



**Dementia  
Friends**

An Alzheimer's Society initiative



# Do you want help to create a more Dementia Friendly Community?

## Would you like to become a Dementia Friend?

We can deliver **FREE** sessions to suit you  
needs approx. 1 hour training sessions.

### Dementia Friends

gives people an understanding of dementia  
and the small things you can do that make a  
difference.

For more information or to book a place  
on this training course  
please contact:

**Nicola Garnett: 07736221829**

**Lesley Roberts: 07748375023**

