

## Become a Dementia Friend

Learn a little more about what it is like to live with dementia and turn that understanding into action. It's really easy to do – watch our short video or attend a face-to-face Information Session in your local community.

Visit [dementiafriends.org.uk](http://dementiafriends.org.uk) to get involved



To find out more about our **free** Dementia Friends Information sessions call Marion at Home Instead Rutland on 01572 898 147 or email [marion.lewis@homeinstead.co.uk](mailto:marion.lewis@homeinstead.co.uk) – we would be delighted to help you or your group to become Dementia Friends

**Dementia Friends is changing  
the way people think, act and talk  
about dementia.**

Turn over to find out how you can  
get involved.

 [dementiafriends.org.uk](http://dementiafriends.org.uk)  [@DementiaFriends](https://twitter.com/DementiaFriends)  [/DementiaFriends](https://www.facebook.com/DementiaFriends)

