

Managing Memory 2gether January – April 2018

CHELTENHAM DAY

Cheltenham East Fire Station, Keynsham Road, Cheltenham GL53 7PX

| | | |
|------------------------------------|---|---------------|
| Living Well with Dementia Part One | Thursday 8 th February 2018 | 10.30am – 1pm |
| Living Well with Dementia Part Two | Thursday 15 th February 2018 | 10.30am – 1pm |
| Understanding Dementia | Wednesday 10 th January 2018 | 10.30am - 1pm |
| Brain and Behaviour | Wednesday 17 th January 2018 | 10.30am – 1pm |
| Positive Communication | Wednesday 24 th January 2018 | 10.30am – 1pm |

CHELTENHAM EVENING

Cheltenham East Fire Station, Keynsham Road, Cheltenham GL53 7PX

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|------------------------|--|-----------------|
| Understanding Dementia | Wednesday 7 th February 2018 | 6.30pm – 9.00pm |
| Brain and Behaviour | Wednesday 14 st February 2018 | 6.30pm – 9.00pm |
| Positive Communication | Wednesday 21 st February 2018 | 6.30pm – 9.00pm |

To book places call 0800 694 8800 or email 2gnft.managingmemory2g@nhs.net

GLOUCESTER DAY

Gloucester Farmers Club Ltd, Agriculture House, Greville Close, Sandhurst Road, Gloucester GL2 9RG

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|------------------------------------|---|---------------|
| Living Well with Dementia Part One | Monday 19 th February 2018 | 10.30am – 1pm |
| Living Well with Dementia Part Two | Monday 26 th February 2018 | 10.30am – 1pm |
| Understanding Dementia | Thursday 1 st February 2018 | 2pm – 4.30pm |
| Brain and Behaviour | Thursday 8 th February 2018 | 2pm – 4.30pm |
| Positive Communication | Thursday 15 th February 2018 | 2pm – 4.30pm |

GLOUCESTER EVENING

Gloucester Farmers Club Ltd, Agriculture House, Greville Close, Sandhurst Road, Gloucester GL2 9RG

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|------------------------|--|-----------------|
| Understanding Dementia | Wednesday 28 th February 2018 | 6.30pm – 9.00pm |
| Brain and Behaviour | Wednesday 7 th March 2018 | 6.30pm – 9.00pm |
| Positive Communication | Wednesday 14 th March 2018 | 6.30pm – 9.00pm |

To book places call **0800 694 8800 or email 2gnft.managingmemory2g@nhs.net**

STROUD AREA DAY

Park House, Park House Day Hospital. Park Road, Stroud GL5 2JG

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|------------------------------------|---------------------------------------|---------------|
| Living Well with Dementia Part One | Friday 23 rd February 2018 | 10.30am – 1pm |
| Living Well with Dementia Part Two | Friday 2 nd March 2018 | 10.30am – 1pm |
| Understanding Dementia | Tuesday 6 th March 2018 | 2pm – 4.30pm |
| Brain and Behaviour | Tuesday 13 th March 2018 | 2pm – 4.30pm |
| Positive Communication | Thursday 29 th March 2018 | 2pm – 4.30pm |

STROUD EVENING

Weavers Croft, Field Road, Stroud GL5 2HZ

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|------------------------|------------------------------------|-----------------|
| Understanding Dementia | Monday 5 th March 2018 | 6.30pm – 9.00pm |
| Brain and Behaviour | Monday 12 th March 2018 | 6.30pm – 9.00pm |
| Positive Communication | Monday 19 th March 2018 | 6.30pm – 9.00pm |

Cirencester

Cotswold District Council
Trinity Road, Cirencester GL7 1PX

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|-------------------------------------|--------------------------------------|---------------|
| Living Well with Dementia Part 1 | Thursday 12 th April 2018 | 10.30am - 1pm |
| Living Well with Dementia Part 2 | Thursday 19 th April 2018 | 10.30am - 1pm |
| Understanding Dementia | Thursday 26 th April 2018 | 10.30am - 1pm |
| Positive Communication | Thursday 3 rd May 2018 | 10.30am - 1pm |
| Brain and Behaviour | Thursday 10 th May 2018 | 10.30am - 1pm |

To book places call 0800 694 8800 or email
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Tewkesbury

Wheatpieces Community Centre, Columbine Road, Walton Cardiff, Tewkesbury,
Gloucestershire GL20 7SP

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|---------------------------------------|---|---------------|
| Living Well with Dementia Part One | Thursday 22 nd February 2018 | 10.30am - 1pm |
| Living Well with Dementia Part Two | Thursday 1 st March 2018 | 10.30am - 1pm |
| Understanding Dementia | Thursday 8 th March 2018 | 10.30am - 1pm |
| Brain and Behaviour | Thursday 15 th March 2018 | 10.30am - 1pm |
| Positive Communication | Thursday 22 nd March 2018 | 10.30am - 1pm |

To book places call 0800 694 8800 or email
2gnft.managingmemory2g@nhs.net

Managing Memory 2gether Group Information Sessions

FOR PEOPLE WORRIED ABOUT MEMORY

About Memory

- How memory works
- Types of memory
- Ideas to help your memory
- Staying healthy

FOR FAMILY AND FRIENDS THAT SUPPORT SOMEONE WITH DEMENTIA

Understanding Dementia

- Symptoms of dementia
- The different types of dementia
- How dementia is diagnosed
- Treatments available for dementia

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



Two and a half hours long



Break for refreshments



Help is available to cover travel and care costs

FOR PEOPLE WITH EARLY STAGE DEMENTIA

(Can invite a family member or friend to attend with 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