

A Good Life With Dementia - An Invitation.

Do you want to help shape dementia services in your area?

Hello,

We are looking for your help. If you've been diagnosed with a dementia, then we'd really like to learn from your experience.

A Good Life With Dementia is a course for people with a diagnosis of dementia put together by other people with a diagnosis of dementia.

We are inviting you to take part in a few short meetings with us to help plan the next course that we will put on soon in Withernsea.

It will start in the Spring. We'd love you to be able to help put it together. You've got so much to offer to others who have also been diagnosed. So many people tell us about all the unanswered questions they were left with after being diagnosed; about the fear, the uncertainty and the huge blow to confidence they felt.

We hope this course, exclusively for people more recently diagnosed with dementia, will:

- **Provide a space to learn in a fun, reassuring and non-judgemental environment**
- **Give people the chance to answer a lot of questions they may still have about their diagnosis.**
- **Give you all a chance to learn and share together.**

In these meetings We'd really like to find out:

- What is the message that **you** would like to give to a person recently diagnosed here?
- What do you know now that you wished you'd have known back then when you were first diagnosed?

As mentioned, we feel you have a lot to offer so if you'd like to share a little (or a lot) of your experience then we'd love to hear from you.

The meetings will take place next month on the following times:

Thursday 4th December 10.30 am – 11.45am

Thursday 11th December 10.30 am – 11.45am

Wednesday 17th December 10.30 am – 11.45am

They will all take place at:

**Shores Community Centre
29-31 Seaside Rd, Withernsea, HU19 2DL**

If you'd like to take part, please let Damian know either way by email or on the number below.

Many thanks

Damian Murphy

**Please contact Damian on 07927 405 854
or email Damian@myid.org.uk**

