



Support for today, planning for tomorrow

MUMS, DADS, GRANS, GRANDADS, UNCLES, AUNTIES...

- Do you like meeting new people?
- Are you a secret pool shark?
- Would you like to share your skills and hobbies with others?
- Could you spare some time to help your community?
- Do you love to play a board game or two?
- Can you make a cracking cup of tea?



If you answered yes to any of these questions we would love to hear from you. We are looking for both men and women to help with our wellbeing activities in York, the Vale of York and Selby There's no experience necessary, so please don't be shy. Give us a ring to find out how you can get involved.

Call Debbie on 01904 692473 or send her an email on debbieb@dementiaforward.org.uk



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Would you like to develop new skills and gain experience while helping your local community?

Dementia Forward is looking for volunteers for a range of roles, from serving refreshments to office support.

No previous experience is necessary. If you can spare a few hours a week, or even a month, we would love to hear from you.

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