

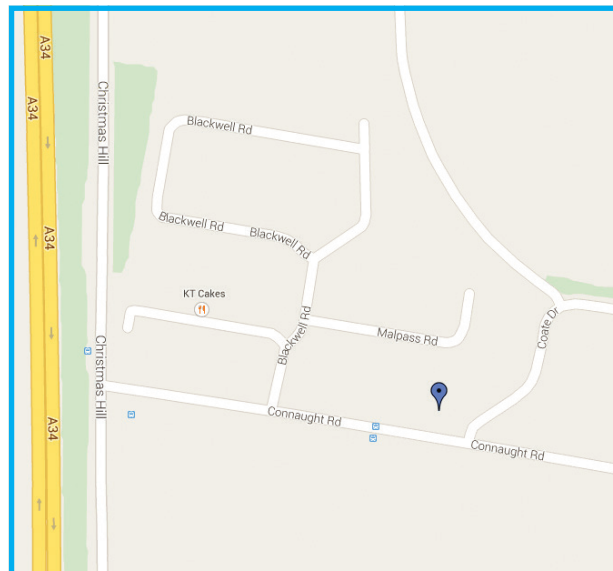
The venue:

We meet at St Andrews Garrison Church, Worthy Down.



Parking available at the front of the building.

How to find us:



We're Here to Help

The Alzheimer's Society provides information and support for people with dementia, carers, families and friends.

If you would like further information please contact our local office:

Alzheimer's Society
8 Chequers Road
Basingstoke
Hampshire
RG21 7PU

Tel: 01256 363393

Email: winchester@alzheimers.org.uk

For more information about dementia and the support available visit

Website: www.alzheimers.org.uk

or call

National Helpline: **0300 222 11 22**

Alzheimer's Society Registered Charity
No.296645. Company Limited by Guarantee
and Registered in England No. 2115499

Kitbags & Berets

Dementia activity group for veterans



Enabling Ex-Service Personnel with dementia and carers to meet in a relaxed social setting....

We meet at:

St Andrews Garrison Church,
Connaught Road, Worthy Down,
Winchester, Hampshire. SO21 2RG.

**2nd Tuesday of each month
2.00 pm until 3.30 pm.**



Kitbags & Berets

An activity group for veterans with dementia and carer, family member or friend.

A group where like minded people can get together and share their experiences in a relaxed environment.

“What’s in your kitbag?”



Lots of opportunity to reminisce around service life, with sessions tailored around those that attend the group.

We aim to reduce social isolation, raise self esteem and empower ex-service personnel through our activities.

We also offer guidance, support and information as required for carers.

Have those that attend Kitbags & Berets found it to be of benefit?

It has been wonderful to witness the positive impact that Kitbags & Berets has made.

Comments made by veterans that attend **Kitbags & Berets**:

“ I think the group is fantastic, I really do. I never thought it would be so good; it’s got a lot of fibre. ”

“ We speak the same language. ”

If you would like further information or would like to meet to discuss the group further, please call on:

Tel: 01256 363393

Or email: winchester@alzheimers.org.uk

About the Alzheimer’s Society

The Alzheimer’s Society is the UK’s leading care and research charity for people with dementia and those who care for them.

There are estimated to be **850,000** people with dementia in the UK, with numbers set to rise to **over 1 million** by 2025.

The Alzheimer’s Society provides information and support for people with all forms of dementia and those who care for them. It runs quality care services, funds research, advises professionals and campaigns for improved health and social care and greater public understanding and awareness of dementia.

National Helpline: 0300 22 1122

Website: www.alzheimers.org.uk