

July 2024

A Good Life with Dementia - An Invitation.

Many people with dementia themselves have told us about all the unanswered questions they were left with after being diagnosed and the fear, the uncertainty and the huge blow to confidence they have felt.

That is why we would like to invite you to join... **a course, exclusively for people diagnosed with dementia** which has been co-developed and will be co-delivered by people living with dementia as tutors. Who better to help answer those questions than someone like you who has already received a diagnosis of dementia?

The FREE course will run every Monday afternoon, 1:30-3:00pm at **London Mindsports Centre, 21 Dalling, Hammersmith W6 0JD**

- Monday 21 October
- Monday 28 October
- Monday 4 November
- Monday 11 November
- Monday 18 November
- Monday 25 November
- Monday 2 December
- Monday 9 December

The course will:

- Provide a space to learn in a fun, reassuring and non-judgemental environment.
- Give people the chance to answer a lot of questions they may still have about their diagnosis.
- Give you all a chance to learn and share together.

The London Borough of Hammersmith and Fulham Dementia Partnership Board and West London NHS Trust are offering this FREE course for people with dementia.

This program was created to support people with dementia by Innovations in Dementia, a leading national advocacy, consultancy and training organisation.

To join us, ask any questions or say hello, our contact info is below.

Very best wishes,
Peggy and Samuel



To speak to Peggy direct please call **07775 784520**
or email **peggycoles02@gmail.com**



To speak to Samuel direct please call **07484 072799**
or email **samuel.pearce-kearney@nhs.net**

“Attending this course with other people facing the same challenges I do has opened my eyes! Not only can I ask for advice, I have helped others and even made new friends.”