Do you care for someone with a memory issue or dementia?

Free training is available near you



SURREY
COUNTY COUNCIL

Community and day care venues around Surrey are hosting free sessions for carers of people with dementia

Surrey County Council's communities team is offering free training sessions to support you to provide the best possible care at home, helping your loved one to live safely and well. Topics include:

- Understanding dementia
- Nutrition and hydration
- Preventing falls
- Managing concerning behaviours
- Coping strategies and wellbeing
- Advanced dementia care
- Financial support
- Promoting dignity and independence during personal care
- Signposting information to other sources of support

If you are interested in the training sessions, you can:

- email **communitiesandpreventionprojects@surreycc.gov.uk**
- call 0300 200 1005
- text 07527 182 861 (for the deaf or hard of hearing)

Please specify which part of Surrey you would like to attend a course.

For more information about the training, visit **healthysurrey.org.uk/DementiaCarerTraining** or scan the QR code