

***Are you caring for someone with dementia?  
Do you sometimes feel tired or overwhelmed?  
Or worry about how long you can continue to care?***

Caring for someone living with dementia can be one of the most rewarding things you do in life and **AT THE SAME TIME** be one of the most challenging. To continue to be able to care for your loved one, safely, for as long as possible, you also need to care for yourself.

This short course focuses on **YOUR** needs as the carer: how to reduce your stress, build resilience and take care of yourself. It will help you:

- ❖ **understand dementia**
- ❖ **explore the role and challenges of caring**
- ❖ **learn tips and practical care skills that make a difference**
- ❖ **manage your stress and practice self-care**



*Frances Salles and Karen Cromwell each bring together 30 years of experience working therapeutically in health and social care, including working with seniors and people with dementia, and with a focus on stress management and self-care. They have a warm and personal approach and a gentle humour.*

**Part 1: 2<sup>nd</sup> March morning or afternoon**    ♦    **Part 2: 9<sup>th</sup> March morning or afternoon**

**The Lantern, Meadow Farm Drive, Harlescott SY1 4NG, (car park on site)**

**Cost £65** includes both sessions (limited number of reduced places available)

The course is split over 2 sessions of 3 hours each, to make it easier for you to arrange alternate care. We will ask you on booking whether you prefer a morning or afternoon session 9.30 – 12.30 or 2 – 5)



For more information or to book your place:

**Phone: Karen 07716 450707 or Email: [francesalles@hotmail.com](mailto:francesalles@hotmail.com)**