



Working to become
**Dementia
Friendly**
2017-2018



What is a Dementia Friend?

A Dementia Friend learns a little bit more about what it's like to live with dementia and then turns that understanding into action - anyone of any age can be a Dementia Friend. Whether you attend a face-to-face Dementia Friends Information Session or watch an online video, Dementia Friends is about learning more about dementia and the small ways you can help. From telling friends about Dementia Friends to visiting someone you know living with dementia, every action counts.

Information Sessions

Dementia Friends Information Sessions are run by volunteer Dementia Friends Champions, who are trained and supported by Alzheimer's Society. Each Information Session lasts around one hour. You will learn more about dementia and how you can help to create dementia friendly communities.

Community360 are working with the local Dementia Action Alliance to create a more dementia friendly community. We are working with partners in Colchester to deliver Dementia Friends sessions. If you are interested please contact us to book a place or to find out more information.

Contact Information

Winsley's House
High Street
Colchester
CO1 1UG
01206 505250

Web: www.community360.org.uk
[facebook.com/community360org](https://www.facebook.com/community360org)
[@community360org](https://twitter.com/community360org)

Email: information@community360.org.uk