

# Are you 65 or younger and been diagnosed with Dementia?



**Come and  
join our 12  
week course  
starting in  
May 2023**

We will be running weekly themed activity sessions for people with mild to moderate young onset dementia starting in May. 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](mailto: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 at the end of April**. This will be a shorter session for both the person who has Young Onset Dementia diagnosis and their carer.

If you have registered your interest you will be contacted directly with further details.