

Mindfulness and cooking for people with dementia and their partners/carers

This small group workshop is for people with dementia and their partners/carers to attend together. Led by a mindfulness practitioner, the session will introduce participants to techniques that focus on being 'in the moment', relaxed and receptive. This will be followed by a session on mindful cooking and eating: the group will prepare and eat a simple meal together.



We hope you will go away with ideas and simple techniques that you can practise together at home. The workshops are provided by the *Bristol Dementia Inclusion Programme* and hosted by the *Carers Support Centre*.

Choose from two workshop dates, both to be held in the training kitchen at Vassall Centre, Gill Avenue, Fishponds:

Monday 23 November 2015, 10am to 1pm

Tuesday 19 January 2016, 10am to 1pm

How to book

To reserve a place on one of these workshops please contact us:

0117 958 9988

training@carerssupportcentre.org.uk

Please leave your name, contact information and details of the session you are interested in. We will get back to you.



Carers Support Centre
Bristol & South Gloucestershire



all about food

ingredients for change

www.allaboutfood.uk.com

