

**Want to find out more about your diagnosis of dementia?**

**A GOOD LIFE WITH DEMENTIA**

**A free dementia course FOR people recently diagnosed with dementia  
created and delivered BY people living with dementia  
in Hammersmith and Fulham**

It will give you the opportunity to:

- 1. Find out more about my dementia and recover and restore some confidence after the blow of a diagnosis**
- 2. Address some of those unanswered questions I have about what I'm living through, and the future too.**
- 3. Look to overcome some of the barriers I face**
- 4. Look at the changing relationships with my nearest and dearest and in the wider community**
- 5. Find out what and who is out there for me in Hammersmith and Fulham**

We will offer you the chance to meet us prior to the course to say hello and to answer any questions you might have.

**Course Dates:**

Thursday 8<sup>th</sup> June 2023  
Thursday 15<sup>th</sup> June  
Thursday 22<sup>nd</sup> June  
Thursday 29<sup>th</sup> June  
Thursday 6<sup>th</sup> July  
Thursday 13<sup>th</sup> July  
Thursday 20<sup>th</sup> July

**Course times:**

1.30pm – about 3.15 every Thursday  
All sessions will take place at

**The Irish Centre,  
5 Black's Rd  
Hammersmith, London. W6 9DT**

**To enrol, simply contact**

**Damian Murphy email: [Damian@myid.org.uk](mailto:Damian@myid.org.uk) Tel: 07927 405854 or**

**Peggy Coles email: [peggycoles02@gmail.com](mailto:peggycoles02@gmail.com) tel: 07775 784520**