

**Want to find out more about your diagnosis of dementia?**

**A GOOD LIFE WITH DEMENTIA**

**A free dementia course FOR people recently diagnosed with dementia created and delivered BY people living with dementia in the East Riding**

It will give you the opportunity to:

- 1. Find out more about my dementia**
- 2. Look to overcome some of the barriers I face**
- 3. Find out what the heck is happening!**
- 4. Look at the changing relationships with my nearest and dearest**
- 5. Get answers to a lot of questions I've been dying to ask**
- 6. Find out what and who is out there for me in East Riding**

We will offer you the chance to meet us prior to the course to say hello and to answer any questions you might have.

**Course Dates (all Tuesdays)**

**11<sup>th</sup> June 2024**

**18<sup>th</sup> June 2024**

**25<sup>th</sup> June 2024**

**2<sup>nd</sup> July 2024**

**A week off**

**16<sup>th</sup> July 2024**

**23<sup>rd</sup> July 2024**

**Course times and Venue**

10.30am to about 12.15 weekly

**Venue:**

**Crown Building**

**Quay Rd**

**Bridlington**

**YO16 4LY**

Parking available at the venue  
accessed via Station Rd

**To enrol, or find out more simply contact**

**Dawn e-mail: [dawn.mac@live.co.uk](mailto:dawn.mac@live.co.uk) Tel: 07875 237 483 or**

**Damian e-mail: [damian@myid.org.uk](mailto:damian@myid.org.uk) Tel: 07927 405 854**