

Sheffield Mind and Body Project



**Support & Information Sessions
for Spring 2016:**



CARERS' TOOLBOX

**Mondays
4pm—6pm
Starts
23rd May**

- a space for information & peer support
- explore ways to increase your own wellbeing
- you may be new to caring or have been in the role for some time

Learn more about dementia and
the small ways you can help

*Open to all —
general public welcome!*



**Dementia
Friends**

An Alzheimer's Society initiative

**Information sessions:
Tuesday 7th June: 11am—12noon
Friday 10th June: 1pm—2pm**

All sessions are FREE and take place at

Sheffield Carers' Centre

Concept House, 5 Young St, Sheffield S1 4UP

(city centre)

Booking is required: to book a place, please contact

mindandbody@sheffieldmind.co.uk

or ring Joe on **0114 258 4489 ext 108**



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