



Support to live well with Dementia

Journeying Through Dementia is a group for people with a recent diagnosis of Dementia.

We are a small, friendly group run by the Dementia Team.

We will meet weekly for an hour to share tips and ideas about everyday life, for example:

- Home safety
- Hobbies and leisure
- Memory
- Relaxation
- Sleep
- Technology
- Keeping active
- Diet & keeping physically well
- Family, relationships & keeping connected.

Where: Loanhead Library

Time: 10am to 11am

When: Thursday 6, 13 & 20 February

Thursday 6, 13 & 20 March

Thursday 3 & 10 April

**To get in touch call:
0131 537 9979**

**Address:**

The Loanhead Centre,
George Ave,
Loanhead
EH20 9LA

There is a large car park with spaces for Blue Badge holders.
Bus - numbers 37, 140, 141 stop near the Loanhead Centre.

What do you need to bring?

We will have tea, coffee and biscuits. Please let us know if you have any allergies or dietary requirements.

Please bring any medication you will need during the session.

Please bring your hearing aid or glasses.