

Managing Memory 2gether

Call 0800 694 8800 for more details or to book places



Winter/Spring 2012 Session Dates

Conference Room 1, Charlton Lane Centre, Charlton Lane, Cheltenham GL53 9DZ		
Living Well with Dementia Part One	10 February 2012	10.30 am –12.30 pm
Living Well with Dementia Part Two	17 February 2012	10.30 am –12.30 pm
Managing Memory	24 February 2012	10.30 am –12.30 pm
Understanding Dementia	2 March 2012	10.30 am –12.30 pm
About Services and Support	16 March 2012	10.30 am –12.30 pm
Brain and Behaviour	23 March 2012	10.30 am –12.30 pm
Positive Communication	30 March 2012	10.30 am –12.30 pm
Evening Sessions Conference Room 1, Charlton Lane Centre, Charlton Lane, Cheltenham GL53 9DZ		
Understanding Dementia	16 th April 2012	7pm – 9 pm
About Services and Support	23 rd April 2012	7pm – 9 pm
Brain and Behaviour	30 th April 2012	7pm – 9 pm

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Gloucester Sessions Kimbrose Club, St Margaret's London Road Gloucester GL1 3PH

Understanding Dementia	21 February 2012	2pm – 4pm
About Services and Support	28 February 2012	2pm – 4pm
Brain and Behaviour	6 March 2012	2pm – 4pm
Positive Communication	13 March 2012	2pm – 4pm
Managing Memory	20 March 2012	10.30am – 12.30pm
Living Well with Dementia Part One	27 March 2012	10.30am – 12.30pm
Living Well with Dementia Part Two	3 April 2012	10.30am – 12.30pm

Evening Sessions Hillview Evangelical Church, 26 Colwell Avenue, Hucclecote, Gloucester GL3 3LX

Understanding Dementia	23 February 2012	7pm – 9 pm
About Service and Support	8 March 2012	7pm – 9 pm
Brain and Behaviour	15 March 2012	7pm – 9 pm
Positive Communication	22 March 2012	7pm – 9 pm

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**Stonehouse Community Centre,
Laburnum Walk, Laburnum Rd,
Stonehouse
GL10 2NS**

Understanding Dementia	9 February 2012	10.30- am 12.30pm
About Services and Support	23 February 2012	10.30- am 12.30pm
Brain and Behaviour	1 March 2012	10.30- am 12.30pm
Positive Communication	8 March 2012	10.30- am 12.30pm
Managing Memory	15 March 2012	10.30- am 12.30pm
Living Well with Dementia Part One	22 March 2012	10.30am – 12.30 pm
Living Well with Dementia Part Two	29 March 2012	10.30am – 12.30 pm

Evening Sessions Weavers Croft, Field Road, Stroud. GL5 2HZ

Understanding Dementia	13 March 2012	7pm – 9 pm
About Services and Support	20 March 2012	7pm – 9 pm
Brain and Behaviour	27 March 2012	7pm – 9 pm

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**Forest of Dean
The Main Place, Old Station Way, Coleford, Forest of Dean GL16 8RH**

Understanding Dementia	2 February 2012	10.30- am 12.30pm
Brain and Behaviour	9 February 2012	10.30- am 12.30pm
About Services and Support	23 February 2012	10.30- am 12.30pm
Positive Communication	1 March 2012	10.30- am 12.30pm

**Forest of Dean
Colliers Court
Cinderford Forest of Dean, GL16 8RH**

Managing Memory	1 March 2012	2pm – 4pm
Living Well with Dementia Part One	15 March 2012	10.30- am 12.30pm
Living Well with Dementia Part Two	22 March 2012	10.30- am 12.30pm

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**Tewkesbury Day Centre
Station Road, Tewkesbury**

Understanding Dementia	15 February 2012	2pm – 4pm
About Services and Support	22 February 2012	2pm – 4pm
Brain and Behaviour	7 March 2012	2pm – 4pm
Positive Communication	14 March 2012	2pm – 4pm

- ‘Managing Memory’ sessions are for people worried about memory
- ‘Living Well with Dementia Part One and Part Two’ are for people with early stage dementia and for the family and friends that support them.
- All other sessions are for family and friends that support someone with dementia.
- Help is available to cover travel and care costs.

**Call 0800 694 8800 or email
managingmemory@glos.nhs.uk
for more details or to book places**

Managing Memory ²gether GROUP INFORMATION SESSIONS

FOR PEOPLE WORRIED ABOUT MEMORY

Managing Memory

- How memory works
- Types of memory
- Coping with forgetting - aids and techniques to help your memory
- Staying healthy

FOR PEOPLE WITH EARLY STAGE DEMENTIA AND FOR FAMILY AND FRIENDS THAT SUPPORT THEM

Living Well With Dementia Part One

- What we know about dementia
- How dementia affects you
- Treatments available
- What helps people with dementia

Living Well With Dementia Part Two

- Impact of diagnosis
- Adjustments and choices
- Practical ideas to cope with change
- Keeping well

FOR FAMILY AND FRIENDS THAT SUPPORT SOMEONE WITH DEMENTIA

Understanding Dementia

- Symptoms and causes of dementia
- The different forms of dementia
- Who gets dementia
- How dementia is diagnosed
- Treatments available for dementia

About Services and Support

- Your Circle - What helps?
- How and when to access services and support
- Paying for care and legal issues
- The role of advocacy

The Brain and Behaviour

- What it feels like to have dementia
- How feelings lead to behaviours
- What responses may be useful/not useful

Positive Communication

- Communication used in everyday situations
- How communication is affected for the person with dementia
- Help in communicating

Each session lasts two hours with a break for refreshments.
Help is available to cover travel and care costs

To find out more and to book places please telephone
0800 694 8800 or e-mail managingmemory@glos.nhs.uk