

Carer Wellbeing Sessions



Friday 25th November at The Dementia Centre

Dougie Mac Hospice 9.30am until 1.30pm



Staffordshire
Together for Carers
Service

9.30am - 10.00am

Coffee and biscuits

10.00am - 11.00am
Introductory talk from
Wendy Mountford
Admiral Nurse
Clinical Lead
Gaynor Morton
Dementia Support
Manager at
Approach

11.00am - 11.30am

Break with refreshments

11.30am - 1.00pm

Kirsty Cotton
Kreative Foundations

Kirsty will deliver carer wellness support to enable carers to have the tools to look after themselves

1.00pm - 1.30pm

Q and A session and wrap up session

Topics to be covered

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Carer Resilience
Early Support
Advanced Care Planning

Louise Eagle Head of Strategic Alliance for DMH and Approach

Approach Training for Carers
Admiral Nurses - what is their role



What is the Strategic Alliance between Approach and Dougie Mac

Keep an eye out for more dates coming soon!