



**East Cheshire
Hospice**

Where people come to live

Wilmslow, Poynton
Knutsford, Congleton
& Macclesfield



DEMENTIA CARER WELLBEING PROGRAMME

Join our sessions in **Wilmslow, Poynton Knutsford, Congleton** and **Macclesfield** supporting family carers with an 8-week wellbeing course, while their loved ones with dementia can join our Cognitive Stimulation Therapy.



Why Choose Us?

- ✓ 5 locations to choose from
- ✓ Access to Specialist Dementia Nurses
- ✓ Increase your knowledge, confidence and resilience
- ✓ Free refreshments and parking at most locations



**Self-referral:
contact our
Dementia Team**

01625 666990



www.echospice.org.uk/dementia-support

