



# Tibbs Dementia Foundation

## Support for Memory

**If you have a recent diagnosis of dementia or support someone with memory problems or a diagnosis, then this free course could be useful for you.**

**Over three weeks we'll deepen our understanding of dementia together. We'll look at the changes in the brain leading to a range of possible symptoms and how to develop strategies and practical tips to manage these to continue to live as well as possible.**

**We'll spend time thinking about health and wellbeing and small steps to boost physical and mental health.**

**We'll also look at wider support networks, resources, financial and legal considerations.**

**On Monday 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> January 2025**

**At 6.15pm – 8.00pm**

**On Zoom**

For more details email [Carole.Briggs@tibbsdementia.co.uk](mailto:Carole.Briggs@tibbsdementia.co.uk)  
or phone 01234 210993



The Queen's Award  
for Voluntary Service

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