



Do you want to help your local community?

There are currently around 20,000 people in Hampshire living with dementia and the vast majority of them are living in the community. When someone gets a diagnosis of dementia, it can be devastating for them and their families, however it doesn't mean a person has to stop living their lives. With early diagnosis and support from family, friends and the local community, people can continue to do the things they enjoy for as long as they are able.

Andover Mind are currently developing a service for people in the early to mid stages of the illness supporting them to access community health and leisure facilities as well as providing a range of new community-based activities, depending on their interests.



Andover

Activities may include:

- swimming or short walks - supporting people to access the local pool or join in with local walking groups
- golf and bowls - acting as a buddy to enable people to continue to play golf or bowls
- art, music, sewing, knitting, crochet - supporting people at our new groups or helping people to attend an existing group
- crafts - supporting people to attend our Ugly Duckling project, developing small craft items.

This is where you come in... to take this project forward, we need volunteers with interests and hobbies that they may be able to share with users of our service. If you are interested in helping us take this project forward please contact Lisa Langman on 01264 332297 to discuss.

Andover Mind
Westbrook Close
South Street
Andover SP10 2BN

www.andovermind.org.uk
T: 01264 332297
e: mind@andovermind.org.uk



Andover Mind is a registered charity - No. 1039094

Andover