



PRESS RELEASE

DO YOU LOOK AFTER SOMEBODY WITH DEMENTIA?

The 'Caring with Confidence' programme at the Carers' Centre Hull is running sessions specifically for people who care for someone with Dementia or Alzheimer's starting on Wednesday 22nd September 12.30-3pm

The 'Caring With Confidence' programme is a series of free, flexible, fun and informative sessions that can be completed at local venues across Hull, or online, which for one series is been focused on carers of people with dementia. Sessions look at things such as communicating skills, coping techniques, and looking after your own health and wellbeing. People can do one session or more, depending on which sessions they feel will benefit them most. For these sessions only a dementia support worker from the Alzheimer's Society will also be present should you need any further support.

Often carers' needs get put to the bottom of the list of things to do, amongst other things this programme helps carers to look after themselves so that they can be in the best position to look after their loved ones. Whether you are new to caring and have maybe not yet had a confirmed diagnosis, or have been caring for some time, there will be something for you.

Sam, the 'Caring with Confidence' Coordinator said "This was the idea of one carer who had seen us run the Caring with Confidence sessions for parent carers and saw a need for them to be run specifically for dementia and Alzheimer's carers'. This then will allow the more relevant hints, tips and share experiences to be focused on memory impairment. It is hoped that these sessions will also compliment the work already being done by the memory clinics and the Alzheimer's Society."

The session dates are as follows, places need to be booked so please contact Sam at the Carers Centre on (01482) 225078. All are to be held at the Carers Centre Hull on the corner of Spencer and Prospect Street 12.30noon-3pm. We can also pay for transport and alternative respite costs if required.

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| Caring and Communicating - 22 nd September | Caring and Coping - 29 th September |
| Caring and Me - 20 th October | Caring and Life - 27 th October |
| Caring and Resources - 17 th November | Caring Day to Day - 24 th November |

To find out more before these dates you can call, email, pop in the centre or access the Carers' Centre website on www.carerscentrehull.org.uk

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