

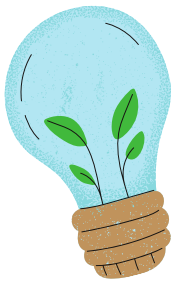


Adult Carer Events

Date and time	Activity	Location
Wednesday 3rd 10.00 - 12.30	Perth Dementia Café	North Church Hall, Perth
Thursday 4th 10.00 - 13.00	Blairgowrie Social Group (Booking essential)	Fair 'O' Blair
Tuesday 9th 10.00 - 11.30	Tai Chi with Alexander (Booking essential)	Choir Vestry, St Ninians Cathedral
Thursday 11th 10.30 - 12.00	Crieff Carers Café - drop in	Royal British Legion Clubrooms, Perth Road
Sunday 14th 18.00 - 19.00	Relaxation with Rosemary (Booking essential)	Via Zoom
Monday 15th 10.30 - 12.30	Creative Art Session with Nicola (Booking essential)	Choir Vestry, St Ninians Cathedral
Wednesday 17th 14.00 - 16.00	Gie it Laldy Carers Choir (Booking essential)	Perth Theatre, Second floor

Monday 22nd 10.00 - 11.00	The Bridge Project (Booking essential)	Carers Centre, Lewis Place
Wednesday 24th 14.00 - 16.00	Gie it Laldy Carers Choir (Booking essential)	Perth Theatre, Second floor
Sunday 28th 18.00 - 19.00	Relaxation with Rosemary (Booking essential)	Via Zoom
Monday 29th 10.30 - 12.30	Creative Art Session with Nicola (Booking essential)	Choir Vestry, St Ninians Cathedral





Learning Opportunities

Friday 19th April - 10am - 12pm

Managing Healthcare Appointments - Building Confidence and Resilience. Online.

Gael has designed this session after some conversations with carers about how they find medical appointments intimidating both for themselves and when they are supporting their cared for person to appointments. Come and get some hints and tips to help this process seem less scary and listen to other people's experiences. This session will be on-line but if you are interested and would prefer it face to face this can be arranged at a future date! Let me know.

Thursday 25th April - 10am - 11am

Scams with Melanie - Carers Centre

Melanie can talk to you about local and national scams whether doorstep, online or telephone. She can advise you if you think you are currently being scammed or give you advice about what to look out for to protect yourself and your loved ones. If necessary, she can follow up with a home visit. Melanie has done several sessions for us and carers have found them really helpful.

Monday 29th April - 10am - 12pm

Manual Handling - Pullar House, 1st floor, 35 Kinnoull Street

All aspects of manual handling will be covered through a range of conversations, demonstrations on safe and efficient techniques and manoeuvres e.g. using wheelchairs and walking aids.



Learning Opportunities

Tuesday 30th April - 7pm - 8pm

Working Carers - What Would Benefit You? Online

Juggling work and caring roles? Drop-in for an informal chat with Gael about what sessions we could offer that would benefit you. Grab yourself a coffee, join online and meet some other carers to hear how they cope.

Future Dates for your diary.

Thursday 23rd May 11.30 - 12.30	Scams with Melanie in Kinross
Thursday 27th June 2pm - 3pm	Scams with Melanie in Pitlochry



Learning Opportunities

In planning - so watch for these sessions coming soon!

These will be delivered by Fiona Matthews from PKC and Gael Belton from the Carers Centre.

EASE (End of Life Aid Skills for Everyone).

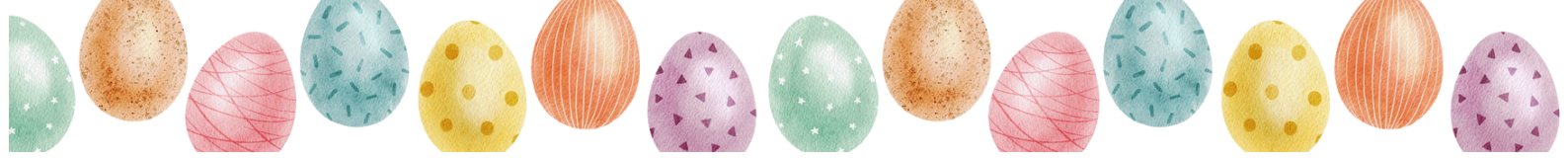
This course teaches basic end-of-life care and addresses some of the fears and uncertainties frequently held by members of the general public. It aims to help people to:

- Become better equipped to provide informal support to friends, family and community members dealing with death, dying and bereavement.
- Find it easier to deal with these issues when they have to face them themselves.
- Know where to find further information and support in relation to these issues.

Difficult Discussions Matter.

We all have difficult conversations with family members and other agencies on behalf of our cared for. This course uses lots of practical activities as part of the learning and aims to help us think about what makes important conversations difficult and how we can plan and prepare for a more successful result.

Chronic Pain Management will be back by popular demand soon.



Parent Carer Events

Friday 12th 10.30 - 12.30	Family trip to the Cinema - Kung Fu Panda 4	Details upon booking
Wednesday 17th 10.00 - 11.30	Blairgowrie Coffee and Chat (booking essential)	Fair 'O' Blair
Thursday 18th 10.00 - 11.30	Perth Coffee and Chat (booking essential)	Capital Asset Wetherspools
Friday 19th 10.00 - 11.30	Kinross Coffee and Chat (booking essential)	The Green Hotel
Monday 22nd 9.30 - 11.30	Coupar Angus Coffee and Chat (booking essential)	The School, Garden Room

All Strong Gym Sessions

Monday Mornings - 10.30 - 12.30pm (Restarts on the 22nd of April)

On arrival, participants can choose from one, or a combination, of our wellbeing activities on offer.

Wednesday Evenings - 18:45 - 19:45pm (Restarts on the 24th of April)

All-ability fitness & strength training, at your own pace with full instructor support and guided relaxation.

Spaces are limited so please book.