

## **New Support Group for people with dementia and their family carers**

Caring for someone with dementia a lonely, frightening journey for both the family and the person who has it. Family carers are also frequently responsible for round-the-clock care. If you are caring for someone with dementia at home then the **Care and Share (CAS) Group** offers both you and person with mild or moderate dementia a safe and welcoming place. We offer a varied programme of indoor and outdoor activities, information about services and interesting speakers for up to six couples on the **2<sup>nd</sup> and 4<sup>th</sup> Monday** of every month from **12.30-3.30pm** at the **Pinefield's Community Room**.

Group members have enjoyed a canal boat trip, behind the scenes talk at RAF Cosford, learnt to play indoor bowls (boccia); created memory books plus lots more. Family carers are also offered a much needed respite break once a month. To find out more, or arrange an introductory visit, contact Nickie Long, Co-ordinator on 01743 237888 or email [nickie.long@shropshire-rcc.org.uk](mailto:nickie.long@shropshire-rcc.org.uk)

We are also looking for **more volunteers** to join our friendly team, especially those who are car drivers. No experience is necessary as training will be given. If you can spare just two Monday afternoons a month or have a craft activity you can share then please contact Nickie.

The CAS group is funded and managed by Shropshire Rural Communities Charity (RCC).