**Delirium free in-person workshop for family members**

**Dementia United** in partnership with the **African Caribbean Care Group** are delivering the workshopalongside **carers with lived experience.**

Wednesday 12th June 12.30-4pm

**During Carers Week 2024**

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Delirium causes a short term confused state and can develop over hours or days. It is a sign of an underlying illness. **Older people** and **people with dementia** are at **greater risk of developing delirium**.

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| Open to **family members** of any background**Location** The African Caribbean Care Group, Claremont Centre, 2 Jarvis Road, Manchester, M15 5FS | The workshop will cover: * What is delirium?
* How to prevent delirium
* Identifying the causes and signs
* Getting help when you need it
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**To sign up** please email gmhscp.dementiaunited@nhs.net

There are limited places available, so please sign up early!

**How to find the ACCG**

**Address**

African Caribbean Care Group

Claremont Centre

2 Jarvis Road

M15 5FS



**Buses to the ACCG from the city centre**

86, 250, 253, 256.

**Other buses**

53, 263

We are located just behind Hulme Garden Centre, next to Rolls Crescent Primary School

**For drivers**

There is a car park at the Claremont Centre, however due to ongoing construction work there may be limited spaces. There is also roadside parking that is available for up to 2 hours.

Please note we will only be providing refreshments - feel free to bring your lunch!

**For more information**

See the Dementia United [www.dementia-united.org.uk/news/2024/02/22/delirium-top-tips-for-carers-and-family-members](http://www.dementia-united.org.uk/news/2024/02/22/delirium-top-tips-for-carers-and-family-members)

You can find out more about our delirium programme here www.dementia-united.org.uk/delirium/

Any questions email gmhscp.dementiaunited@nhs.net