

# 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?

Call in at one of the drop-in sessions at a venue in Bollington, Disley or Poynton for friendly, professional advice from your local health team.

Find out about dementia services, finances, therapies, diet and social groups, etc.

There's no need to book, just turn up. For more details see overleaf.



# Time to talk 2022

Mon 6 <sup>th</sup> June	Disley Library, SK12 2BB	10.30am—12.00 noon
Wed 29 <sup>th</sup> June	Poynton Civic Hall, SK12 1RB	1pm—2.30pm
Fri 8 <sup>th</sup> July	Bridgend Centre, Bollington, SK10 5PW	1pm—2.30pm
Wed 27 <sup>th</sup> July	Poynton Civic Hall, SK12 1RB	1pm—2.30pm
Mon 1 <sup>st</sup> August	Disley Library, SK12 2BB	10.30am—12.00 noon
Wed 24 <sup>th</sup> August	Poynton Civic Hall, SK12 1RB	1pm—2.30pm
Fri 9 <sup>th</sup> September	Bridgend Centre, Bollington, SK10 5PW	1pm—2.30pm
Wed 21 <sup>st</sup> September	Poynton Civic Hall, SK12 1RB	1pm—2.30pm
Mon 3 <sup>rd</sup> October	Disley Library, SK12 2BB	10.30am—12.00 noon
Wed 19 <sup>th</sup> October	Poynton Civic Hall, SK12 1RB	1pm—2.30pm
Fri 11 <sup>th</sup> November	Bridgend Centre, Bollington, SK10 5PW	1pm—2.30pm
Wed 30 <sup>th</sup> November	Poynton Civic Hall, SK12 1RB	1pm—2.30pm
Mon 5 <sup>th</sup> December	Disley Library, SK12 2BB	10.30am—12.00 noon
Wed 14 <sup>th</sup> December	Poynton Civic Hall, SK12 1RB	1pm—2.30pm