

LEARNING ABOUT DEMENTIA TOGETHER

For family members/friends who are caring for someone with dementia

We are now on **Zoom!**

Join us to learn more about dementia and meet with other carers of people with dementia.

Explore strategies for coping with changes in the person you support and find out more about local services.



Daytime sessions 10.30am-12pm

About Dementia
Dealing with changes
Positive Communication

Monday 29th November 2021

Monday 6th December 2021

Monday 13th December 2021

Evening sessions 6.30pm-8pm

About Dementia
Dealing with changes
Positive Communication

Tuesday 30th November 2021

Tuesday 7th December 2021

Tuesday 14th December 2021

Contact us at

MANAGING MEMORY TOGETHER

to book places
and for more
details

0800 694 8800

or email

managingmemory@ghc.nhs.uk

Delivered by healthcare professionals working in the
MANAGING MEMORY TOGETHER SERVICE

The sessions are provided on **Zoom** and offer a mixture of information via presentation as well as opportunities to join in and ask questions (if you want to). If you are worried about accessing sessions online please give us a call to discuss.