

Dementia Together

We are still here offering you ways to meet up and get support

Dementia Together supports people with memory worries and their loved ones.

We are offering 4 virtual meets a week for you to have time to chat, exercise the brain, get creative and most importantly, have fun.

- Monday, 1200-1230, lunch and chit chat
- Wednesday, 1100-1140, managing your well-being
- Wednesday, 1400 - 1440, reminiscing and crafty moments
- Friday, 1100-1140, quiz of the week



For more information:

visit: www.dementia-together.com

call: **08081 688 000**

email: SRYC.DementiaTogether@nhs.net



palliative,
neurological
and bereavement
support

Dementia Together welcomes new and existing members to join.

Monday lunch and chit chat

This will be an informal get together for you to chat and eat with others.

Well-being Wednesday

Wednesday morning - Judith will talk you through a range of ideas and stories to improve your well-being and it will be just what you need!

Wednesday afternoon - Cazzers crafty moments and reminiscence chat where you will be able to get creative, be practical, have fun, distract the mind.

Friday morning

Pub quiz with Tori. A weekly quiz to keep your mind active. All you will need is a pen and paper. A range of different topics and a different quiz every week!

To join and gain support to access any of the virtual sessions call our helpline on 08081 688 000 or contact Tori on victoria.green1@sueryder.org.

We look forward to seeing you there .

