

Application Form

I would like to book a place for the session on Wednesday the 29th of August.

Name _____

Address _____

Tel No. _____

Email:

Tell us a little bit about your caring situation _____

Please return this form, email or phone in your request to the details overleaf as soon as possible.

Tear here

Tear here

What are the Memory Support Groups about?

These sessions are for carers who are looking after a person with memory problems and /or dementia. It links to the Be Able Cognitive Stimulation Therapy programme delivered by occupational therapists and social care workers to people with memory problems and dementia in the city.

The programme will;

- Explain the background to the Cognitive Stimulation Therapy Programme
- Provide carers with the information and materials required to practise the programme at home
- Provide carers with an opportunity to meet other carers in a similar situation and support each other
- Provide carers with memory tools, activities and techniques which can stimulate and improve memory and cognition.

There will be an opportunity to come for follow on top up sessions after you have taken part in the training.

The training will be delivered by Care for Carers on a rolling programme basis. **The next training will be held on Wednesday the 29th of August 10am to 1pm in St Margaret's House.**

Care for Carers is a voluntary organisation which provides a range of support services, short breaks and breaks from caring for carers. We are based in Edinburgh but provide short break services to carers from across Scotland.

You can contact us at:

**Care for Carers
Room 4.25
St Margaret's House
151 London Road
Edinburgh
EH7 6AE**

**Telephone: 0131 661 2077
Email: events@care4carers.org.uk or
admin@care4carers.org.uk**

Care for Carers is funded by the City of Edinburgh Council Department of Health & Social Care, NHS Lothian, Creative Breaks, The Scottish Government and the Royal Astronomy Society. Care for Carers is a Scottish Charitable Incorporated Organisation Registered charity No. SCO 13450.



Cognitive Stimulation Therapy - Memory Support Group

**For carers looking after a
person with memory
problems.**

Wednesday the 29th of August from
10am to 1pm
St Margaret's House
151 London Road
Room G5

This programme is delivered in partnership to the City of Edinburgh Council Be Able Programme .

Live well in later life
Stay active with **Be Able**