

H&F Dementia Carers Support Group

Come to 5 sessions to learn about and understand dementia, ask questions, support each other and take better care of yourself.



Session Plan:

Session 1, Weds 31 Jan 2018: *About Dementia*

Session 2, Weds 21 Feb 2018: *Practical tips*

Session 3, Weds 21 March 2018: *Ask the experts*

Session 4, Weds 18 April 2018: *Coping with difficult behaviour*

Session 5, Weds 16 May 2018: *Support for carers*

All groups meet **10:30am-12pm** at St Vincent's House, 49 Queen Caroline Street, W6 9QH

The group is a partnership between Carers Network and the Hammersmith & Fulham Cognitive Impairment and Dementia Service (CIDS)

To register or for more information please call [020 8960 3033](tel:02089603033) or email carers@carers-network.org.uk

www.carers-network.org.uk