

# Carer Wellbeing Sessions



Thursday 8th September at The Dementia Centre

Dougie Mac Hospice 1pm - 5pm



Staffordshire  
Together for Carers  
Service

1.00pm - 1.30pm  
  
Coffee and biscuits

Topics to be covered

Carer Resilience  
Early Support  
Advanced Care Planning

1.30pm - 2.30pm  
Introductory talk from  
Wendy Mountford  
Admiral Nurse  
Clinical Lead  
Gaynor Morton  
Dementia Support  
Manager at  
Approach  
  
Louise Eagle Head  
of Strategic  
Alliance for DMH  
and Approach

2.30pm - 3.00pm  
  
Break with refreshments

Topics to be covered

Approach Training for Carers  
Admiral Nurses - what is their role

3.00pm - 4.30pm  
  
Kirsty Cotton  
Kreative Foundations  
  
Kirsty will deliver carer wellness support to enable carers to have the tools to look after themselves



4.30pm - 5.00pm  
  
Q and A session and wrap up session

Topics to be covered

What is the Strategic Alliance between Approach and Dougie Mac

Keep an eye out for more dates coming soon!