

Dementia Friends Information Session At Your Local Library



What is a Dementia Friend?

A Dementia Friend learns a little bit more about what it's like to live with dementia and then turns that understanding into action - anyone of any age can be a Dementia Friend. If you attend a Dementia Friends Information Session it is about learning more about dementia and the small ways you can help. From telling friends about Dementia Friends to visiting someone you know living with dementia, every action counts.

Information Sessions

Each Information Session lasts around **one hour**. You will learn more about dementia and how you can help to create dementia friendly communities.

We are offering eight public information sessions across the district at Local Libraries, so there is sure to be one near you. Please see below what sessions are available and how to book on.

- Waltham Abbey Library , Tuesday 16th May 2017, 1.30pm to 2.30pm.
- Loughton Library, Thursday 29th June 2017, 10am to 11am.
- Epping Library, Tuesday 4th July, 10am to 11am.
- Chigwell Library, Tuesday 12th September, 2pm to 3pm.
- Debden Library, Thursday 21st September, 1.30pm to 2.30pm.
- Chipping Ongar Library, Tuesday 10th October, 10am to 11am.
- Buckhurst Hill Library, Thursday 2nd November 12.30pm
- Northweald Library, Thursday 7th December, 11am to 12noon.

Places are limited so book your place either on line at www.eppingforestdc.gov.uk/bookings or call 01992 564226.

If you require any further information please contact our Community Engagement Officer Karen Murray on 01992 564222 or e-mail kmurray@eppingforestdc.gov.uk