

Healthy Mind Programme

Mana Arokiam
Of
Centre for Community Development
Presents

DEMENTIA DAY

on
Saturday 25th May from 1.30pm to 4.30pm
at

**Shiraz Mirza Community Hall, 76A Coombe Road,
Norbiton,
Kingston Upon Thames KT2 7AZ**

All are welcome Refreshment will be served

Please contact:
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PROGRAMME

1.30 pm	Registration welcome & a minute silence <i>Sarva Kumararajah</i>
1.45pm	Recognising Dementia /BME communities <i>Dr Shanthi, Consultant Psychiatrist and</i> <i>DR. Siva consultant old age Psychiatrist</i>
2.15pm	Responding and Dementia treatments available Simple ways of living with Dementia <i>Dr. Siva, Consultant old age Psychiatrist</i>
2.45 pm	Sharing experience caring or living with someone with Dementia - TBC
2.55 pm	Services for caring people with Dementia Kingston Carers Network Kate Dudley, Council services <i>Kirstie Cochrane, Carers' Support and Service</i> <i>Development Coordinator</i>
3.25pm	Work shops <ol style="list-style-type: none">1. Challenging and looking after people with Dementia Facilitators: <i>Dr. Shanthi and Dr Siva</i>2. Barriers to accessing services by different people including marginalised communities. Facilitators: <i>Kirstie and Josephine Gikuyu,</i> <i>Community Development Worker, [BME</i> <i>Communities & Mental Health Promotion]</i>
4.00pm	Report back from workshops
4.25 pm	Vote of Thanks
4.30 pm	Close