

Issue 2 – What’s on in the Local Community

Falkirk Council launch new Energy Grants Page



Falkirk Council

Falkirk Council has launched their new Energy Grants webpage which contains a range of information on support available for energy costs, with eligibility criteria and directions on how to access support, including:

- the Energy Bills Support Scheme
- the Warm Home Discount Scheme
- the Winter Heating Payment
- the Child Winter Heating Assistance
- support from different energy providers

For further information on support available, please visit the [energy grants](#) page.

Creative Homecare - homecare service with proceeds going to Strathcarron Hospice



Creative Homecare is a new subsidiary social enterprise of Strathcarron Hospice, providing clinically-led private homecare, with all proceeds going towards the running costs of Strathcarron Hospice.

Creative Homecare aims to provide the standard of care people expect for their own families. This means valuing each person’s unique qualities and seeing them as an individual, not as a list of care needs.

Their team work alongside families and individuals to tailor their services to help customers remain in their own homes and stay in control of their own care for as long as they are able.

Creative Homecare’s bespoke package can include personal care, meal preparation, light housekeeping and social support.

For further information, contact Creative Homecare by phone: 01324 827394, or visit their website [here](#)

Note for Healthcare staff- This service is £33 per hour so will not be an option for a lot of people. If this service is chosen through self directed payments through social work this would be subsidised and hourly cost may be reduced to approx. £12-£15 per hour

NHS Forth Valley's FREE Step on Stress sessions are returning to in-person meetings, in addition to their online opportunities.



Step on Stress is designed to teach people how to manage their stress better, with 3 hour-long talks about stress over 3 weeks, and workbooks to help attendees in the process. It is not group therapy or one to one support, with no need to share personal details. For further information, including how to book your place, please click [here](#).

The sessions are open to anyone over 16 years old, with the next Falkirk sessions starting on Monday 16th January, 10:30am at Forth Valley Sensory Centre, Redbrae Road, Camelon, FK1 4DD.

New Snowdrop Cafe in Hags

We have a new weekly snowdrop café which was launched on 5th December 2023. This café is a welcoming friendship and wellbeing café at Hags Parish Church and is open from 1-3pm every week. Everyone is welcome. Snowdrop café will also be open on Monday 26th December and 2nd January 2023. For more information about this café contact Rumbie on 07446 133147 Hags Parish Church Hall, Kilsyth Road, Hags Nr Bonnybridge FK4 1HA



Free Online Parenting classes



If you visit [here](#) click on look at courses and put in TARTAN as access code, then you will have access to a range on online courses for parents, parents-to-be, grandparents and carers! Courses include:

- understanding pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child
- Understanding your teenager's brain
- Understanding pregnancy, labour, birth and your baby (women couples)
- Understanding your brain (teenagers only)
- Understanding your child with additional needs
- Understanding your child's feelings (a taster course)
- Understanding your child's mental health and wellbeing
- Understanding your relationships
- Understanding your feelings (for teenagers only)

Each course consists of 9 or 11 modules. Some of the courses are also available in Urdu, Chinese and Bulgarian