

Cambridgeshire Dementia Support Service

Contact us today to book your place, request more information, or to receive support tailored to your needs.

T: 01223 620962

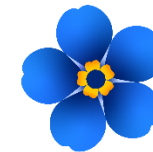
E: cambridgeshiredementia@alzheimers.org.uk



**Alzheimer's
Society**

It will take a society to beat dementia

Registered charity no. 296645. Alzheimer's Society operates in England, Wales and Northern Ireland.



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Virtual Information Sessions & Peer Support Groups

Cambridgeshire Dementia Support Service

Sessions take place online via Zoom

All About Dementia

This one-off session is for anyone caring for a person with a dementia diagnosis. The session aims to help you understand dementia and its impact. This is a good opportunity to share experiences with others.

Dates: 18th May / 1st July / 19th October / 2nd February (2027)

Emotional Resilience

This is a one-off session is for anyone caring for a person with a dementia diagnosis. The session covers topics such as coping day to day, how caring affects you, and looking after yourself.

Dates: 30th April / 7th July / 2nd October / 21st January (2027)

Young Onset Dementia

This one-off session is for anyone with a diagnosis of young onset dementia and their carers covering the diagnosis, future planning, support from others, work and keeping healthy.

Dates: 6th May / 15th July / 5th October / 3rd February (2027)

Paying for Care in the Community / Residential Care

The Care in the Community session covers topics such as what is care/respite, who pays for it and how to access funding.

The Residential Care session looks at types of residential care, choosing a care home, paying for care and accessing funding, and how you can help with the adjustment to residential care.

These sessions will run when required.

Moving On Information Session

These one-off sessions will be tailored to meet the needs of carers facing the difficult choice of moving a loved one with a diagnosis of dementia into residential care. It will also be an opportunity to meet others in a similar situation.

These sessions will run when required.

Our Information Sessions and Peer Support Groups all offer you the chance to meet people in a similar situation. There will also be an opportunity to discuss support needs going forwards.

Carers Peer Support Group

This group is offered to carers and offers weekly sessions and allows you the opportunity to build a peer support network.

Each session is tailored to cover topics that have been requested by the group, as well as delivering general information that will be of help to everyone.

Start Dates: 29th April / 29th June / 22nd October / 13th January (2027)