

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



St Lukes, Ecclesall Road South

St Lukes, Ecclesall Road South, Sheffield S11 9PX

**Monday 17 November 2025 to Monday 22 December 2025.
10.30am to 12.45pm**

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

St Luke's
Sheffield's Hospice

Workshops:

17 November 2025 - Understanding dementia and the impact of dementia

24 November 2025 - Legal and money matters

1 December 2025 - Providing care and support

8 December 2025 - Coping day to day and next steps

15 December 2025 - Understanding how dementia progresses

22 December - 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**.