

Understanding Dementia

A Community Awareness Talk

This session is designed for **friends, family members and loved ones of a person living with dementia**, as well as anyone who wants to **learn more and better understand the condition**. Whether you are supporting someone now or simply wish to increase your awareness, this talk offers **practical guidance, reassurance and the opportunity to ask questions in a welcoming environment**.

What You'll Learn

- What dementia is and how it affects people
- Recognising common signs and symptoms
- How to support and communicate with someone living with dementia
- Information on help, advice and local support



Tuesday 22nd September
10am–12pm

Penrith Rugby Club, Main Hall

Scan here to book your space Or call 01768 639986

Recruitment Drop-in
Penrith Rugby Club from
12.30–5pm
Find out about the
rewarding role of Care
Professional

