

# Dementia Action Week



Lancashire  
Adult Learning

We are supporting the national Dementia Action Week, with FREE online fun and engaging taster sessions for those who are living with dementia and their carers.

## Monday 17th May

### Dementia Awareness Session

9.30am – 12pm

In this session, you will learn all about dementia, the different types, signs and symptoms plus effective strategies to support those with dementia.

[Click to enrol >](#)



## Tuesday 18th May

### Make a Memory Box

9.30am – 10.30am

In this session, you will make a memory box or bag and collect items to go into it. You will focus on each item and identify how objects can spark memories.

[Click to enrol >](#)

### I Remember, I Remember

11am – 12pm

In this session we will explore how to use art, poetry and song for reminiscence work.

[Click to enrol >](#)

## Wednesday 19th May

### Triggering Memories

9.30am – 10.30am

In this session we will explore 20 ideas to trigger your brain to remember the good stuff, the in-between stuff, the small but-oh-so-wonderful moments.

[Click to enrol >](#)

### Make a Memory Box

11am – 12pm

In this session, you will make a memory box or bag and collect items to go into it. You will focus on each item and identify how objects can spark memories.

[Click to enrol >](#)

## Thursday 20th May

### I Remember, I Remember

9.30am – 10.30am

In this session we will explore how to use art, poetry and song for reminiscence work.

[Click to enrol >](#)

### Triggering Memories

11am – 12pm

In this session we will explore 20 ideas to trigger your brain to remember the good stuff, the in-between stuff, the small but-oh-so-wonderful moments.

[Click to enrol >](#)

## Saturday 22nd May

### Make a Memory Box

9.30am – 10.30am

In this session, you will make a memory box or bag and collect items to go into it. You will focus on each item and identify how objects can spark memories.

[Click to enrol >](#)

### Triggering Memories

11am – 12pm

In this session we will explore 20 ideas to trigger your brain to remember the good stuff, the in-between stuff, the small but-oh-so-wonderful moments.

[Click to enrol >](#)

Sessions are suitable for those who are affected by **dementia** with support from their carers. A list of suggested items is available on **enrolment** to help you get the most out of these sessions. Courses are **FREE** for Lancashire residents.

If you would like to get involved in this national campaign, [click here >](#)

