

# A CARER DEMENTIA EDUCATION, COPING SKILLS AND SUPPORT COURSE



This **free** 8-session course has been designed to build **knowledge, coping skills and support**. You are strongly encouraged to attend all sessions to enable the group to get to know each other and for people to feel safe to talk. However, you can still take part in the programme if you know there is one of the dates you will not be able to attend.

This course will include topics such as:

- Understanding dementia
- Understanding medication
- Food/eating and dementia
- Communication and dementia
- The law and dementia
- Exercise and dementia
- Looking after yourself

March 2017	April 2017	May 2017
<u>Day 1:</u> 9 <sup>th</sup> 11:00 – 13:30	<u>Day 5:</u> 20 <sup>th</sup> 11:00 – 13:30	<u>Day 7:</u> 4 <sup>th</sup> 11:00 – 13:30
<u>Day 2:</u> 16 <sup>th</sup> 11:00 – 13:30	<u>Day 6:</u> 27 <sup>th</sup> 11:00 – 13:30	<u>Day 8:</u> 11 <sup>th</sup> 11:00 – 13:30
<u>Day 3:</u> 23 <sup>rd</sup> 11:00 – 13:30		
<u>Day 4:</u> 30 <sup>th</sup> 11:00 – 13:30		

Where?

Leeds Church Institute

20 New Market Street, Leeds, LS1 6DG

Directions: <https://leedsconferencing.co.uk/find-us/>

Additional Important Information:

Each session will have a 30-minute social break, so you are welcome to bring lunch. Tea, coffee and biscuits will be available.

If you would like to/need to bring the person you are caring for, there will be additional activities and support provided for them in an adjacent room, delivered by experienced staff and volunteers.

To express and interest contact: Lisa McAvan on [lisa.mcavan@carersleeds.org.uk](mailto:lisa.mcavan@carersleeds.org.uk) or 0113 246 8338

