



DEMENTIA 'TIME FOR A CUPPA'

WE ARE SUPPORTING DEMENTIA UK AND FAMILIES FACING DEMENTIA!

By the time we have boiled the kettle, another person will have developed Dementia, with over 944,000 people in the UK affected by this condition.

We are raising vital funds to support Dementia UK and their specialist Admiral Nurses by inviting you and your loved ones who are living with this condition to a cuppa and cake.

Join us in a safe space with Dementia UK on hand for advice and support, meet a horse and join in an activity.

At just £5 per person all profit will be donated to Dementia UK.

DATE: Thursday 20th March (Booking essential)

VENUE: Chelmsford City Racecourse, Great Leighs, CM3 1QP

TIME: 2:30pm – 4:30pm

To book please email info@chelmsfordcityracecourse.com or call 01245 360300 by Friday 14th March.

Dr Hilda Hayo, Chief Admiral Nurse and CEO of Dementia UK says:

“We believe every family affected by dementia should have the support of a specialist nurse – but right now, we can’t reach everyone who needs us.

We are grateful to Chelmsford City Racecourse for taking part in ‘Time for a Cuppa’ this year to help us recruit more Admiral Nurses and provide a lifeline to families up and down the country who urgently need our support. There is no cure for dementia but there is care.”



£3

could cover the telephone costs of a person living with dementia calling our free national Dementia Helpline for support.

£15

could cover the telephone costs of five families affected by dementia calling our Helpline.

£30

could pay for a specialist dementia nurse to advise two families in virtual clinic sessions so that they can better support the person they care for.

£44

could pay for a carer to receive an hour of one-to-one support from a specialist Helpline nurse.

If you need advice or support on living with dementia, contact Dementia UK’s Admiral Nurse **Dementia Helpline on 0800 888 6678** or email helpline@dementiauk.org