

## **Are you caring for someone with dementia?**

Then you might be interested in the

### **Purbeck Dementia Carers Workshop**

For the families and friends, caring for someone with dementia in Purbeck:

The 6 week workshop is free of charge and will be held on:

**Tuesday mornings, 1030-1230**

**Beginning 19<sup>th</sup> March until May 7<sup>th</sup> 2019**

**(please note there will be no sessions on 9<sup>th</sup> and 16<sup>th</sup> April)**

Ideally it would be good if you could attend all 6 weekly sessions of the workshop at the Emmanuel Baptist Church, Victoria Avenue Swanage BH19 1AZ. The aim of the workshop is to maintain the wellbeing of the person you care for and yourself and to meet other people in a similar situation, in a supportive and friendly atmosphere.

**Please note that this course may not suitable be for the person you care for to attend, however if this is a problem please get in contact as we do have limited spaces for volunteer led activities.**

**For further information or to book a place please contact Kelly Barclay on 01929 557023 or email [kelly.barclay@nhs.net](mailto:kelly.barclay@nhs.net)**