

# 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.

*This is a group aimed at dementia carers of newly diagnosed patients.*



## Session Plan:

Session 1, Wednesday 22 May: *About Dementia*

Session 2, Wednesday 19 June: *Practical tips*

Session 3, Wednesday 17 July: *Coping with difficult behaviour*

Session 4, Wednesday 18 September: *Ask the experts*

Session 5, Wednesday 16 October: *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 or email

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[www.carers-network.org.uk](http://www.carers-network.org.uk)