



North Tyneside  
Carers' Centre

## Are you caring for someone who has Dementia?

North Tyneside Carers' Centre is running free sessions which can help improve your knowledge of Dementia and understand how to support someone living with it.

### What will the sessions cover?

- Causes and symptoms of dementia
- Dealing with memory loss and ways to communicate more effectively
- Reasons for challenging and unusual behaviours and how to support the person with dementia in a positive and productive way

**Sessions:** Supporting someone living with Dementia

**Date:** 27<sup>th</sup> February and 12<sup>th</sup> March 2020

**Location:** Whitley Bay Big Local

**Timings:** 1.30pm – 3.30pm

**If you would like to come along or know more about the sessions, please contact us on 0191 643 2298.**

Telephone: 0191 643 2298

[www.northtynesidecarers.org.uk](http://www.northtynesidecarers.org.uk)

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