

Matters of Memory Talks/Forums

For those with Dementia or Alzheimer's, their carers or those interested.



Talks at Sonning Common Health Centre, **upstairs** in the Palmer room. Two short talks per session to help and advise those with Dementia and their carers, then an hour or so for your questions. Tea, coffee, cake and biscuits will follow.

Booking essential, forms are available from reception at Sonning Common Health Centre or the SCHC website <http://www.sonningcommonhealthcentre.co.uk/> or email schcpgg@gmail.com. **If you are unable to attend please call Sue on 0118 9722700.**

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 Rose Elliot an Admiral Nurse from The Orders of St John Care Trust.

