

Caring for the Carers

At Dementia Friendly Keighley we have always understood the importance of looking after the carers. Those with the disease tend to get the support and help they need whilst their carers carry the major load 24 hours per day, 7 days per week.

Carers of those with Dementia often experience higher levels of stress than other caregivers due to the unrelenting and progressive nature of the disease, and therefore finding time for themselves is not easy.

Never be afraid to ask for help; it is not a sign of weakness and many carers find that they can cope better after seeking help. Support groups are immensely valuable. Being able to say just how difficult things are and what they are feeling to people who understand can be lifesaving. There is no substitute for talking to someone who has been where you are!

Dementia Friendly Keighley runs a social group for people living with dementia. This takes place every Thursday evening at the Brown Cow pub in Keighley. People talk about what's been happening to them, how they are coping and share tips and ideas of how to manage difficult situations. Please contact us to find out further information on how to join.

If you need any help or guidance, want to find out about other activities and services, or just need someone to talk to who understands your situation, Dementia Friendly Keighley is here for you.

You can call us on **07452 773788** between **10am and 2pm daily**, text (**SMS**) or **WhatsApp 'CALL BACK'** on the same number or leave a message outside of these hours and we will call back as soon as possible. Please note: Times and days of our activities and services are subject to change, so please call for up to date information.

