

# DEMENTIA -

## DON'T FORGET THE CARERS!

**Date:** Saturday 6 October 2018  
**Time:** 9:30am refreshments; 10.00am start; 4.00pm finish  
**Place:** St Thomas & St Andrew, Doxey Road, Stafford ST16 1EQ  
**Cost:** Free - bring your own packed lunch



Chris Roberts and Jayne Goodrick, our keynote speakers, are married and live in North Wales. Their business is property management. Chris and Jayne participated in a BBC Panorama documentary entitled "Living with dementia, Chris's story". Chris has a diagnosis of mixed dementia, vascular damage and Alzheimer's. Chris and Jayne are Ambassadors for the Alzheimer's Society and Champions for joint dementia research. They spend most of their time speaking to others, both nationally and internationally, about their lived experience of dementia.

**Book places through Eventbrite:**  
<https://dementia-friendly.eventbrite.co.uk>  
**or email** [tc@lichfield.anglican.org](mailto:tc@lichfield.anglican.org)  
**or phone** 01543 622591

You can choose three workshops during the day, from:

- **Communication Matters:** This workshop will explore communicating with a purpose, using Livability's "My Faith Matters" resource and Memory Boxes to help make connections through all the senses.
- **Looking Forwards:** We recognise patterns will change and it's different for everyone, but it can help to identify the common terrain that people go through on their journey.
- **Caring into Care:** If you're a carer, you don't stop being a carer when residential care is needed – so let's look at residential care and the role of carers at this stage.
- **Our God the Carer:** This Bible study looks at God's care as core to his relationship with us, and the way that care for one another is at the heart of Christian community, exploring this in the context of people living with dementia and their carers.
- **Swept under the Carpet:** Where's the trusted space for carers to face the stuff that's often swept under the carpet – the difficult feelings of exhaustion, grief, isolation, blame and guilt?

And there's a **Quiet Area** available all day.

### DEMENTIA ENABLERS:

| Staffordshire  | Northern Shropshire   | Black Country   |
|--|---|---|
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