



## St Ives Dementia Friendly Community

# HOW TO BECOME A DEMENTIA FRIEND

IN 2020

We are keen to show even more people in the town as possible how easy it is to become a Dementia Friend. All you need to do is come along to a dementia awareness session of 45 minutes delivered by a Dementia Friends Champion. It is **free**, welcoming and interesting and will help you understand the dementia condition and how to relate well to a person living with dementia. You will be asked to make a small pledge to put your knowledge to good use and presented with Dementia Friend lapel badge. The sessions are all at the **Corn Exchange**.

**Tuesday 28 January 6 pm**

**Tuesday 25 February 10 am**

**Wednesday 25 March 2 pm**

**Thursday 30 April 2 pm**

**Wednesday 27 May 2 pm**

**Thursday 25 June 6 pm**

**To book your place contact Ian Jackson 01480 385999  
ianjackson@ntlworld.com. Thank you.**

