



Managing Memory Together Information Sessions

Online sessions for families, friends and carers to meet others to find out about dementia, share experiences, ask questions, and connect with others.

The sessions also explore practical ideas and strategies for coping with the changes that dementia brings to day to day life.

Dates planned for March - April 2022

(To provide the best opportunity to obtain the most out of the sessions, we recommend you join all 3 topics if possible)

About Dementia

Looks at dementia symptoms, causes, treatments and provides information on services to support people with dementia and carers.

Thursday 10th March 2022 10.30am – 12pm

Wednesday 16th March 2022 6.30pm-8pm

Tuesday 5th April 2022 10.30-12.00

Wednesday 6th April 2022 6.30pm – 8pm

Dealing with Changes

Explores the impact of dementia on the person and discuss strategies and ideas for coping with changes.

Thursday 17th March 2022 10.30am-12.15pm

Wednesday 23rd March 2022 6.30pm – 8.15pm

Tuesday 12th April 2022 10.30am-12.00pm

Wednesday 13th April 2022 6.30pm – 8pm

Managing Communication Together

Explores how communication is affected for the person with dementia and provides guidance and advice to support communication with the person with dementia.

Wednesday 23rd March 2022 10.30am-12pm

Wednesday 30th March 2022 6.30pm-8pm

Tuesday 19th April 2022 10.30am – 12.00pm

Wednesday 20th April 6.30pm – 8pm

Next Steps

Provides practical information to help plan for the future, and explores where information and support can be found

Tuesday 26th April 2022 10.30- 12pm

Wednesday 27th April 2022 18.30-8pm

To book onto the sessions or find out more, please email managingmemory@ghc.nhs.uk or call 0800 694 8800