



Managing Memory Together

Learning about Dementia Together Sessions for friends and families

Providing carers with an opportunity to meet others to find out about dementia, share experiences, ask questions and connect with others. There is a series of 4 sessions:

Session Topics

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

Exploring Changes Explores the impact of dementia on the person and discusses strategies and ideas for coping with changes

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

Next Steps Provides practical information to help plan for the future and explore where information and support can be found

STROUD Sheepscombe Village Hall,
Sheepscombe, Stroud GL6 7RQ

Thursdays: 6th, 13th,
20th & 27th November

**1.30pm –
4.00pm**

Living Well Sessions for those with a recent dementia diagnosis and in the early stages

Offering some practical advice on living well with dementia, meet others in a similar situation and find out about services and support available. A family member or friend is welcome to attend also.

Session Topics

Memory and Dementia

How dementia affects you, the causes, treatments and support

What's Important to You

An opportunity to think about things you enjoy doing and to explore the benefits of keeping busy

STROUD Sheepscombe Village Hall,
Sheepscombe, Stroud GL6 7RQ

Thursdays: 4th & 11
December

**1.30pm –
3.30pm**

To book places call 0800 694 8800 or email managingmemory@ghc.nhs.uk
(Please note that occasionally sessions have to be cancelled or postponed due to circumstances beyond our control, in which case alternative dates will be offered, subject to availability.)

working together | always improving | respectful and kind | making a difference