

Newsletter



Mindset - a new service for people newly diagnosed with dementia



Contact Maggie.grady@mindsong.org.uk for more information or go to mindsong.org.uk

Dementia Training

Dementia 'One Day' training, we have been delivering this as 2 half day workshops online via MS Teams: but we now have face to face dates!

Update your dementia knowledge, go to: Dementia Training and Education Strategy for Gloucestershire - Gloucestershire County Council
proudtolearn@gloucestershire.gov.uk

Burnout

'Burnout' is a term that means mental, physical or emotional exhaustion that has built up over time. Both paid and unpaid carers can struggle to switch off from their duties and often put themselves at the bottom of their list of priorities.

Covid-19 has only exacerbated this problem.

Carer burnout: *What burnout is and 10 tips to recover* - homecare.co.uk advice

It is important to look after yourself and your colleagues, you can do this by follow the NHS 5 Steps to mental well being:

Visit: 5 steps to mental wellbeing - NHS (www.nhs.uk) for more information and support.



Quarterly Newsletter



Hi,
Vicki here, I am the new Editor for the Dementia Education Team Newsletter, having taken over from Sam. In the team we all have different roles and now and again we like to have a swap about. As you can see, I've given the newsletter a revamp along with the team logo. Please let me know what you think by contacting me on the details below. Also, let me know what you would like me to talk about in this quarterly newsletter.

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