



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 online 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, please contact Donna Mulder to book a place– see contact details below

23 January 2024 Welcome Back – Burns Day

Let's start our 2024 program with a toast to the anniversary of the poet Robert Burns' birth, one of our most famous and celebrated Scots. Our local historian Ian Scott will join us to share interesting tales of the Bard followed by a Burns lunch.

30 January 2024 Dementia - Middle Stage Dementia

The middle stages of Alzheimer's are typically the longest and can last for many years. As dementia progresses, the person with Alzheimer's will require a greater level of care. During this time, it's important to get the support you need as a carer. Come along to find out more.

06 February 2024 Sensory Centre Digital Aids & Equipment

After our successful visit from Laura and Richard from Forth Valley Sensory Centre last year, Richard has agreed to come back and talk more about the digital equipment that can benefit those with a visual or hearing loss, and how their friends, families and carers can access quality services and advice from the Sensory Centre.

13 February 2023 Bladder & Bowel Service (BABS) NHS Forth Valley

Come along to find out from Continence Nurse Specialist Sarah McMenemy about bladder and bowel dysfunction and hear some self-help tips and lifestyle changes that can help relieve symptoms. Learn about the different continence care products that are available and who to contact for help and advice about getting these products.

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

