

**RADFORD CARE GROUP ARE PLEASED TO ANNOUNCE DATES  
FOR THE 2018 / 2019  
INFORMATION PROGRAMMES FOR CARERS OF PEOPLE WITH DEMENTIA**

**Details are as follows;-**

**Saturday 13th January 2018 – Saturday 24th February 2018  
10.30 am – 12.30 pm**

**Wednesday 11th April 2018 – Wednesday 23rd May 2018  
2.00 pm to 4.00 pm**

**Tuesday 10th July 2018 – Tuesday 21st August 2018  
6.30 pm to 8.30 pm**

**Thursday 18th October 2018 – Thursday 29th November 2018  
10.30 am – 12.30 pm**

**Saturday 19th January 2019 – Saturday 2<sup>nd</sup> March 2019  
10.30am – 12.30pm**

The free programme consists of seven, two hour weekly sessions, covering a different aspect of dementia at each session. The groups are facilitated by specialists in dementia group work and will consist of about 12 carers. Help with respite services and transport may be available. The carers are asked to contribute £2.50 per session towards refreshments.

**We are happy to take referrals from both Nottingham City and County.**

The Information Programme has been very successful and proved to be of considerable value to carers who are often coping alone and in difficult circumstances.

*"I found the information evenings I attended with my mum a very very helpful source of information for us to learn about my dad's dementia. Without the info provided I would not be able to cope with some of the experiences we are going through right now, as I would not understand what is going on in my dad's head and I wouldn't be able to help him. These courses are very important for helping people cope with experiences like this in life".*

*"Within the first hour of the first session I felt like someone had wrapped me in a warm blanket – I no longer felt alone"*

To book a place, refer a carer or for further information about the Information Programme, please call **Radford Care Group on 0115 9786133. Or visit [www.radfordcaregroup.org.uk](http://www.radfordcaregroup.org.uk)**