

LEARNING ABOUT DEMENTIA TOGETHER

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



There are three sessions in the **Learning about Dementia Together** online programme for Carers: **About dementia**, **Dealing with changes** and **Positive Communication**.

The sessions explore what dementia is and how it affects people, as well as discussing ideas for coping with the changes in the person with dementia. The sessions also provide information on local services and support in Gloucestershire.

You can choose to join us for three morning sessions, three evenings, or a mixture of both.

About Dementia	Wednesday 14th April 2021	6.30pm – 8pm
Dealing with changes	Wednesday 21st April 2021	6.30pm-8.15pm
Positive Communication	Wednesday 28th April 2021	6.30pm – 8pm

About Dementia	Wednesday 21st April 2021	10.30am-12.00pm
Dealing with changes	Wednesday 28th April 2021	10.30am-12.15pm
Positive Communication	Wednesday 5th May 2021	10.30am-12.00pm

About Dementia	Thursday 6th May 2021	6.30pm – 8pm
Dealing with changes	Thursday 13th May 2021	6.30pm-8.15pm
Positive Communication	Thursday 20th May 2021	6.30pm – 8pm

About Dementia	Wednesday 19th May 2021	10.30am-12.00pm
Dealing with changes	Wednesday 26th May 2021	10.30am-12.15pm
Positive Communication	Wednesday 2nd June 2021	10.30am-12.00pm

working together | always improving | respectful and kind | making a difference

Main office: Edward Jenner Court, Pioneer Avenue, Gloucester Business Park, Brockworth, Gloucester, GL3 4AW

We support clinical research. Our 'Count Me In' programme gives all service users the opportunity to be involved in research unless you tell us otherwise. For other information, please visit our patient information page: www.ghc.nhs.uk/patientinfo

About Dementia	Wednesday 9 th June 2021	6.30pm – 8pm
Dealing with changes	Wednesday 16 th June 2021	6.30pm-8.15pm
Positive Communication	Wednesday 23 rd June 2021	6.30pm – 8pm

About Dementia	Thursday 24 th June 2021	10.30am-12.00pm
Dealing with changes	Thursday 1 st July 2021	10.30am-12.15pm
Positive Communication	Thursday 8 th July 2021	10.30am-12.00pm

About Dementia	Wednesday 7 th July 2021	6.30pm – 8pm
Dealing with changes	Wednesday 14 th July 2021	6.30pm-8.15pm
Positive Communication	Wednesday 21 st July 2021	6.30pm – 8pm

Healthcare professionals working in the **MANAGING MEMORY TOGETHER** service are involved in delivering the sessions.

The sessions are provided via **Microsoft Teams** and offer a mixture of information via presentation as well as opportunities to join in and ask questions (if you want to).

Although the sessions are online, you can turn off your camera if you are not comfortable with being seen. You can also turn your microphone off if you do not wish to speak. The important thing for us is providing you with the opportunity to find out more about dementia and how to understand and cope with some of the changes in the person you care for.

To book places or for more details contact

MANAGING MEMORY TOGETHER

0800 694 8800 or email

managingmemory@ghc.nhs.uk

Detailed joining instructions will be sent on confirmation of booking