

LEARNING ABOUT DEMENTIA TOGETHER

Online

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



There are three sessions in the **Learning about Dementia Together** 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 6 th January 2021	6.30pm – 8pm
Dealing with changes	Wednesday 13 th January 2021	6.30pm-8.15pm
Positive Communication	Thursday 21 st January 2021	6.30pm-8pm

About Dementia	Monday 18 th January 2021	10.30am-12.00pm
Dealing with Changes	Wednesday 27 th January 2021	10.30am-12.15pm
Positive Communication	Wednesday 3 rd February 2021	10.30am-12.00pm

About Dementia	Thursday 28 th January 2021	6.30pm – 8pm
Dealing with changes	Thursday 4 th February 2021	6.30pm-8.15pm
Positive Communication	Thursday 11 February 2021	6.30pm-8pm

About Dementia	Wednesday 17 th February 2021	10.30am-12.00pm
Dealing with changes	Wednesday 24 th February 2021	10.30am-12.15pm
Positive Communication	Wednesday 3 rd March 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	Thursday 18 th March 2021	6.30pm – 8pm
Dealing with changes	Wednesday 24 th March 2021	6.30pm-8.15pm
Positive Communication	Wednesday 31 st March 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 a place or for more details
contact **MANAGING MEMORY TOGETHER**
0800 694 8800 or email
[**managingmemory@ghc.nhs.uk**](mailto:managingmemory@ghc.nhs.uk)

Detailed joining instructions will be sent on confirmation of booking.

We look forward to hearing from you!