

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



To be delivered virtually via Zoom

Friday 9th January 2026 to Friday 13th February 2026. 10.30am to 12.30pm

Join our online 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.

Workshops:

9 January - Understanding dementia and the impact of dementia

16 January - Legal and money matters

23 January - Providing care and support

30 January - Coping day to day and next steps

6 February - Understanding how dementia progresses

13 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**.