

Do you need help and support following a diagnosis of dementia?

Come to our Virtual Dementia Information and Support Sessions



These sessions can be accessed from a computer, tablet or you can call in by telephone.

They will take place on:

**5 consecutive Tuesday mornings
Commencing 29th June 2021**

Please call for zoom joining instructions.

The Alzheimer's Society is pleased to offer this group-based support service for people in the early to mid-stages of dementia. Over the five sessions we will provide you with information and share discussions on how to live well with the condition.

'I now realise that life with dementia can still be enjoyable. I no longer feel alone!'

This is a comment from someone who attended the programme.

The informal and welcoming sessions will include:

- Help and support with understanding your diagnosis and exploring how you feel about it
 - Advice on staying healthy and keeping active
- An opportunity to share practical tips and coping strategies for everyday living
 - Information, including a wide range of literature will be available
- Sign posting to local organisations and services
- Advice on how to create and maintain a support network

To find out more information, including timings, or to book a place.

Call: 01296 331749

Email:

memorysupport@alzheimers.org.uk

