



## Namaste Care Training

Wednesday: 4th, 11th, 18<sup>th</sup> or 25th March 2020  
(11am-1pm on all dates)

Refreshments provided

Venue: Education Suite, St Cuthbert's Hospice, Park House Road, Neville's Cross,  
Durham, DH1 3QF  
Tel: 0191 3861170

'Namaste' is an Indian greeting which means 'to honour the spirit within'. The care programme is multi-dimensional, including physical, sensory and emotional elements. The purpose of Namaste Care is to give comfort and pleasure to people with advanced dementia through sensory stimulation, especially the use of touch.

Namaste Care increases the length of time that Carers can spend engaging and connecting with the person they care for and it provides a possible solution to meeting the sensory and emotional needs of the person which in turn enriches their quality of life.

Nicola Kendall will demonstrate how to use Namaste Care to improve the quality of life of someone living with advanced dementia.



To book a free place on this course please  
use the booking slip on the back page  
or email [admin@dccarers.org](mailto:admin@dccarers.org)  
Phone 0300 005 1213

