



Dementia Friends

An Alzheimer's Society initiative

**Would you like to understand
Dementia and how it can affect
someone?**

Dementia Friends Sessions are between 45 minutes to 1 hour and give you a brief over view of what dementia is and how you can help people live well with dementia.

Dementia Friend Sessions are an informal information session to learn more about dementia and the small ways you can help.

- **Wednesday 13th March 2pm –3pm**
- **Tuesday 16th April 2pm—3pm**

**To book a session contact the Dementia
Advisors at The Bridge on:**

01429 868587

Dementia Friendly

