

Ammanford DEEP Group

(Dementia Engagement and Empowerment Project)

Hello, my name is Peter Clark and I am living with dementia.

I have started an online self-help group for anyone who is living with dementia.

- Are you living with dementia?
- Are you feeling isolated and lonely?
- Would you like to chat with other people living with dementia?
- Do you want to learn more about what services are available to you?
- Would you like to share and chat?
- Would you like to change the stigma around dementia?
- Do you want the opportunity to have a voice – (DEEP provides equal opportunities for all voices in our groups to be heard, involved, and contribute about what matters to us)
- Do you believe it's all about what you can do not what you cant?

Then join us for a chat, help form this new self-help group to be what you want.

JOIN ON ZOOM every Wednesday at 12.00pm – 12.30pm

Click this link

<https://us05web.zoom.us/j/82005141547?pwd=K67yec4F0YaJgwqVAZU0HvE1mMZnc4.1>

“Through the DEEP groups I learnt to laugh again. What’s great about DEEP is that you can be yourself, there’s no hidden agendas. DEEP gives us hope and that hope fuels the lighthouse that we need to help us see our way through dementia.

Tommy Dunne Member of DEEP THRED and SURF”

