



Each of us will know someone who is suffering or caring for someone with dementia.

Please join us to find out more about dementia and how you can support!

 **When:** Thursday 16 October, 2:00 pm

 **Where:** Shern Hall Methodist Church,
173 Shernhall St, London E17 9HX

Who should attend?

Everyone is welcome — whether you have personal experience with dementia (as a person living with it, a caregiver, or family member) or simply want to learn more to support your community.

What to expect:

- Information and insight into what dementia is
- Discussion of challenges faced by people with dementia
- Ideas for practical actions we can be supportive and be more dementia-friendly
 - Signpost key services
 - Opportunity to ask questions

Our session will be run by a **Dementia Friends – Waltham Forest representative - an Alzheimer's Society initiative** to raise awareness, reduce stigma, and help people understand dementia and how to support those living with it.

Further info / Contact

For more details, please contact: **Eunice Edwards or Cynthia Bonds** via email on lighthousemethodist@outlook.com

We look forward to seeing you on 16th October!