



**Alzheimer
Scotland**
Action on Dementia

**Prevent.
Care.
Cure.**



Are you living with dementia, or know someone that is?

Alzheimer Scotland run weekly groups and activities in Nairn.

We have cafés as well as activity groups like arts and crafts, quizzes and games.

For more information, please contact
Veronica Wilson
on 07923 120684 or
email VWilson@alzscot.org

or

Drop into our Brain Health and Dementia
Resource Centre on Strothers Lane where you
can pick up our What's On guide.

Our community groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, and their families and friends.

All are welcome; people who can attend independently and/or for those unable to do so should come with a companion who can provide any support for them.

We don't provide transport for these groups and therefore it is your responsibility to get to and from the community groups safely.

Alzheimer Scotland – Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315 160 Dundee Street, Edinburgh, EH11 1DQ, 0131 243 1453, www.alzscot.org

