



Living Well Programme

Information and support sessions for people with early stage dementia

These sessions are for people at early stage dementia,

People with dementia are welcome to invite someone to join the sessions with them.

Support is available to help guide you to access the online sessions.

What do the sessions cover?

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

Dates planned for February and March 2022:

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

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

Telephone 0800 694 880

Email managingmemory@ghc.nhs.uk