

## 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 we 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

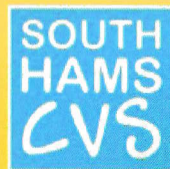
*Note: If you don't use a computer or the internet your local library will help you access the website, or ask a friend.*



## The Four Rivers Dementia Alliance (4RDA)

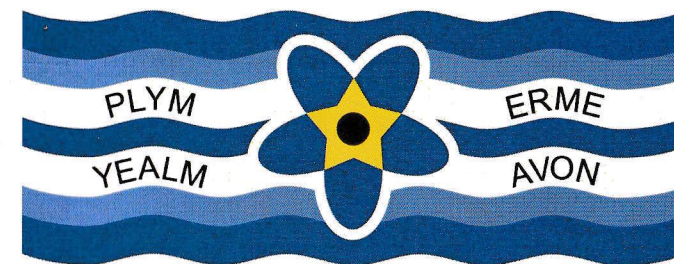
Involves people from Ivybridge and the Plym, Yealm, Erme & Avon areas in the South Hams in Devon, who support activities, groups, businesses and parish councils, to improve the lives of people living with dementia, their families and carers.

## SPONSORS & SUPPORTERS



South Hams  
District Council

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



# Our Communities

*With dementia we can still join in and have fun*

*It is simple to include people with dementia in our groups*



*As a community we work together to help in small ways*

*Our family is no longer alone*

*Our business has been helped to become dementia friendly*

*ARDA website gave us lots of useful information*

