Coastal Catch Up

for younger people who have recently been diagnosed with dementia

Peer support group for people under 70 years of age who have recently been diagnosed with dementia or are in the early stages. An opportunity to meet new people and share experiences, while enjoying the beautiful Jurassic Coast. Relatives, friends and carers welcome too!

We meet monthly at West Bay for a chat over coffee and cake (or chips!), followed by a stroll along the coast.

Getting there:

**Address:** Windy Corner Café
Quayside
West Bay
DT6 4GZ

**Car parks:**
The Mound or
The Esplanade DT6 4HE
or Quayside DT6 4ER

**Public transport:** the First Jurassic Coaster bus service stops at West Bay George Hotel, a short walk from the windy corner. You can access bus timetables here [http://bit.ly/2t1CCpz](http://bit.ly/2t1CCpz), if you would like some advice regarding buses please get in touch using the contact details at the bottom of the page.

We'd love you to join us on the following dates and times:

17th January 11.30am -1pm
21st February 11.30am -1pm
21st March 11:30am -1pm

If you are interested in attending, or if you have any questions or suggestions, please get in touch with Mel.

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