

Use your voice! Get involved!

Are you living with a diagnosis of dementia?

Or are you friends or family caring for someone who is?

Would you like to share your experiences and insights to help communities, people affected by dementia – and yourself too?

Meet other people who get it about living with dementia.

Develop your skills, improve your confidence, and enjoy yourself.
Friendly activities, locally, nationally and even from your home.

Find out more at www.alzheimers.org.uk/dementiavoice or speak to [insert name and role]

Tel: [insert]

Email: [insert]



If you would like to influence our work, you just need to have first-hand experience of dementia. We'll provide support to help you develop your skills and confidence to take part in ways that work for you.

Examples of opportunities:

- Raising awareness of dementia, with organisations in the media.
- Helping to recruit staff or volunteers.
- Activities with other people affected by dementia face-to-face, by telephone or online.