

Radford Care Group is also a great centre for socialising and keeping in touch with your community.

We are open 5 days a week and have:

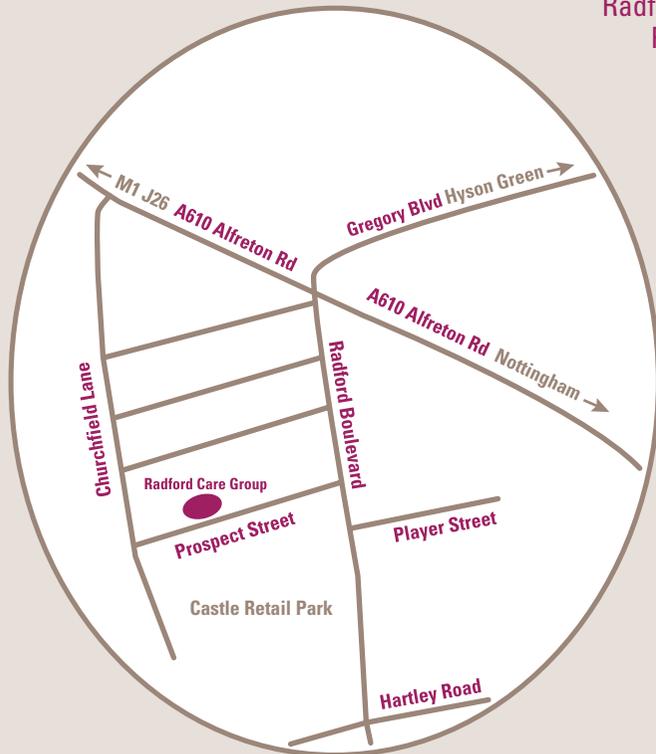
- A friendship group
- Day care facilities
- Delicious food, activities and outings

Please view our website www.radfordcaregoup.org.uk to see what the Radford Care Group can offer you or telephone 0115 9786133 to receive our leaflet.



Radford Care Group would like to thank Nottingham CityCare Partnership for supporting this programme.

Radford Care Group
Prospect Street
Radford
Nottingham
NG7 5QE



Making Sense of Dementia

What carers need to know
The journey from A to Z

Introducing a programme of special support sessions
for carers of people with dementia



Making Sense of Dementia

Do you look after someone with dementia?

Specialist information is now available for YOU

We are pleased to announce that special information sessions for groups of carers are now available.

These have been carefully planned to provide:

- Improved understanding of all aspects of dementia
- 'Get your questions answered'
- Experts guiding the groups
- Help with transport and care for the person with dementia where possible
- A choice of attendance times and dates (weekday, evenings and Saturdays)
- Mutual support from other carers
- A relaxed, informative and enjoyable couple of hours
- Seven weekly sessions
- Tea and coffee included
- Information resource pack to take home
- For extra support join the quarterly carers' support group afterwards

A contribution of £2.50 per session will be required towards the cost of the service.

We would be delighted to explain more about these groups.

All enquiries on: **0115 978 6133**

Or email: info@radfordcaregroup.org.uk

If you would like to attend the sessions please complete the form below and send to:

Radford Care Group, Prospect Street, Radford, Nottingham, NG7 5QE

Name

Address

.....

Tel no

Email

Do you care for someone with dementia? Yes No

Has the person had a diagnosis of dementia? Yes No

Do you require respite for the person you care for? Yes No

Do you require help with transport? Yes No

Please tell us about particular information or help you require

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Which session are you interested in attending? (please tick)

Weekday morning Weekday evening Saturday morning

We look forward to hearing from you.

Do you look after someone with Dementia?



Important information is now available for YOU
Introducing a programme of special support sessions for carers of people with dementia

"This has helped me understand my dad more and look after him better"

Carer of father with dementia

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