

**Funded by: Smile for Health from**

South London and Maudsley   
NHS Foundation Trust



## **If Only I'd Known: Caring for Someone with Dementia** **Six individual two-hour workshops**

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These six workshops are for carers of people who have already received a diagnosis of dementia *or* people who think someone they care about may have dementia.

They have been co-produced by carers and ex-carers of people with dementia working alongside staff from SLaM's Older Adult services.

Each session covers a different topic and you can enrol in one, several or all of the workshops and they are all **free of charge**.

**All sessions are held on the last Saturday of the month between February 2015 and July 2015.**

<b>Date</b>	<b>Time</b>	<b>Workshop theme</b>
Saturday, 28 <sup>th</sup> February 2015	10:30-12:30	<b>Signs to look for if you think someone may have dementia</b>
Saturday, 28 <sup>th</sup> March 2015	10:30-12:30	<b>How to get a diagnosis if you are worried someone may have dementia</b>
Saturday, 25 <sup>th</sup> April 2015	10:30-12:30	<b>Dealing with Social Care</b>
Saturday, 30 <sup>th</sup> May 2015	10:30-12:30	<b>Health of the Person with Dementia – Physical and Emotional</b>
Saturday, 27 <sup>th</sup> June 2015	10:30-12:30	<b>Care for the Carer</b>
Saturday, 25 <sup>th</sup> July 2015	10:30-12:30	<b>The Money Side of Things</b>

## Venue Details

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Stones End Centre is situated on Scovell Road, just off Southwark Bridge Road.

**Stones End Day Centre**  
**11 Scovell Road**  
**London, SE1 1QQ**  
**Tel. 020 7358 4052**



**Travel by bus:** 1, C10, 188, 35, 40, 333, 343

**Travel by train:** Elephant & Castle BR

**Travel by tube:** Elephant & Castle / Borough

Stones End Centre is a short walk from either station.

### **Parking**

Limited reserved parking spaces are available on request. Please note that we are within the London Congestion Charging Zone.

### **Disabled access**

level access, disabled toilet.

### **To Enrol Contact:**

Krzysztof Mikata-Pralat – Day Care Manager

Tel: 020 7358 4052

Email: [chris.mikata@ageuklands.org.uk](mailto:chris.mikata@ageuklands.org.uk)