

Are you a carer for someone with dementia?



Sheffield Dementia Carers Training Service

Would you like to find out everything you need to know about caring for someone with dementia in Sheffield?

Would you like to meet other dementia carers?

Join our programme of six workshops which will equip you with knowledge, skills and the emotional resilience to support you as a dementia carer.

 **Alzheimer's Society**
Together we are help & hope for everyone living with dementia

NHS
South Yorkshire
Integrated Care Board

Workshops:

1. Understanding dementia and the impact of dementia
2. Legal and money matters
3. Providing care and support
4. Coping day to day and next steps
5. Understanding how dementia progresses
6. Planning for the later stages of dementia and end of life

How will the workshops be delivered

Each workshop will last for 2 hours and will be over 6 consecutive weeks. They will be delivered in person at local community venues or if you prefer, online via Zoom/Teams.

How to book your place

You can book your place by telephoning Alzheimer's Society Sheffield on **0114 276 8414** or email **sheffield@alzheimers.org.uk**.

For more information

Contact Drew Hallsmith - Local Services Manager on **0114 276 8414** or **07429 328589**. Alternatively by email **drew.hallsmith@alzheimers.org.uk**.