

Have a look and see what is happening in Scotland's Dementia Awareness Week. www.alzscot.org/news/dementia-awareness-week-2020

Although the usual activities have been scaled back there is still plenty to do on line at Alzheimer Scotland website. And while you are there you can look and see what else Alzheimer Scotland does with lots of advice and information for people with dementia and their carers.

If you need to speak to someone there is a 24 hour helpline Tel 0808 808 3000