



## 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

**CHELtenham** Stoke Orchard  
Community Centre, Stoke Road,  
Cheltenham GL52 7SB

**Tuesdays:** 1<sup>st</sup>, 8<sup>th</sup>,  
15<sup>th</sup> & 22<sup>nd</sup> July

**10.30am –  
1.00pm**

To book places call 0800 694 8800 or email [managingmemory@ghc.nhs.uk](mailto: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.)