

# Food, Nutrition and Dementia workshop

6th,13th & 20th of June, 10am-12pm,at Brookland Hall, St Werburghs



**Are you caring for someone with dementia?**

**Are you concerned that their eating habits are changing?**

**Are you struggling with food preparation and meal planning?**

**If so this course may be for you**

We are offering a three session course that will be looking at the importance of eating and drinking. Why those with dementia often struggle with eating, drinking and food preparation and how you can help, encourage and support them.

This will be an interactive course led by Jude Jordan who is an Occupational Therapist from the Bristol Dementia Wellbeing Service.

**For enquiries and to book your place,  
contact Debbie Williams on:**

**☎ 0117 958 9988 or**

**✉ [DebbieW@carerssupportcentre.org.uk](mailto:DebbieW@carerssupportcentre.org.uk)**



**If you care,  
we care.**

Carers Support Centre  
Bristol & South Gloucestershire



[www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk)



Carers Support Centre, Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ CarersLine: 0117 965 2200

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