

For further information please contact:

Ian McCourt Service Manager
Phone 01259 226838
Email ianmccourt@centralcarers.co.uk

Nicola Weedon Carer Support Worker
Phone 01259 226839
Email nicolaweedon@centralcarer.co.uk

Donna Mulder Training Co-ordinator
Phone 01324 611510
Email donnmulder@centralcarers.co.uk



Falkirk & Clackmannanshire Carers Centre
Ludgate House
Mar Place
Alloa

Telephone: 01259 226838
E-mail: centre@centralcarers.org
Website: www.centralcarers.org



Care with Confidence

and
**Carer Support
Activities**

at
**various venues across
Clackmannanshire**

August – September 2016

*All carers welcome – please phone
01259 226 838 for further details*

Quality Assurance

Principal Funders

Network Member



Carer Support Activities

Every Monday 10 am – 12noon

Community House, Alloa

Join other carers over a coffee (and cake!) in informal discussion, interesting programme of activities, chat and fun.

Every Friday 9.30 am – 10.30am

Drop-in for Carers at Tullibody Health Living

A Carer Support Worker will be present to chat over caring and issues and to inform carers about the services provided by the Carers Centre.

Every Tuesday 10 am – 12 noon

Drop-in for Carers at Ludgate House, Mar Place, Alloa

A Carer Support Worker will be present to chat over caring and issues and to inform carers about the services provided by the Carers Centre

3rd Thursday of the month

Carers Corner at The Forge in Menstrie

Join other carers over a coffee in informal discussion, and friendly chat.
11 am- 12noon

1st Thursday of the month

Carers Corner at the Butterfly in Tillicoultry

Join other carers over a coffee in informal discussion, and friendly chat.
11.15 am – 12.15 pm

12 October 10 am – 12 noon

Clackmannanshire Carers Forum

A voice for carers and an opportunity to interact with health and social care professionals and discuss issues pertaining to carers. For full details please contact Ian McCourt.

21 September & 26 October

Carers Café

Carers come together for light refreshments, to socialise and to discuss local issues. At Hawkhill Community Centre 12.15 pm – 1.15pm

There is no cost to attend these sessions.

Please phone to book places at sessions marked with #

Care with Confidence just been launched in Clackmannanshire

– come along to find out m4

31 August 10 am – 12 noon at Hawkhill CC, Alloa

Emergency Planning

An emergency is an illness, personal crisis or event which unexpectedly results in the carer being unable to fulfil their caring role. An emergency plan sets out practical arrangements for short term, unplanned circumstances. Are you ready for the unexpected?

7th September 10 am – 12 noon at Hawkhill CC, Alloa

Patient Opinion

Come along and meet one of the NHS Forth valley staff members who deal with your patient experiences positive or negative during or after a stay in hospital. Discover how you can contribute to improve services.

14 September 10 am – 12 noon at Hawkhill CC, Alloa

Chronic Pain

There are simple changes to help you deal with pain. This can often make a big difference to the amount of disability and suffering you are getting. This is called Pain Management. Come along and learn more.

21 September 10 am – 12 noon at Hawkhill CC, Alloa

The Hospital Journey

Admission, transferring or discharge from hospital can be complex. Come along to gain a better understanding of how this pathway is planned and adapted for each patient who comes into Forth Valley Royal Hospital.

28th September 10 am – 12 noon at Hawkhill CC, Alloa

Getting Ready for Winter

Winter is coming - come along to have a better understanding your energy bill, find out about the Priority Service Register and many more energy saving ideas

25 August @2 pm, 26 September @ 10 am, 22nd November @ 2 pm

At Ludgate House, Alloa

Power of Attorney

What would you do if the person you care for lost the capacity to make decisions on their own? Come along to find out about Power of Attorney and how they may impact on your caring responsibilities.