

# Build your support network and find out information about dementia

## 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?

The session will be taking place online using video call technology. We are happy to support people to access this.

---

### Our information programme runs

1 March-what is dementia?: 10:30am

8 March-support and care: 10:30am

15 March-legal and money: 10:30am

22 March-support to cope: 10:30am

**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:**

shropshire@  
alzheimers.org.uk

**01952 250392**

alzheimers.org.uk

