

Build your support network and find out information about dementia in Nottinghamshire

Get information to help you support someone with dementia and look after yourself

Our Information Programmes are for family, friends and carers of people living with dementia. A friend or relative may have been recently diagnosed or have had dementia for some time.

The sessions are run by skilled, compassionate and experienced staff.

Where to find us?

Sessions virtual via Zoom

Our information programme runs

24th January 2023: 10:30am - 1pm

31st January 2023: 10:30am - 1pm

7th February 2023: 10:30am - 1pm

14th February 2023: 10:30am - 1pm

Please contact your local office before attending



'The sessions have given me confidence that I will cope in the future.'

Anna, who cares for someone with dementia

To find out more contact us on:

nottspdss@
alzheimers.org.uk

0115 934 3811

alzheimers.org.uk

