



## Having Live Well with Dementia

### Have you been diagnosed with dementia?

The Live Well with Dementia Programme is a series of face to face sessions for people who have had a recent diagnosis of dementia or are in the early stages of their diagnosis. You will gain the understanding, knowledge and skills to live better with dementia. The sessions will increase your confidence in managing day-to-day and help you to better plan for the future.

## Having Carers Information & Support Programme

### Do you care for someone with dementia?

With the Carers Information and Support Programme you will gain increased knowledge of dementia. The sessions will help you feel better informed and empower you to access support services and financial benefits and entitlements. These sessions are available both face to face and online.

Booking for these programmes is essential.

One session per week for 4 weeks

Each session is around 2 hours long including a refreshment break

**Venues:** Across Havering please contact us to enquire when our next programmes are taking place.

Email: [havering.groups@alzheimers.org.uk](mailto:havering.groups@alzheimers.org.uk)

call Nyree Evers 07759 119 516 / Anisa Hoque 07720 144 231

or scan the QR code above to book your place.

Our trained facilitators will be on hand to guide the sessions, provide information on other support services and direct you to further help and advice.

**COME ALONG TO A FRIENDLY PLACE WHERE YOU CAN SPEAK TO AND LEARN FROM  
OTHERS IN A SIMILAR SITUATION TO YOU**