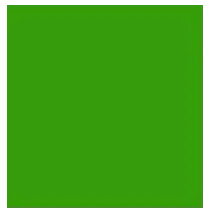


## Dementia Support

For some time Helping Hands has been aware of a need to support Villagers living with dementia and their carers. We are unsure if this is a growing need or if we are all just more willing to talk about the issues around dementia.

We have taken advice from many people about what type of support is needed and how much we can ask our Volunteers to do. Along the way we have been extremely grateful for the involvement of a local group called **DISC**.



**DISC**  
**Dementia**  
**Support**



They offer information and support courses, particularly for carers but also for anyone who is supporting a carer. DISC have run two awareness courses in Robertsbridge for Helping Hands volunteers and they are currently supporting a monthly session for carers to get help and advice. They meet at the back of the Village Hall on the first Wednesday of every month. If you want to book a place or find out more about the group please contact [admin@discdementiasupport.org](mailto:admin@discdementiasupport.org) or 07874864898.

Helping Hands is still interested in finding some more volunteers who would be willing to visit and support some local households where someone has dementia. Further training can be offered and DISC will continue to support this work with Helping Hands.