



# Dementia Support Service

For more  
information contact  
Nic Williams on:

Tel: 01597 824411

Email:

vo@midpowysmind.org.uk



Open to people  
with dementia  
and their carers  
- just come  
along!

Dementia Support Service  
Every Thursday 3.00-5.00

Wellbeing Centre

South Crescent

Llandrindod Wells

LDI SDH

Tel: 01597 824411

[www.midpowysmind.org.uk](http://www.midpowysmind.org.uk)

Registered Charity No: 702833



At the back of our building is a  
ramp and stair lift but  
unfortunately we do not have a  
disabled toilet.



This service aims to improve well-being and reduce isolation for whole families and provide a place where new friendships may be formed and leave the sessions having had a good time, leading to a better quality of life.

We provide a safe, comfortable and supportive environment for people with dementia and their carers to get information and advice and talk to others with similar problems.

#### Activities include;

- Information and advice
- Reminiscence including creating your own memory box
- Discussions
- Create your own life history album
- Sing-alongs
- Games & armchair exercise
- Tea & biscuits



## Dementia Café

- First Thursday of every month
- Speakers on dementia related topics

#### Starting with:

**05.11.15** - Rhiannon Davies, expert in creating dementia friendly communities, on her experiences in Brecon.

**03.12.15** Enid Edwards on the Alzheimer's Society and what it offers.

**07.01.16** - Holly Simmons, CAB, on benefits and money.

Every Thursday

3-5pm

Wellbeing Centre

South Crescent

Llandrindod Wells

LDI SDH

