

Rotherham Community Dementia Workshops

Thursday 16th May
11.30 to 13.30

Toby Carvery, Eastwood Trading Estate, Sycamore Road, Rotherham, S65 1EN.

Call Antoinette on **01709 837 170** to book your place on the workshop.

This event is **FREE to attend** but there is a small charge of **£1.50 per head** for unlimited tea, coffee and biscuits.

What?

- For anyone supporting loved ones or friends with dementia.
- Friendly, informal, pithy and practical and lasts just an hour.
- Expertly led by Home Instead.

Why?

- **Reduce stress.** Improve understanding, engagement and well-being.
- **Free guide** 'Helping Families Cope' for all attendees.
- **Your questions** answered.

About?

- Alzheimer's and other dementias - facts and symptoms.
- Understanding behaviours and unmet needs.
- Practical issues such as driving and planning ahead.
- The benefits of activities, including capturing life's journey.
- Improving communication.

Email: antoinette.bingham@rotherham.homeinstead.co.uk or see our Facebook @HomeInsteadRotherham

