



Ashfield Admiral Nurse community
Specialist Dementia Nurse

Ashfield Support Group

Weekly on Wednesday afternoon
No need to book
Groups available:
- 1pm-3pm

This is an informal meeting for people with similar circumstances to get together and chat. There are no distinct agendas or activities, its purely about talking and supporting each other
The admiral nurse will be present **most** weeks but not every week
The group can meet without the admiral nurse present

Our Aims:

- To support and connect with others in a group
- To enjoy a welcoming environment for people who may feel isolated or alone at times
- To access information and signposting to other resources available for support

Come join us:
Siding's Room,

Ashfield Health and Wellbeing Village
Kirkby in Ashfield
NG17 7AE

Reception:
01623 784 782
01623 784 723

Car park on site- parking not guaranteed