

Do you care for someone with dementia?

Attend our carer workshops in Trafford
for information and support



For more information about your local Carer Information and Support Programme or to book a place, please contact Maggie Murdoch at the Alzheimer's Society local office in Trafford on 0161 962 4769 or email Maggie.murdoch@alzheimers.org.uk

Your local workshop will take place every Thursday from 1.00pm - 3.30pm, for five sessions from 12 September 2013 at the Bowdon Rooms, The Firs, Bowdon, Altrincham WA14 2TQ

We look forward to seeing you.

What is the Carer Information and Support Programme?

The Carer Information and Support Programme is a series of workshops for people caring for a family member or friend with dementia. It provides an opportunity for you to talk in a friendly and confidential environment about your experiences and the impact they are having on you.

The workshops aim to provide you with information and support.

Topics will include:

- what is dementia?
- how you can support and care for someone with dementia
- the support services that are available
- planning for the future.

Who will be there?

The workshops are run by Alzheimer's Society staff and volunteers for a group of up to 12 people who care for a family member or friend with dementia.

Respite care during the sessions may be available in your area. Please contact your local Alzheimer's Society office for more information.

About Alzheimer's Society

Alzheimer's Society is the UK's leading support and research charity for people with dementia, their families and carers. We run quality services, fund research, advise professionals and campaign for improved health and social care and greater public understanding and awareness of dementia.

