking for tools that would help telecare users retain some independence if their condition deteriorates. **Technology Enabled Care** has been an important area of development for the Falkirk Health and Social Care Partnership. With smart home devices becoming common in many homes, the team continue to explore new ways of utilising technology which is already a part of many people's daily lives. Come along to find out more about these devices and how they may be helpful to you in your caring role.

To book a place or for further information, please contact

Donna Mulder Training Co-ordinator

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Principle funders

