**Do you look after someone with dementia?**

**Specialist information is now available for**

**YOU**

A logo for a care group

Description automatically generated

are pleased to announce their next **FREE** Programme

for carers of those with dementia at:

**Middle Street Resource Centre**

**74 Middle St, Beeston, Nottingham**

**NG9 2AR**

**13th January 2025 to 24th February 2025**

**Every Monday 10.30 am – 12.30 pm**

**Making Sense of Dementia**

**What carers need to know**

This programme of special support sessions for carers of people with dementia will give an improved understanding of all aspects of dementia.

The free seven-week programme has experts guiding the group and also offers mutual support from other carers, refreshments and a chance to get your questions answered in a relaxed and informal setting. Help with respite care may be available (subject to suitability).

**Booking is required**

For more information or to reserve a place please contact us on 0115 9786133 or 07513 856647 or email [sue.cain@radfordcaregroup.org.uk](mailto:sue.cain@radfordcaregroup.org.uk)