

## **Dementia Advice Drop in Sessions**

Age UK Teesside Dementia Advice Service are offering drop in advice sessions to those who have a diagnosis of Dementia/Alzheimer's and those who care for people with dementia/Alzheimer's. The sessions are designed to offer as much advice and support as we can through our Dementia Advisors. We can also refer and signpost to other organisations or those within Age UK if you require support beyond our abilities.

### September

| Venue                               | Date and time                              |
|-------------------------------------|--|
| Woodside Dementia and Wellbeing Hub | Every Friday 11AM - 1PM                    |
| Hemlington Community Hub TS8 9JJ    | Thursday 1 <sup>st</sup> 9:30AM – 11:30AM  |
| Grove Hill Community Hub TS4 2RP    | Tuesday 13 <sup>th</sup> 9:30AM – 11:30AM  |
| Newport Community Hub TS1 5NQ       | Thursday 15 <sup>th</sup> 9:30AM – 11:30AM |
| Marlon Community Centre TS7 8PZ     | Thursday 22 <sup>nd</sup> 10AM – 12PM      |

### October

| Venue                               | Date and time                              |
|-------------------------------------|--|
| Woodside Dementia and Wellbeing Hub | Every Friday 11AM - 1PM                    |
| Hemlington Community Hub TS8 9JJ    | Thursday 6 <sup>th</sup> 9:30AM – 11:30AM  |
| Grove Hill Community Hub TS4 2RP    | Tuesday 11 <sup>th</sup> 9:30AM – 11:30AM  |
| Newport Community Hub TS1 5NQ       | Thursday 20 <sup>th</sup> 9:30AM – 11:30AM |
| Marlon Community Centre TS7 8PZ     | Thursday 27 <sup>th</sup> 10AM – 12PM      |

### November

| Venue                               | Date and time                              |
|-------------------------------------|--|
| Woodside Dementia and Wellbeing Hub | Every Friday 11AM - 1PM                    |
| Hemlington Community Hub TS8 9JJ    | Thursday 3 <sup>rd</sup> 9:30AM – 11:30AM  |
| Grove Hill Community Hub TS4 2RP    | Tuesday 8 <sup>th</sup> 9:30AM – 11:30AM   |
| Newport Community Hub TS1 5NQ       | Thursday 17 <sup>th</sup> 9:30AM – 11:30AM |
| Marlon Community Centre TS7 8PZ     | Thursday 24 <sup>th</sup> 10AM – 12PM      |

**Please contact Sophie Armstrong on 01642805500 or 07719029674 for further information. You can just turn up at any of these sessions no need to book.**