



Llanidloes — get involved — Save the Date!

Come to a public meeting 19 September 6 pm

At Chatwood, Long Bridge Steet SY18 6EE

A dementia friendly community is supportive and inclusive of anybody affected by dementia. In these communities people with dementia are empowered to have aspirations and feel confident, knowing they can contribute and live the life they want.

How can you get involved?

- Become a Dementia Friend and learn a little bit more about what it's like to live with dementia and the small things you can do to make a difference to people affected
- Become a Dementia Friends Champion and train others to become Dementia Friends in your local area or workplace
- If you're a business, visit our website and find out the simple ways in which you can make your working environment more dementia friendly
- Join an action group and link with others in your area who would like to work to make your community even more dementia friendly

For more information on any of the above contact:

Karen Rodenburg 07736 125884

Karen.rodenburg@alzheimers.org.uk

To book your place on a Dementia Friends session or a Dementia Friends Champions induction visit www.dementiafriends.org.uk

For help and support for you, your business or someone you would like to help visit www.alzheimers.org.uk

