

## **EAST RIDING GETTING ALONG CAFÉS**

**Dementia and the tension it can create within relationships is nobody's fault!**

We know these can be really draining and put a lot of relationships under great strain. Our new **Getting Along Cafés** will offer you the opportunity to talk over some of these difficulties and more importantly to come up with some new ideas to address them.

### **How do the Getting Along Cafés work?**

We will host a series of 4 meetings in a relaxed environment with both people with dementia and their care partners in attendance. These Getting Along Cafés will be facilitated by Innovations in Dementia and the East Riding Carers' Support Service. We will have an open non-judgemental discussion based on 4 themes.

**VENUE: Crown Buildings, Quay Rd, Bridlington, YO16 4LY**

**Week 1: Tuesday 2<sup>nd</sup> June 11am-1pm**

**Getting along** – a look at how you've always got along and what may have changed.

**Week 2: Tuesday 9<sup>th</sup> June 11am-12.30pm**

**Past, present, and future** – your shared story, your current situation, and the future.

**Week 3: Tuesday 16<sup>th</sup> June 11am-12.30pm**

**Who am I?** - a look at how you see yourself, what makes you matter.

**Week 4: Tuesday 23<sup>rd</sup> June 11am-12.30pm**

**Understanding each other's perspective** – a look at how you perceive each other and interpret each other's actions.

If you both feel you could benefit from coming together in the Getting Along cafés then please register your interest by either calling the number below.

**01482 396500 / freephone 0800 917 6844** or by email

[ERcarers@eastriding.gov.uk](mailto:ERcarers@eastriding.gov.uk)