

Alzheimer Scotland (Dundee)

Late Autumn

Carer Support Group Programme (Oct - Nov 2022)



Carer Support Groups offer advice, information, and support.

Each block consists of 4 sessions and attendees, where possible are encouraged to attend all 4 sessions as each contains various material and information.

Carers can self-refer, as can organisations, support workers and healthcare professionals.

Anyone interested, should confirm their attendance at their chosen group by contacting:

Jeni Sinclair - Dementia Advisor – 07917 241024 / jenisinclair@alzscot.org

SEPTEMBER Carer Support Group

Dementia Resource Centre, Morgan Street, Dundee

Day: Monday (**Afternoon**)

Time: **2.00pm – 3.30pm**

Sessions: Monday 5th September
Monday 12th September
Monday 26th September
Monday 3rd October

(Please note there will be a break midway – with no session on 19th September)

NOVEMBER Carer Support Group

Dementia Resource Centre, Morgan Street, Dundee

Day: Monday (**Morning**)

Time: **10.30am – 12.00**

Sessions: Monday 7th November
Monday 14th November
Monday 21st November
Monday 28th November

For more information, please contact:

Jeni Sinclair - Dementia Advisor – 07917 241024 / jenisinclair@alzscot.org

All sessions will take place at the Dementia Resource Centre in Stobswell, Dundee.

Please contact Jeni Sinclair for more information (and also to find out if there is an activity group running alongside for the cared for individual).