

# Havering Dementia Action Week 2023



***" do you have trouble with your memory or have you found yourself misplacing items etc?"***

For DAW, in partnership with South Havering Primary Care Network, we are raising awareness around receiving an early diagnosis.

Did you know that early detection could help support individuals to live well for longer within their communities?

**Come along to one of our wellness days and see how Havering Alzheimer's Society and South Havering PCN Social Prescribers, Care Coordinators and Health & Wellbeing Coaches can support you achieve a better life.**

**Tuesday 16th May 11 - 2pm**  
Cranham Community Association,  
115a Marlborough Gardens,  
Cranham, Upminster,  
RM14 1SR

**Wednesday 17th May 11 - 2pm**  
Rainham Library,  
Celtic Farm Road,  
Rainham  
RM13 9GP



**South Havering  
Primary Care Network**

**Here for everyone  
affected by dementia  
[alzheimers.org.uk](http://alzheimers.org.uk)**

**Get in touch today**

[havering@alzheimers.org.uk](mailto:havering@alzheimers.org.uk)  
01708 739293