

**Learning Together
Family Carer Workshops**

All About Dementia

A Carers survival guide

**Friday 21st June
10.30am till 3.30pm**

The Guildhall Oswestry

Refreshments and light lunch provided

Places must be booked in advance for catering purposes

What the day will cover

What is Dementia– diagnosis
and treatment?

Eating well and staying
hydrated

Comforting through touch–
using hand and shoulder

Information about services
to help and support you

‘Shifting not lifting’
helping maintain mobility

Managing unusual
behaviours, communication
and coping skills

We can help with transport and parking costs if needed

Let us know if you need help arranging respite care to be able to attend

Please discuss this on booking

To book ring Julia Wenlock on 01743 341995

