

# *Dementia Awareness Week*

## Become a Dementia Friend

Debbie is an Alzheimer's Ambassador and as such she is committed to helping communities raise awareness of dementia. Her sessions last about one hour and at the end you are 'A Dementia Friend' and are given a badge to show this.

Being a Dementia Friend simply means learning more about dementia, putting yourself in the shoes of someone living with the condition, and turning your understanding into action. From visiting someone you know with dementia to being more patient in a shop queue, every action counts. Become a Dementia Friend by coming to one of Debbie's sessions.

### Details of the next Dementia Friend's session are:

Where: EFDC Offices Conference Suite

323 High Street, Epping.

When: Tuesday 19th May 2026

2.30pm - 4pm

**For more information contact Debbie or Maureen on 01992 666777**

**Community and staff of EFDC all welcome.**

This information session is being run in conjunction with EFDC Community Development and Wellbeing Team.



Think...  
D E M E N T I A



Debbie has seen many people living with dementia as she works for Home Instead Epping Forest a Domiciliary Care company.