

# Time to Talk



CHAW Care Community are hosting free drop-in sessions at one of our local venues for anyone who would like information, guidance, or support related to dementia, finance, debt and mental wellbeing.

These sessions are open to:

- People living with dementia
- Family members and carers
- Anyone seeking advice about local dementia services and support options

You can speak to trained staff (see list on second page of who is supporting each session) and learn about services in our area.

No appointment needed, just come along!!!



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**Wilmslow Library (2<sup>nd</sup> Tues of each month) 11am–12pm**  
**Tues 13<sup>th</sup> Jan End of Life Partnership/Social Prescriber**  
**Tues 10<sup>th</sup> Feb Talking Therapies/Social Prescriber**  
**Tues 10<sup>th</sup> Mar Age UK/Social Prescriber**  
**Tues 14<sup>th</sup> Apr Stable Minds CIC/Citizens Advice**  
**Tues 12<sup>th</sup> May Alzheimers Society/Citizens Advice**

**Handforth Library (3<sup>rd</sup> Thurs of each month) 11am–12pm**  
**Thurs 22<sup>nd</sup> Jan Citizens Advice/Social Prescriber**  
**Thurs 19<sup>th</sup> Feb Admiral Nurse/Talking Therapies**  
**Thurs 19<sup>th</sup> Mar Citizens Advice/Alzheimers Society**  
**Thurs 16<sup>th</sup> Apr Age UK/Social Prescriber**  
**Thurs 21<sup>st</sup> May Admiral Nurse/Social Prescriber**

