

## **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 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.

### **Where to find us?**

We will be holding this session virtually via Zoom. All details will be sent to you in advance of the sessions so you will be able to log in and attend. Please ensure you can attend all sessions.

### **Our Information Programme runs:**

5<sup>th</sup> August 2025 10:30am – 1pm

12<sup>th</sup> August 2025 10:30am – 1pm

19<sup>th</sup> August 2025 10:30pm – 1pm

26<sup>th</sup> August 2025 10:30am – 1pm

**Please contact your local office before attending**

### **To find out more contact us on:**

[nottspdss@alzheimers.org.uk](mailto:nottspdss@alzheimers.org.uk)

Telephone 0115 934 3811

[alzheimers.org.uk](http://alzheimers.org.uk)