

Living Well with Dementia

*Supporting family and
friends who care for
someone living with
dementia*

*Join **CASS** at our friendly
groups for advice,
information and support*



Living Well with Dementia

CASS The Carers Association is dedicated to ensuring that all Carers feel they are supported when looking after someone they care about. You are not alone in your role as a Carer; CASS can advise and support you through your journey.

Our Living Well with Dementia groups are open to Carers, however, you may bring the along the person you care for, so long as you are able to support their needs. Our specifically designed groups run once a month and offer the perfect opportunity to have a break, receive information from local support services and meet other Carers.

WHERE TO FIND US

Stafford – St. Bertelins Church Hall ST16 1JB
First Wednesday of the month

Cannock – St. Lukes Church Hall WS11 1DE
First Thursday of the month

Burton – Burton Library DE14 1AH
Third Wednesday of the month

Burntwood – The Scout Hut WS7 1LL
Third Thursday of the month

South Staffs – Codsall Village Hall WV8 1PW
Fourth Tuesday of the month

All our groups run from 11am – 1pm

07740418650 or **01785 222365**

www.carersinformation.org.uk

for more information