

A safe and friendly space to express yourselves and support each other:

- > Speak or listen in a LGBTQ+ safe space
- > Be anonymous if you prefer
- Make friends / connections with others
- 🞾 Talk about issues that are important to you
- 姲 Guest speakers
- ≽ Fun monthly quiz

Join our online peer support group for people living with or caring for someone with dementia, who identify as LGBTQ+ (lesbian, gay, bisexual, trans, queer). We are here to provide you anonymity in a friendly and safe environment where you can share your experiences or concerns with like-minded people.

## FIRST TUESDAY OF THE MONTH

## 2PM - 3.30PM

## **Zoom Meeting**

To obtain the details to join the zoom meeting please contact Kathryn Mellor as below

For information please contact: LGBT Dementia Co-ordinator by email: kathryn.mellor@lgbt.foundation

If you are from the LGBTQ+ community and would like some advice on any other services or would like to speak to someone please contact the LGBT Foundation on 0345 330 3030















