

Join us for a friendly six-week workshop, shaped by carers for carers to help better understand dementia.

Together, we'll explore practical advice, shared experiences, and ways to navigate the journey ahead.

You can attend all workshops or those you feel are most useful.

Mondays from 2-3pm

Location: Ashford Place, 60 Ashford Rd, NW2 6TU

To book a place scan the QR code. To find out more you can contact:

Harry Leitch –
harry.leitch3@nhs.net



Scan QR for tickets

Understanding Dementia Workshops

For Carers by Carers

1

2 June - What is dementia?

2

9 June - Staying active with dementia

3

16 June - Communication

4

23 June - How to navigate social care?

5

30 June - Physical health & dementia

6

7 July - Staying well as a carer