

New Free Service for People in Wandsworth Caring for a Person with Dementia

Family and friends of people with dementia living in the London Borough of Wandsworth can get free training and coaching to support them in their caring role. **Coping with Caring** from MindCare Dementia Support, provides training and coaching to individuals and groups in their own homes or outside of the home.

The service offers:

- home based, personalised coaching sessions for individuals or family groups
- a series of three group workshops with other carers to learn together and share experiences
- small group coaching sessions for support groups such as dementia cafés.

Workshops will commence in January 2016.

Receiving support from Coping with Caring, carers will:

- learn what it is like to have dementia
- appreciate that everyone's experience of dementia is different
- understand what a person with dementia is really communicating with what they say and do.

94% of carers who took part in Coping with Caring between April 2014 and March 2015 said they would offer improved support to their relative as a result of MindCare coaching and training sessions.

Coping with Caring in Wandsworth is a free service funded by [NHS Wandsworth Clinical Commissioning Group](#) and is delivered by MindCare Dementia Support, part of charity, Bromley & Lewisham Mind.

For more information, to book a session or place on a workshop, please telephone MindCare Dementia Support on 020 3328 0360 or email at wandsworth@mindcare.org.uk.