



Empowering People Living with Dementia

Sessions for people living with the early stages of dementia.

Try our whole course or drop in to any topic of your choosing. Donations welcome.

**Wednesday 5th
June
10 - 11:30am**

Understanding Dementia

- Dementia Explained
- NHS Navigation
- Diagnosis & Emotional Responses
- Adult Social Care

**Wednesday 12th
June
10 - 11:30am**

Legal, Financial & General Information

- LPOA & Money Matters
- Mental Capacity
- Driving
- Planning Ahead

**Wednesday 19th
June
10 - 11:30am**

Communication and Dementia Tips

- Staying Connected with Others
- Tips for making day-to-day tasks easier

**Wednesday 26th
June
10 - 11:30am**

Adapting to Life with Dementia

- Wellbeing Techniques
- Activities
- Self-care Plan & Goal Setting



To book, please contact a Wayfinder or ask reception

Phone: 01243 888691

Email: info@dementiasupport.org.uk

Website: www.dementiasupport.org.uk/support-groups

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by  **Dementia
SUPPORT**