



2022 ONLINE WINTER LECTURE

DATE: Wednesday 30th November 7pm

FORMAT MS Teams - Lecture

GUEST LECTURER: Heather Hooper



Heather Hooper has been a volunteer for both the Alzheimer’s Society and the Dementia Resource Centre in Peterborough for over seven years.

Heather was awarded the Alzheimer’s Society “Peoples Award – Volunteer” in 2019 in recognition of the work she carries out to help change the way the nation thinks, talks and acts about dementia

THEME: **Dementia.**

This Dementia Lecture will cover several areas:

1. Heather’s personal journey; her experience caring for her mother who had vascular dementia.
2. Tips on caring for someone affected by dementia.
3. This will be followed by a Dementia Friends Information Session. Through activities and discussion, you will learn a little more about dementia.
4. We will try to give you an idea of what it may feel like to have dementia and how best we can support those affected by dementia.
5. To close the lecture Heather will explain how reflexology can play a significant role for both the caregiver and the care recipient and how to deal with refusal of treatment.
6. The lecture will end with a Question and Answer Session

TIMETABLE: 6.45pm Registration 7pm-9pm Lecture

The meeting will be hosted via MS Teams and the details to join the lecture will be emailed to you the day before.

COURSE FEES: £10 for members. £15 for non-members

BOOKING: Please contact the British Reflexology Association by email bra@britreflex.co.uk or phone Tel: 0333 772 9217 to book a place for this event

We will require your name, email address and contact telephone number

Payment of the course fee payment should be made to:

The British Reflexology Association (Sort Code: 09 01 52; Account No: 24 66 86 84).

Alternatively, please complete the application form below and send it to: The British Reflexology Association, 38 South Drive, Warley, Essex CM14 5DJ

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THE BRITISH REFLEXOLOGY ASSOCIATION
2022 Online Winter Lecture Evening – Dementia

I wish to apply for the Winter Evening Lecture to be held via MS Teams on Wednesday 30th November 2022 and have arranged payment of my course fee of £.....(see above for details).

Alternatively, make your cheque payable to The British Reflexology Association and send to the Admin office.

NAME PHONE

EMAIL