



Do you support someone living with dementia?

Please join our free 4 week Carers Information Support Programme for people who provide unpaid care and support for someone living with dementia. Topics are Understanding of Dementia, Providing Support and Care, Legal and financial matters and coping day to day.

Alzheimer's society have adapted the sessions during the current health situation to offer a virtual service. They will fall on the following dates if you would like to join a session please contact Catherine on 07889648793 or crispbelfast@alzheimers.org.uk

Dates for September 2020

Tuesday 8th, 15th, 22nd, 29th 11.00am-12.30pm

Wednesday 9th, 16th, 23rd and 30th 2.30pm-4.00pm

Wednesday 9th, 16th, 23rd and 30th 6.30pm-8.00pm

Dates for October 2020

Thursday 1st, 8th, 15th and 22nd 10.30am-12.00pm

Thursday 1st, 8th, 15th and 22nd 2.30pm-4.00pm

Dates for CrISP 2

(Aimed at those in caring role for some time)

September Thursday 10th, 17th, 24th 2.30pm-4pm

October Wednesday 7th, 14th, 21st 6.30pm-8.00pm