

A different
Mindset



Being diagnosed with dementia can be a difficult thing to come to terms with.

Talking about what is happening to you is a good way to move past your initial diagnosis and talk about what the future may hold.

Joining a **Mindset** course gives you the opportunity to meet and talk to others who are going through the same experiences as you.

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NHS

Who is it for?

This course is for anyone who has recently had a diagnosis of dementia (in the last year) and would like help with thinking about it and exploring what it means to them.

Who is running the course?

A skilled therapist who has been trained to run the course and who is experienced in working with people who have memory loss.

How will taking the course help you?

This is a chance to meet and talk to others who are going through the same experiences as you are and to chat about the changes that you might face.

- You will hear from other people with memory problems
- You will learn more about memory loss and how you can adapt and cope
- You will be able to talk through any difficulties you have with people who understand what it's like

We give everyone who comes a chance to talk about how they feel about their diagnosis and what the future might hold. There is no pressure to talk about anything that you don't feel comfortable with.

How does it work?

We meet once a week for ten weeks.

The first and last week is for you and a friend or family member to come along together. The other 8 weeks are just for you.

Each meeting lasts 90 minutes – it's good to turn up 10 minutes before we start to give you a chance to meet socially and grab a cuppa.

It's important to try and come to every session.

There will be between 4 and 10 people in the group.

We meet in venues across Gloucestershire—we will match you with the group nearest to you.

Why should I do it?

Having a diagnosis of dementia can be a shock or perhaps a relief, if you have suspected something was not quite right for a while. Now you can work out what happens next and how to adapt to living life a bit differently. Talking with other people who are going through similar experiences is important because we see that we're not alone and we can learn from each other.

How do I book my place?

If you'd like to come to a **Mindset** course you can fill out the self referral form (if you have been given one) or contact Maggie Grady at Mindsong:

Email: maggie.grady@mindsong.org.uk

Telephone: 01242 511522

This course is run by Mindsong, an award winning Gloucestershire charity that works closely with the NHS. We work across the county with people who have memory problems or respiratory conditions.

You can find out more about us on our website
mindsong.org.uk

Mindset is strongly based on LivDem, developed by Professor Richard Cheston and Consultant Clinical Psychologist Ann Marshall (livdem.co.uk). We have been trained to run these courses by Prof. Cheston.

