

# Help for people with dementia and their families

## Get the practical and emotional support you need in Essex

Our Navigators can help you find exactly what local support is best for you. They will listen to your needs and offer tailored information and advice and link you up with local professionals and services.

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### Where to find us?

Please see below for our Dementia Connect contact details

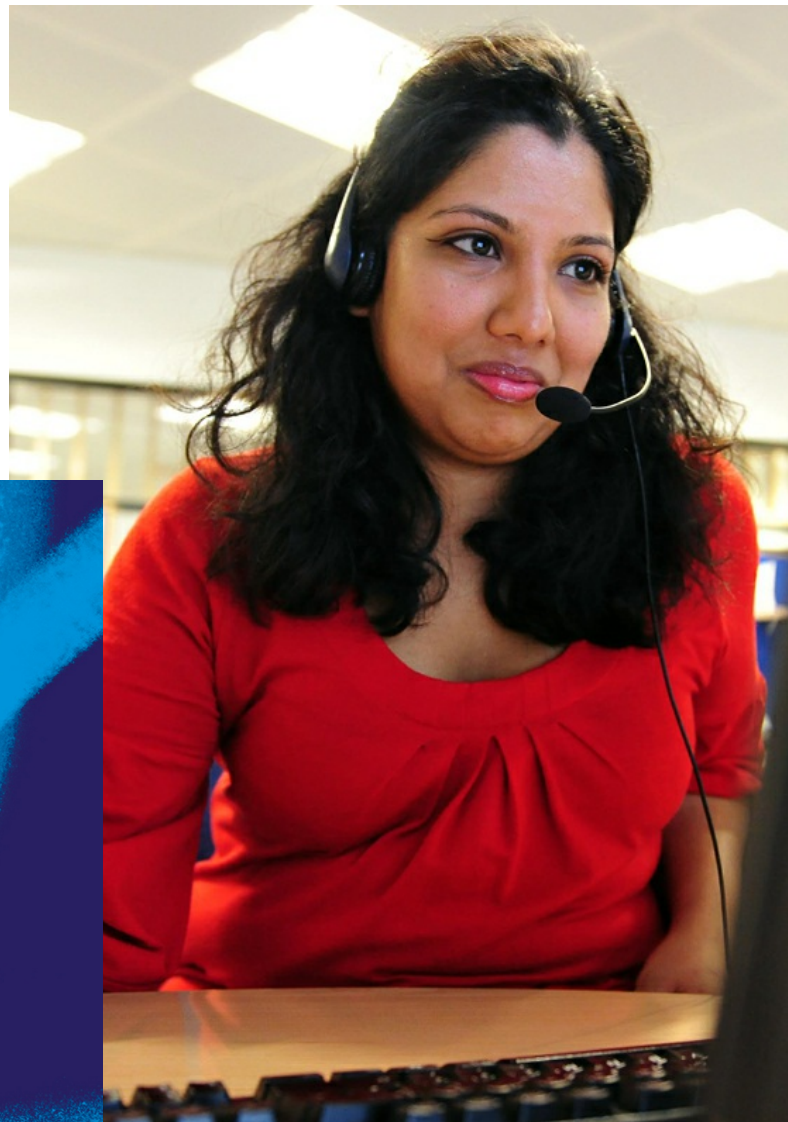
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### Our service runs

Monday - Wednesday: 9am-8pm

Thursday - Friday: 9am-5pm

Saturday-Sunday: 10am-4pm



**'Una made me feel as though someone knew exactly what was going on and was not judging.'**

David, who has dementia

**To find out more contact us on:**

dementia.connect@alzheimers.org.uk

**0333 150 3456**

alzheimers.org.uk

