Worried About Your Memory?

Monday 4th July

John Pounds Centre, Queens St, PO1 3HN
10.30am to 3.30pm

Everyone is a little bit forgetful now and again, but when memory loss starts to interfere with your daily life it’s important to get it checked out.

If you’re worried about your memory, or that of someone else, come along and find out what support is available. The Alzheimer's Society and other service providers will be on hand to answer your questions.

Help Us Shape Memory Services in Portsmouth!

We want to hear from You! Tell us what you need from your memory services in Portsmouth by completing our short survey.

Parking Permits can be purchased for JA & JD Zones at John Pounds Centre, or use public car parks near the Dockyard, frequent bus services to Commercial Rd or Queens St

For information on local Alzheimer’s Society Services 02392 892034/5, portsmouth@alzheimers.org.uk
the National Dementia Helpline 0845 300 0336, and online at www.alzheimers.org.uk
Registered charity no.296645