

Are you 65 or younger and been diagnosed with Dementia?



charity registration number 1085491

Making Carers Count



Come and join our 12 week course starting Summer 2023

We will be running weekly themed activity sessions for people with mild to moderate young onset dementia starting in the summer. 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 followed by a more relaxed opportunity and to engage in various activities.

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** or email **BorehamwoodSeniors@carersinherts.org.uk**

The venue will be : **Fountain Court (Communal Room), Brook Road, Borehamwood, Herts, WD6 5RH.**

We will be holding a **taster session on Thursday 15th June**. This will be a shorter session for both the person who has Young Onset Dementia diagnosis and their carer to attend.