**Managing Memory Together Information Sessions**

***Connect with others and learning more about dementia***

The sessions are running in small groups where people can meet others to find out about dementia, share experiences, ask questions, and connect with others. The sessions are 1.5 hours online at present and delivered by health and social care professionals.

**We currently offer the following programmes online**. Register to be kept updated and find out when face to face sessions are arranged.

**Living Well Programme**: - These sessions are for people 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.

There are four sessions in the 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** exploreshow 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

**Learning about Dementia Together**: - These sessions are for people who are caring a family member or friend who has dementia.

There are three sessions in the programme

1. **About Dementia** looks atdementia symptoms, causes, treatments and provides information on services to support people with dementia and carers.
2. **Dealing with Changes** explores the impact of dementia on the person and discuss strategies and ideas for coping with changes.
3. **Positive Communication** explores how communication is affected for the person with dementia and provides guidance and advice to support communication with the person with dementia.

The sessions will be delivered using the **Zoom** online platform.  We will send you full joining instructions.

**Contact us at Managing Memory Together for session dates and to book places.**

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