

Come along to your local Memory Café in Freeman Street Market Hub

Information and advice in a relaxed setting for people affected by dementia in Freeman Street Market Hub

Your local Memory Café provides a safe and supportive place for you to:

- discuss your own dementia diagnosis, or someone else's, and think about what it means for the future,
- get answers from health and social care professionals and other voluntary organisations
- meet and learn from other people in similar situations

Where to find us?

Monthly-from 9th November 2.00pm
Freeman Street Market Hub
Freeman Street
Grimsby
DN32 7DS

Our Memory Café runs

2nd Tuesday of the month: 2.00pm -
4.00pm
Please contact us on: 01472 359247



**'The people are so
friendly and helpful. It
stopped me bottling
everything up and going
into a downwards spiral.'**

Judith, who has dementia

**To find out more
contact us on:**

Referrals_NELincs@
alzheimers.org.uk

01472 359247

alzheimers.org.uk

