

# Time to talk

Are you living with memory problems or dementia?

Are you a carer for someone with memory problems or dementia?

Would you like some advice or support?



For friendly, professional advice from a Dementia expert

All sessions 1.30pm - 3.00pm

**Wed 16th December**

Poynton Civic Hall. Face to face session. Tel 01625 872238 to book a 20 minute slot.

**Wed 30th December**

Contact 07976 519095 for a telephone conversation or email: [ecn-tr.admiralnurse@nhs.net](mailto:ecn-tr.admiralnurse@nhs.net)

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