



DEMENTIA FRIENDS INFORMATION SESSION

At Bedworth Heath Community Centre

15TH JANUARY 2019

1-3PM

What is Dementia Friends?

Dementia Friends aims to give people a better understanding of dementia and the small things we can all do to make a difference to the lives of people affected by dementia. By attending a Dementia Friends Information Session, you have the opportunity to change the way people think, speak and act about dementia.

What is an Information Session?

A Dementia Friends Information Session is a fun, interactive way to learn a little about dementia and how it can affect people's lives. Led by a Dementia Friends Champion, the Session lasts approx 60 minutes and covers five key messages that everyone should know about dementia, through activities and discussion. At the end of the Information Session, participants have the opportunity to turn their understanding into action by committing to a dementia-friendly action. No action is too big or small – from wearing a Dementia Friends badge to spreading the word on social media.

The session will be a great way to meet new people over tea and cake and find out a little more about how we can make a difference.

Please contact Bedworth Heath Community centre to book the free session on 02476 362512 or e-mail bheathcc@xlnmail.com