

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



Join us for our free 6 week

Dementia Information and Support programme

The sessions will include:

- Discussions on how to live well with dementia.
- Practical tips and coping strategies for everyday living.
- Signposting to local organisations and services.
- Creating and maintaining a support network

Where: Buckingham Community Centre,
Cornwalls Meadows, MK18 1RP

When: 6 morning sessions on 28th October,
4th, 11th, 19th, 26th November and the
2nd December 2019

For more information including timings or to book
a place please call the Memory Support Team on:

01296 331749

