

# Build your support network and find out information about dementia in Nottinghamshire

## 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.

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### Where to find us?

Sessions virtual via Zoom  
Invite link sent out on booking

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### Our information programme runs

19th October 2022: 10:30am - 1pm  
26th October 2022: 10:30am - 1pm  
2nd November 2022: 10:30am - 1pm  
9th November 2022: 10:30am - 1pm



**‘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:

nottspdss@alheimers.org.uk

0115 934 3811

alheimers.org.uk

