

Living Well Programme

An online information and support programme for people with early stage dementia and their support person

There are four sessions in the Living Well Programme

1.Introductions provides an opportunity to meet other participants, find out what to expect from the programme and allows time to feel comfortable using Zoom.

2.Memory and Dementia explores how dementia affects you, causes, treatments and support.

3.What's important to you gives participants an opportunity to think about some of the day to day challenges that having a diagnosis of dementia brings. To explore the benefits of keeping busy and to discuss ideas and information for living well with dementia.

4.Next Steps explores topics relevant to the group, provides information on Peer Support Groups, Technology and Me and Getting Involved

These sessions are for people at early stage dementia, who understand their diagnosis and feel comfortable meeting others in a group situation where dementia will be discussed. People with dementia are welcome to invite someone to join the sessions with them.

The meetings will take place on ZOOM

You don't need any special equipment – just a tablet, laptop, computer or mobile phone with a camera and an internet connection! We can offer help and guidance to join sessions.

1. Introductions	Thursday 10th February 2022	10.30am-11.30am
2. Memory and Dementia	Thursday 17th February 2022	10.30am-12pm
3. What's important to you	Thursday 24th February 2022	10.30am -12pm
4. Next Steps	Thursday 3rd March 2022	10.30am -12pm

To book places please contact
Managing Memory Together

0800 694 8800 or email managingmemory@ghc.nhs.uk