

Do you care for someone with dementia?

Attend our Cwm Taf Morgannwg Carers Information and Support Programme

We will be delivering the programmes virtually via Zoom once every quarter on the following dates:

March 2nd, 4th, 9th, 11th
3.00pm – 4.00pm

April 20th, 22nd, 27th, 29th
1.30pm – 2.30pm

July 20th, 22nd, 27th, 29th
6.00pm – 7.00pm

October 10th, 17th, 24th, 31st
12.30pm – 1.30pm

If you would like more information, please contact Alzheimer's Society by ringing **02920 434960** or emailing **southeastwales@alzheimers.org.uk** and we will be in touch with you





What is the Carer Information and Support Programme?

The Carer Information and Support Programme is a series of four workshops for people caring for a family member or friend with dementia. It provides an opportunity for you to talk in a friendly and confidential environment about your experiences and the impact they are having on you.

The workshops aim to provide you with information and support.

Topics will include:

- what is dementia?
- how you can support and care for someone with dementia
- the support services that are available
- planning for the future

Who will be there?

The workshops are run by Alzheimer's Society Dementia Advisers for a group of people who care for a family member or friend with dementia.

About Alzheimer's Society

Alzheimer's Society is the UK's leading dementia charity. We provide information and support, improve care, fund research, and create lasting change for people affected by dementia.