

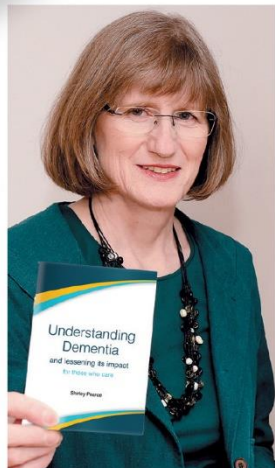
# Understanding Dementia

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 starting w/c 20<sup>th</sup> January 2025:

Mondays 2pm or 8 pm via Zoom  
Tuesdays 2pm in Woodley  
Tuesdays 8pm via Zoom  
Wednesdays 10am via Zoom  
Wednesdays 2pm in Tilehurst

### 8-week courses starting w/c 5<sup>th</sup> May 2025:

Wednesdays 10am or 8pm via Zoom  
Wednesdays 2pm in Twyford  
Thursdays 2pm in Reading  
Thursdays 8pm via Zoom  
Fridays 10am via Zoom

Visit [www.understandingdementia.co.uk](http://www.understandingdementia.co.uk)

**TRAINING | BLOG | EVENTS | SUPPORT**



**WOKINGHAM**  
BOROUGH COUNCIL



**Understanding Dementia**  
and lessening its impact

[www.understandingdementia.co.uk](http://www.understandingdementia.co.uk)

  @understandingdm

Registered charity no. 238331