

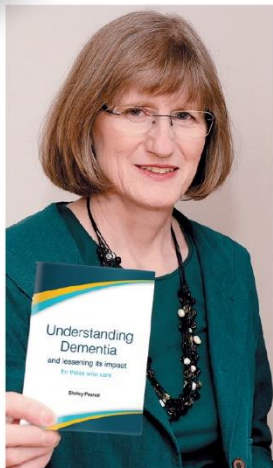
Understanding Dementia

and lessening its impact for those who care
- in any sense



Are you caring for someone with dementia?

Twyford-based charity Understanding Dementia delivers free interactive online courses for anyone supporting a family member or friend living with memory loss or dementia. The emphasis is on reducing the impact of dementia on the person. There is a choice of daytime or evening, with face-to-face courses within Wokingham borough for those who find online access difficult.



"As we get older, we fear dementia more than any other disorder. Until there is a cure, the future may look hopeless for those who are already living with it. But if we are prepared to think in a different way, we can make a real difference to them."

Shirley Pearce

8-week courses (break w/c 13th May) starting 24th April 2024:

Wednesdays 2pm in Wargrave

Thursdays 2pm via Zoom

Thursdays 8pm via Zoom

Fridays 10am via Zoom

8-week courses starting w/c 30th September 2024:

Mondays 2pm in Wokingham

Tuesdays 10am via Zoom

Tuesdays 6.30pm and 8pm via Zoom

Wednesdays 2 pm via Zoom

Visit www.understandingdementia.co.uk

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WOKINGHAM
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www.understandingdementia.co.uk

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Registered charity no. 238331