

Like to know more?

Anyone caring for someone living with Dementia in Southern Staffordshire is eligible to access this service.

If you are interested in coming along to one of our sessions and would like to find out more about this **FREE** service, please contact us (details on the back page).

Alternatively, if you would prefer to speak to someone on a one to one basis and don't want to attend a group session or would like to know about our telephone befriending service, please phone

01785 606675



Contact details

01785 606675

Email: enquiries@carersinformation.org.uk

Address

Suite 1a/1b The Whitehouse
3a Chapel Street
Stafford
ST16 2BX

Website: www.carersinformation.org.uk



CarersAssociationSouthernStaffordshire



@CASSwecare

Carers Association Southern Staffordshire

Company Limited by Guarantee in England and Wales.

Registered No: 4184030

Registered Office:

Suite 1a/1b The Whitehouse

3a Chapel Street

Stafford

ST16 2BX

Registered Charity No: 1086979



CASS is an equal opportunities employer and embraces service user equality and diversity.

Telephone: 01785 222365 (General Office)
Email: enquiries@carersinformation.org.uk
Website: www.carersinformation.org.uk

Living Well with Dementia

Carers Association Southern Staffordshire



A support and networking service for those caring for someone living with Dementia in Southern Staffordshire



Living Well with Dementia Groups



What is the Living Well with Dementia Service?

Living Well with Dementia is specifically designed to meet the needs of carers of people living with dementia in Southern Staffordshire.

Carers are supported and encouraged to look at their own needs to determine what sort of support could make a positive difference.

Carers will be provided with information to help them build up resilience and reduce the negative impacts of caring.

Who are CASS?

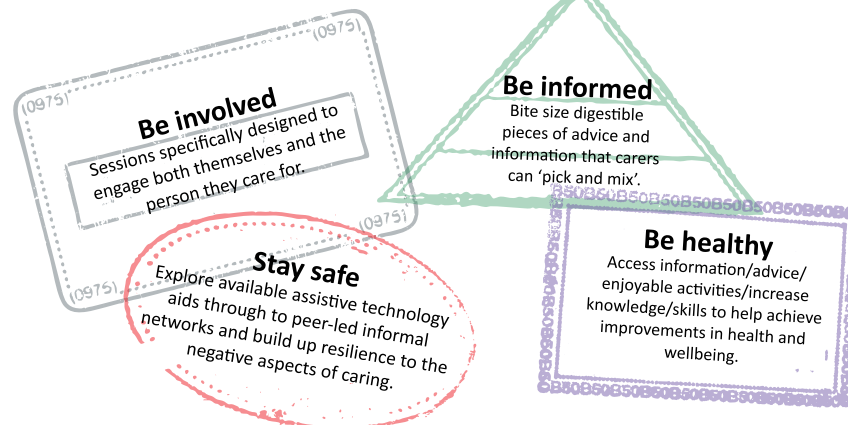
The Carers Association Southern Staffordshire (CASS) is an independent charity working with people living in the districts of Cannock Chase, East Staffs, Lichfield, South Staffs, Stafford and Tamworth.



What you can expect at a Living Well with Dementia Group

- A warm welcome on arrival
- Opportunity to get to know others and share experiences in a dementia friendly environment
- Bite-sized information sessions
- Refreshments
- Time to socialise, make new friends, and talk on a one to one basis with professionals
- Sign posting to other services
- Entertainment, quiz or activity and a raffle
- Community activities

All free of charge!
Donations are welcome



Be involved

Sessions specifically designed to engage both themselves and the person they care for.

Be informed

Bite size digestible pieces of advice and information that carers can 'pick and mix'.

Stay safe

Explore available assistive technology aids through to peer-led informal networks and build up resilience to the negative aspects of caring.

Be healthy

Access information/advice/enjoyable activities/increase knowledge/skills to help achieve improvements in health and wellbeing.

Sessions available near you:

Burntwood - sessions are held on the third Thursday of every month. 11am - 1pm.
The Scout Hut, Ironstone Rd, Burntwood WS7 1LL

Burton - sessions are held on the third Wednesday of every month. 1pm - 3pm. Carlton Court Community lounge, Shobnall Road, Burton upon Trent DE14 2BU

Cannock - sessions are held on the first Thursday of every month. 11am - 1pm.
St Lukes Church, Church St, Cannock WS11 1DE

South Staffs - sessions are held on the fourth Tuesday of every month. 11am - 1pm. Codsall Village Hall, W'hampton Rd, Codsall WV8 1PW

Stafford - sessions are held on the first Wednesday of every month. 11am - 1pm.
St. Bertelin's Church Hall, Holmcroft Rd Stafford ST16 1JB

Tamworth - sessions are held on the last Thursday of every month. 7pm - 9pm.
Carnegie Centre, Corporation St, Tamworth B79 7DN

You can attend the sessions of your choice.
There is no need to book - just turn up.
Carers are welcome to bring along the person they care for.