

LIVING WELL WITH DEMENTIA

A group which runs over 12 sessions for those who have had a diagnosis of dementia in the last two years.

- A safe and welcoming space
- Chatting openly about your dementia
- Fun, food, friendship
- Information, planning, living well

To find out more or book your place on our next course, use the QR code here or

CONTACT:

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or phone Dave on 07466 914671 or Caraway on 07535 164014

Sessions are free, but donations to Caraway always welcome and appreciated



The person with dementia will need to come to the group without their carer; the carer can enjoy the Open House Cafe in Highfield Church next door.

www.caraway.uk.com | caraway@caraway.uk.com

