

Learning about Dementia



You can attend a course to learn about Dementia.

It can help you and your family to prepare if you understand how dementia will affect you.

You can learn new ways to cope.



These courses are free.

In Bedford

In Bedford



Tibbs Dementia Foundation runs a **Support for Memory** course.

This is a 6-week course.

It covers

- understanding memory loss
- building support networks
- finding information.



Ring 01234 210 993



Email contact@tibbsdementia.co.uk

In Central Bedfordshire



In Central Bedfordshire

Alzheimer's Society runs **Live Well with Dementia** course.

This is for people in the early stages of dementia.

It covers tips on how to improve your wellbeing.



Alzheimer's Society runs the **Carers Information Support Programmes**.

This is called CrISP.

It will help your family understand dementia.



Ring 0333 150 3456.



Email

bedfordshireandluton@alzheimers.org.uk

Online Courses



There are **online courses** available.



Ring the Memory Navigation Service on
0300 111 9090 for the latest courses.



Visit www.memoryinbeds.org.uk for
details.