

# Carers Forum

## Support for carers

June – August 2023 Every Monday at 3.30pm

Beech Unit, West Park Hospital, Edward Pease Way,  
Darlington DL2 2TS

To book your place please contact us on 01325  
552015 or [TEWV.MHSOPwestpark@nhs.net](mailto:TEWV.MHSOPwestpark@nhs.net)

5 June Dementia and the Brain – What is dementia, symptoms, progression

12 June Living with dementia part 1 – Treatments and supporting with symptoms

19 June Living with dementia part 2 – Keeping safe and independent

26 June Living with dementia part 3 – Staying social and engaging in activities

3 July Living with dementia part 4 – Staying healthy and maintaining wellbeing

10 July Planning ahead part 1 – Finances, benefits and managing money

17 July Planning ahead part 2 – Legal issues

24 July Planning ahead part 3 – Assessment for care, types of care and support

31 July Carer support – Your caring role and looking after yourself

7 August Reducing your risk of developing dementia – Brain health and wellbeing