

Support Group for Carers of Dementia Patients

If you are a Carer for someone who lives with dementia and would like to meet up with other people who may be in the same situation, why not come along to an informal support group that has been set up by the Warrens' Patient Participation Group (PPG)?

The Carers' Support Group meets quarterly on a Wednesday afternoon at the Warrens Medical Centre. It is facilitated by a Health Care Assistant from the Warrens and members of the PPG who all have direct experience of caring for someone with dementia.

The meetings only last an hour but can be such a valuable break from the demands of caring.

In a friendly atmosphere, you will be able to relax in the company of supportive people, share experiences if you want to, and seek and exchange information over light refreshments.

You may even make a new friend.

If you would like further information and/or details of the next meeting, please contact The Warrens Medical Centre and leave a message for **Margaret Sheriff (HCA)**.

Telephone: 0151 929 5555 – Please note that it is easier to get through to the Practice late morning or in the afternoon.