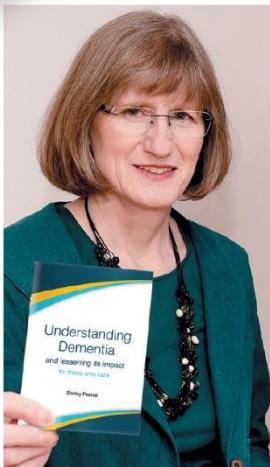


Understanding Dementia

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



"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

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.

8-week courses starting w/c 19th January 2026:

Mondays 8 pm via Zoom
Wednesdays 2 pm in Sonning
Thursdays 10 am via Zoom
Thursdays 8 pm via Zoom
Fridays 2 pm in Reading

More courses coming in Spring 2026 – dates tbc – please see our website

Visit www.understandingdementia.co.uk

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**WOKINGHAM
BOROUGH COUNCIL**



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www.understandingdementia.co.uk

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