



# COMMUNITY WORKSHOPS

At Home Instead, we provide personalised home care that is dignified, reliable and relationship-led.

Most care decisions are made in urgency after an accident or an illness. We are committed to working hard to change this.

Providing support at home can help to prevent, or at least delay, accidents and illnesses.

*We offer training in:*

**Family Dementia (2 Hours)**

- An information workshop for individuals & families offering ways to help support loved ones to live well with Dementia.

**Parkinson's Workshop (1 Hour)**

- A workshop to support and inform families in partnership with Parkinson's UK.

**Fraud and Scam Awareness (1 Hour)**

- Workshop on types of scams, how to recognise them and what to do if you are the victim of fraud.

\*We have the option of delivering Stroke, Moving and Handling and Eat Well sessions, too

*Sessions FREE of charge, delivered either face-to-face or via Zoom*

**TO REGISTER YOUR INTEREST PLEASE CONTACT HOME INSTEAD ON 0114 246 9666**  
ANY LOCAL BUSINESSES OR ORGANISATIONS INTERESTED IN HOSTING? EMAIL  
MEGAN.STANCILL@HOMEINSTEAD.CO.UK TO DISCUSS FURTHER

