



Join Irish in Britain Cuimhne Champions and Ashford Place

for a special training workshop on

Memory Loss and Dementia

on

Wednesday 4th November 2015

9.30am – 4.30pm

**at Ashford Place,
60 Ashford Road, London NW2 6TU
(disabled access)**

Trainer: Dr Mary Tilki

Lunch provided

Certificates will be awarded to all who successfully complete the training

Places are free of charge but must be booked in advance.

**For further information please contact Zibiah Loakthar:
0207 697 4064 volunteer@irishinbritain.org**

This training is suitable for those supporting people living with memory loss, those for whom the topic is new and those interested in becoming Cuimhne volunteers.

Cuimhne (pronounced “qu’eevna”) is an Irish word meaning “memory”.

The aim of training is to encourage a different way of thinking about memory loss/dementia. It is about challenging contemporary notions of people with dementia and focussing on ourselves, how we think about and behave towards people with memory loss. Because of the ways in which dementia is viewed in society, those who experience memory loss can be stigmatised and deprived of their rights. This is not necessarily negative and in many cases is well intentioned and kind. However, it can be disempowering, demeaning and deskilling for those with memory loss. This training is an attempt to put ourselves in the shoes of people with memory loss/dementia and their carers, to open our hearts and minds and to welcome and retain them in our community.



City Bridge Trust