

Are you 65 or younger and been diagnosed with dementia?



**Come
and join
our new
course**

We will be running weekly themed activity sessions for people with mild to moderate young onset dementia starting on Tuesday 16th January 2024. The morning sessions will be based on Cognitive Stimulation Therapy (CST) and are evidence-based activity sessions to stimulate and engage people with dementia. Lunch will be provided.

The sessions will offer the opportunity to form friendships and provide a space for people to share and ask questions about their diagnosis.

Register your interest by

Calling: 0208 905 1158

Emailing: tina.muchmore@carersinherts.org.uk

Find out more about the charity at www.carersinherts.org.uk

**The group will meet at Farriers Way Community Centre,
27 Farriers Way, Borehamwood, Herts, WD6 2TB.**