

Issue 3 – What is available in the local community

New post at Strathcarron Hospice – Bereavement Community Connector



Strathcarron Hospice have secured funding from the Mental Health and Wellbeing fund for a Bereavement Community Connector. Taking up this post is my colleague, Jayne Lamond. She will accept referrals for people struggling with normal grief in the Falkirk area. Referrals can come via

- **Any member of hospice staff**
- **Self-referral**
- **Community groups**
- **Community workers**

The Bereavement Community Connector will work to the framework of 5 ways to wellbeing which are Connect, Be Active, Take Notice, Learn, and Give.

The main aim of this role is to connect people to natural sources of support in the neighbourhood. It is not counselling or befriending, and it is not long term support. For more information, please contact jayne.lamond@nhs.scot or speak to Justine Nicolson, Community Link Worker on 07495 977689

New Care with Confidence Training Programme



Falkirk and Clackmannanshire Carers Centre have a new training programme for January/February 2023. Options include face to face training in the Carers Centre which is based at 1a Bank Street, Falkirk, FK1 1NB or you can join via zoom. To book on any of the courses available, please contact Donna Mulder on 07824 381 280 or by email on donnamulder@centralcarers.co.uk

All Courses are from 10.30am-12.30pm and courses which are available include

24 January 2023 - Ken Shirra will come along and tell us about the events and local history stories that he hosts on Zoom for Strathcarron Hospice, and will also entertain us with some interesting stories about Mr Robert Burns.

31 January 2023 Learn about epilepsy; what is it, 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 - Technology Enabled Care has been an important area of development for the Falkirk Health and Social Care Partnership. The digital technology team at Falkirk Council will share with with the group how

smart devices in our homes can be utilised to support independent living. Come along to find out more about these devices and how they may be helpful to you in your caring role.

Carer Support Services needed in the Bonnybridge area?

I am meeting with Catherine Brunton from Falkirk and Clackmannanshire Cares Centre about developing local support for Carers in the Bonnybridge area. If you are interested in being part of this discussion, please let me know as soon possible. Would it be helpful to have support for specific or more general carers, an education programme or local support groups? Any ideas about what is needed, please email or phone me on 07495 977689 or Justine.Nicolson@nhs.scot

Money Helper



**The PENSIONS
Advisory Service**

This is a really clear website with information and advice covering many areas including benefits, everyday money, family and care, homes, money troubles, pensions and retirement, savings, work. They have impartial advisors who can support you in a number of different ways including using live web chat, what's app, a phone helpline, an online enquiry form and via social media such as facebook, twitter and linkedin.

They have a money manager and navigator tool which enables you to use their online calculators to help you budget, save and cut back on costs. They also have a service called Pension Wise for the over 50's where they will explain different options available to you for accessing your pension pot, and to help you calculate how much money you might have in retirement. Please visit their website [here](#) for more information on all the different services that they provide

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If you are interested in a new online resource to support young people with their mental health which also allows them to have access to support from counsellors. Please feel free to join the following sessions

- **GPs and Health Care Professionals-** Wednesday the 1st of February 1pm [here](#)
- **All (including young people)-** Thursday the 2nd of February 11am- [here](#)