

Sheffield Dementia Involvement Group

SHINDIG



SHINDIG meets 4 times a year and welcomes people with memory problems and their families/friends and aims to be:

- ♦ *A place to share your views and ideas and to have a voice on issues that affect you*
- ♦ *A place to meet other people in the same boat and to share experiences*

Each SHINDIG focuses on a topic and group members are supported to share their views and ideas on the topic in small discussion groups. Support from staff makes people feel welcome and safe and enables everyone to 'have their say'.

The group meets at the Quaker Meeting House at 10, St James Street, S1 2EW between 1pm and 3.15 pm.

A buffet and refreshments are available on arrival.

The meeting is open to people with memory problems and their families/friends.

For further information and to discuss whether it would be relevant to you and your family / friend or to book a space please ring: Bev at Sheffield Alzheimer's Society—0114 2768414