

## **All About Dementia**

### **A Carers survival guide**

**Friday 8th November**  
**10.15am till 3.30pm**

**Wem Methodist Church**  
**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?

Managing unusual  
behaviours, communication  
and coping skills

Nutrition & hydration–  
encouraging eating well to  
stay well

Relaxation techniques  
Comforting through touch–  
using hand and shoulder  
massage

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**

