



華人身心健康  
CHINESE WELLBEING



**Worried about your memory?**

**Have you or a family member been diagnosed with Dementia?**

**Are you feeling overwhelmed and unsure of what the future holds for you?**

## Liverpool Chinese Dementia Network

Chinese Dementia Support Network is open to anyone who has received a recent diagnosis and their carers. The Network builds on peer support and meets every month to discuss the challenges of living with dementia and the practical ways in which everyday issues may be overcome to make life easier.

Scan QR code to check out our next group meeting date



## Tea House Reminiscence®

Tea House is a place for everyone to connect with old and new friends to share memories and relax in a safe and culturally specific environment.



Activities include:

- An interactive dementia Quiz
- Memory box
- Love to Move
- Sing-along
- Games including Bingo
- Health information
- Light snacks



**Venue : St Michael in the City  
Upper Pitt Street LI 5BD**

**Date : Every last Monday of the month**

**Time : 10am-12:30pm**

**Language : Cantonese**

Everyone who is interested please come and learn something new or simply enjoy reminiscing over bygone days with us.



## Drop in Sessions

We work closely with mainstream health services to provide a bespoke post diagnostic support service for people with dementia to help them stay active and live well.

### Need to talk in confidence?

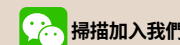


If you or your family member would like to come along to the next sessions or would like to talk to someone in confidence about a health issue (this service is informal and confidential) please contact Angel / Maggie

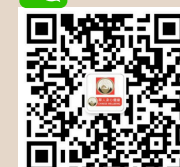
[www.chinesewellbeing.co.uk](http://www.chinesewellbeing.co.uk)  
[info@chinesewellbeing.co.uk](mailto:info@chinesewellbeing.co.uk)



Cheshire and Merseyside



**0151 709 2643**



Room F08 (Toxteth TV), 37-45  
Windsor Street, Liverpool, L8 1XE

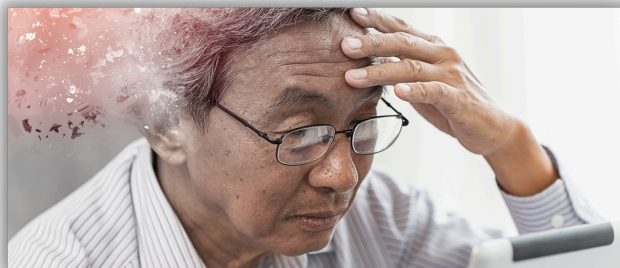


Charity Registration No 1001288  
Company Registration No.2446695





華人身心健康  
CHINESE WELLBEING



擔心您的記憶問題？

您或您的家人是否被診斷出  
患有腦退化症？

您是否感到不知所措，  
不確定未來會怎樣？

## 華人腦退化症支援服務

華人腦退化症支援小組向最近接受診斷的任何人及其護理人員開放。該小組以同伴支持為基礎，每月舉行一次聚會，討論腦退化症患者面臨的挑戰以及克服日常問題的實際方法，以使生活更輕鬆。

掃描二維碼查  
看下一次小組  
會議日期



## 樂天茶座®

樂天茶座® 是個與認識新朋友和同老朋友聯繫的好地方，大家可在安全和特定文化的環境中分享回憶和彼此交流。



活動包括：

- 腦退化互動問答
- 百寶記憶箱
- Love to Move 運動
- 合唱
- 遊戲, Bingo
- 健康信息
- 中國茶點



地點：St Michael in the City  
Upper Pitt Street LI 5BD  
日期：每月最後一個星期一  
時間：10am-12:30pm  
語言：粵語

歡迎有興趣的朋友來學習新事物，或者和我們一起懷緬過去的好時光，製造愉快回憶。



## 諮詢服務

我們與主流的衛生醫療服務緊密合作，為患腦退化症人士提供一個確患後支援服務，以幫助他們保持活躍，生活得更好。

### 保密一對一諮詢服務



如果您或您的家人需要任何以上服務或想與華人腦退化症專業支援人員查詢有關健康問題，請聯繫Angel / Maggie

[www.chinesewellbeing.co.uk](http://www.chinesewellbeing.co.uk)  
[info@chinesewellbeing.co.uk](mailto:info@chinesewellbeing.co.uk)



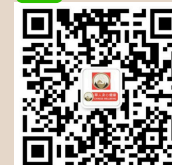
Cheshire and Merseyside



掃描加入我們



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