

You're Invited to "Still Us" – A Friendly Group for People Affected by Dementia and Alzheimer's



Dear Friends,

We warmly invite you to join Still Us, a new monthly group for people living with dementia or Alzheimer's – and for their friends, families, and carers.

Our group is a place to relax, meet others, share stories, and enjoy some time together. Whether you're living with dementia or supporting someone who is, you are very welcome.

When:

The second Monday of every month

1:00 pm – 3:00 pm

First session: Monday 14th July

Where:

Gloucester Rugby Club
(Kingsholm Stadium, Gloucester)

There will be friendly faces, refreshments, and a warm, understanding atmosphere. You don't need to book – just come along.

If you have any questions or would like more information, feel free to get in touch with us.

We hope to see you there!

Warm regards,
The Still Us Team, Hadwen Health, & Gloucester Rugby