

Are you a carer for someone with dementia in Sheffield and want to learn more?



All Saints Church Hall, Totley

Totley Hall, Totley, La, Sheffield S17 4AA

**Thursday 8th January 2026 to Thursday 12th February 2026.
10.30am to 12.30pm**

Join our programme of six workshops which will equip you with knowledge, skills and the emotional resilience to support you as a dementia carer. Meet other dementia carers and gain peer support.

 **Alzheimer's Society**
Together we are help & hope for everyone living with dementia

NHS
South Yorkshire
Integrated Care Board

Workshops:

8 January - Understanding dementia and the impact of dementia

15 January - Legal and money matters

22 January - Providing care and support

29 January - Coping day to day and next steps

5 February - Understanding how dementia progresses

12 February - Planning for the later stages of dementia and end of life

How will the workshops be delivered

Each interactive workshop will last for 2 hours and will be delivered over 6 consecutive weeks.

How to book your place

You can book your place by telephoning Alzheimer's Society Sheffield on **0114 276 8414** or email **sheffield-enquiries@alzheimers.org.uk**.

For more information

Contact Sive Poto - Programme Facilitator on **0114 276 8414** or email **sive.poto@alzheimers.org.uk** or **karen.fowler@alzheimers.org.uk**.