Suffolk Young Dementia Network
... so no one journeys alone.

A new supportive network for under 65's living with dementia.

SYDN is great to:
- link up with other young people living with dementia
- support yourself and others and share information
- support families of those with early onset dementia

Don't like groups? Please get in touch and we can connect you in different ways.

Find out more about the network:
- meetup.com/Suffolk-Young-Dementia-Network/
- Contact our Network Coordinator via:
youngerdementiatogther@nhs.net or 08081 688 000