

Dementia Friends

Dementia Friends is an initiative run by the [Alzheimer's Society](#). They provide free awareness sessions to help people understand what it's like to live with dementia and how you can help to make your community more dementia friendly. You can become a Dementia Friend by taking part in one of their sessions. Search for your nearest training on the website.

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Telephone 2: 0300 222 5855

Telephone 2 note: For urgent queries

Website: <https://www.dementiafriends.org.uk>

Email: enquiries@alzheimers.org.uk

Twitter: <https://twitter.com/dementiafriends>

Facebook: <https://www.facebook.com/DementiaFriends>

Cost: Free

Address:
Alzheimer's Society
Devon House
58 St Katharine's Way
London
E1W 1LB

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