



Adapting to Dementia

Would you like the opportunity to explore the impact of your diagnosis?

Thanks to National Lottery Funding we are able to deliver a series of three FREE workshops following your diagnosis to talk about what this means to you.

You are invited to come, with a family member or companion, and participate with others with a recent diagnosis to discuss what matters to you. Each session will be informal, informative, thought-provoking and enjoyable.

The workshops are co-produced by The Young Ones CIC, Conversation Works CIC, The Dementia Education Team (Torbay & South Devon NHS Foundation Trust), Chrissy Eldred (lived experience of dementia) and Rachel Clinkett (lived experience of caring for someone with dementia).

Contact us for more information and the dates of our next workshops.

Please email [**info@theyoungones.org.uk**](mailto:info@theyoungones.org.uk)