

CONTACT US

✿ If you need help in your community for any groups or activities to become dementia friendly

✿ If your business needs advice to become dementia friendly

✿ If we can add your group or organisation to our 'What's On' or 'Support Organisations'

✿ If you could offer help, advice or ideas to 4RDA in any way.

Our 6 weekly meetings are open to all.

We are always open to add to the information on our website

If you wish to discuss anything further, please do contact us via email or through the website.

EMAIL US ON

enquiries@fourriversdementia.org.uk

VISIT OUR WEBSITE:

www.fourriversdementia.org.uk

Note: If you don't use a computer or the internet your local library will help you access the website, or ask a friend.



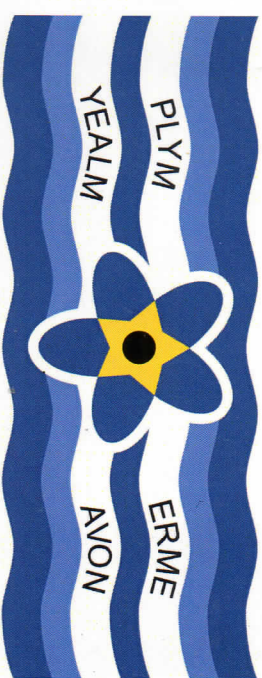
The Four Rivers Dementia Alliance (4RDA)

Involves people from Ivybridge and the Plym, Yealm, Erme & Avon areas in the South Hams in Devon, who support activities, groups, businesses and parish councils, to improve the lives of people living with dementia, their families and carers.

SPONSORS & SUPPORTERS



We would also like to thank many local groups and individuals for their support.



Four Rivers Dementia Alliance

CAN WE HELP YOU?

✿ Would you like to find out more about living with dementia?

Try our 'Sharing Information and Resources' page on our website.

✿ Would you like a coffee and a chat? How about joining a choir, an art group, listening to some stories and poems, or going for a short walk?

Look through our 'What's On' page on our website for local activities.

✿ Would you like help setting up a dementia inclusive community group in your parish?

We offer advice, guidance and support.

✿ How can your business become dementia friendly?

Perhaps we can point you in a helpful direction.

All activities we list include people living with dementia