

## ARE YOU LIVING WITH DEMETIA?

If you have dementia, or are caring for someone with dementia, you will probably already be aware of how difficult it can be and wondering where you can go for information and support.

The East Suffolk Branch of the Alzheimer's Society exists to support carers and people with any form of dementia along their journey.

We run Carer's Groups in many areas of Suffolk. There is one in your area, meeting on the second Tuesday of each month at Orwell House, Holbrook from 2.30 – 4.00pm. Here you will have the opportunity to meet with one of our experienced Outreach Workers and chat to people in similar circumstances and enjoy tea and cakes!

You will also be able to access information about the other services we provide; Carer's information programmes where you will have the opportunity to meet professionals to advise on many aspects of living with dementia, Sunday Lunch Club where you will be able to enjoy a super meal out, but with the company of other people in similar situations and have the support of volunteers, advice on how to access the Society's web site with its valuable fact sheets, coach trips and outings to the theatre, and much more.

If you think we can be of help to you, or someone you care for, please contact our office on 01473 211050 where our Jon Lee our administrator will be able to give you more information.

Remember, this is not a journey you have to make on your own. We are here to help.