



## **Managing Memory Together Learning About Dementia Together** *Connect with others and learning more about dementia*

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.

The sessions are delivered by health and social care professionals.

### [Dates planned for February and March 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.**

Monday 14th February 2022 10.30am – 12pm

Wednesday 16th February 2022 6.30pm-8pm

Thursday 10th March 2022 10.30am – 12pm

Wednesday 16th March 2022 6.30pm-8pm

#### **Dealing with changes**

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

Monday 21st February 2022 10.30am-12.15pm

Wednesday 23rd February 2022 6.30pm – 8.15pm

Thursday 17th March 2022 10.30am-12.15pm

Wednesday 23rd March 2022 6.30pm – 8.15pm

#### **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.**

Monday 28th February 2022 10.30am-12pm

Wednesday 2nd March 2022 6.30pm-8pm

Wednesday 23rd March 2022 10.30am-12pm

Wednesday 30th March 2022 6.30pm-8pm

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

**Telephone 0800 694 880**

**Email [managingmemory@ghc.nhs.uk](mailto:managingmemory@ghc.nhs.uk)**