

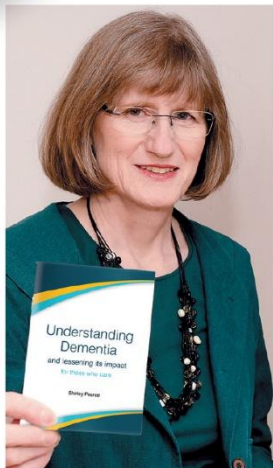
# Understanding Dementia

and lessening its impact for those who care  
- in any sense



## Are you caring for someone with dementia?

Twyford-based charity Understanding Dementia delivers free interactive online courses for anyone supporting a family member or friend living with memory loss or dementia. The emphasis is on reducing the impact of dementia on the person. There is a choice of daytime or evening, with face-to-face courses within Wokingham borough for those who find online access difficult.



*"As we get older, we fear dementia more than any other disorder. Until there is a cure, the future may look hopeless for those who are already living with it. But if we are prepared to think in a different way, we can make a real difference to them."*

**Shirley Pearce**

### 8-week courses starting w/c 27<sup>th</sup> April 2026:

Tuesdays 2 pm in Woosehill, 8 pm via Zoom

Wednesdays 10 am and 8 pm via Zoom

Fridays 2 pm in Calcot

**More courses coming in Autumn 2026 – dates tbc – please see our website**

Visit [www.understandingdementia.co.uk](http://www.understandingdementia.co.uk)

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**Understanding Dementia**  
and lessening its impact

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Registered charity no. 238331