



Matters of Memory Talks/Forums

For those with Dementia or Alzheimer's and their carers.

Following Matters of Memory day in July, Sonning Common Health Centre are organising three talks/forums focusing on the everyday needs and concerns for those with Dementia and their carers. They will run monthly from February on a Tuesday afternoon at the Health Centre, **upstairs** in the Palmer room. There will be seating for 20 which will be pre-booked. A booking form will be available **mid January**, from reception or the Sonning Common website <http://www.sonningcommonhealthcentre.co.uk/> or email PPG schcpgg@gmail.com

There will be two speakers at each event who will speak for 15 minutes each, then an hour or so for the audience to ask questions. Tea, coffee, cake and biscuits would follow.

The sessions will start at 2pm and finish at 4 pm

1. Tuesday 26th February 2019

Kate Hampton from Dementia Oxfordshire and Diana Beveridge – who spent several years as a one to one carer.

2. Tuesday 26th March 2019

Jane Varghese a Dietician and Marilyn or Sonia from Abbeycrest Care Home.

3. Tuesday 30th April 2019

Esther Ramsay-Jones from Sue Ryder and an Admiral Nurse from The Orders of St John Care Trust.