

**NEW  
VENUE**

# BESTWOOD & SHERWOOD DEMENTIA HUB

**Doing Dementia Better Together.**

Our Dementia Hub is for family, friends and carers living with dementia.

We provide emotional, practical and social support for people at any stage of their journey.



## What we offer



- Information and guidance for loved ones
- Practical Support - Next steps and planning for the future
- Connection to dementia-related advice and local services
- Support to prevent crisis situation
- Action plan for maintaining and enhancing quality of life.



**Alzheimer's  
Society**

Together we are help & hope  
for everyone living with dementia



**We're here to help you!**

Join Us, Alzheimer's Society and **PCN5** Social Prescribing Link Workers in a welcoming place for anyone affected by dementia — whether you're living with it, caring for someone, or seeking advice.



## **VENUE**

**Winwood Court  
Chestnut Walk  
Nottingham  
NG5 4BQ**



**1:00PM–3:00PM**

## **3RD WEDNESDAY OF EVERY MONTH**

- |                  |                 |
|------------------|-----------------|
| • 15TH JULY      | • 21ST OCTOBER  |
| • 19TH AUGUST    | • 18TH NOVEMBER |
| • 16TH SEPTEMBER | • 16TH DECEMBER |

*Pop in, lets have a cuppa and a chat?*

