



**Alzheimer
Scotland**
Action on Dementia



Do you have two hours spare a week, month or year?

Alzheimer Scotland runs weekly groups in Nairn for people living with dementia, their friends and family.

Giving two hours weekly, monthly or annually could make a huge difference to our groups. Whether you join us for a cuppa and blether or lead a music group your time could have a massive impact. Training provided.

For more information contact

**Veronica Wilson on 07932 120684 or VWilson@alzscot.org or
Julie Ferguson on 07887 625982 or JulieFerguson@alzscot.org**

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

