

Meeting Dates for 2017-18

- Tuesday, **8 August** 2017
- Tuesday, **12 September** 2017
- Tuesday, **10 October** 2017
- Tuesday, **7 November** 2017
- Tuesday, **12 December** 2017
- Tuesday, **9 January** 2018
- Tuesday, **6 February** 2018
- Tuesday, **6 March** 2018
- Tuesday, **10 April** 2018
- Tuesday, **8 May** 2018
- Tuesday, **12 June** 2018

For Details Check our Events Calendar at

**[http://www.southerndag.org/
events/calendar/](http://www.southerndag.org/events/calendar/)**

Other activities will also be arranged as appropriate. Venues vary, so contact us for details.

**“Education Acceptance
Understanding
Together We DO Make a
Difference!”**

GROUP ACTIVITIES AND PEER SUPPORT

The Activity Group is a group open to people with any form of Dementia, of any age group, their Carers and to anyone else with an interest in the well-being of those with Dementia.

The group organises informal gatherings on a monthly basis, at a variety of local points of interest.

These activities are styled on the idea of a social picnic, with people getting together over a coffee (or any other beverage) to relax in a non-threatening atmosphere. We are also a conduit to feed ideas and opinions to the “Kiama Dementia Advisory Committee” and the “Dementia-Friendly” Program in Kiama

For more information contact:

W: www.southerndag.org

E: info@southerndag.org

P: Lynda on 0417 468 977 or

P: Dennis on 0419 417 601or

P: Graham on 0414 681 051

*“We get by With a little help from our
Friends”*



www.dementiais.com

www.southerndag.org

BECOME A D.A.G

Southern Dementia

Activity

Awareness

Advisory

Alliance

Advocacy

Acceptance

Group

**Peer Support for People living
with Dementia
by People living with Dementia.**

Carers and friends welcome.



WHO WE ARE

We are a informal group of People with a Dementia and their carers and friends. We meets regularly to socialize in quiet non-threatening environments. Our ages range from people in their forties to those middle-aged in their eighties.

We have diverse backgrounds but are united by the effects of Dementia and a desire to help ourselves and others facing similar challenges.

We trying to help and breakdown many of the social barriers that people with dementia

HOW WE BEGAN

We began as a group of people brought together to provide advice to the Dementia Friendly Kiama project, who soon realized the need for options for peer support in our community. It was also apparent that these needs would take a long time to be met if we relied on the existing system.

We pro-actively formed this group of concerned and caring individuals touched by dementia who all want to help.

WE AIM TO

- Share information and experience
- Provide a non-threatening environment for peer discussion and peer support
- Advocate for the needs of people with dementia and their carers.
- Help our peers

WHAT WE DO

We meet informally (usually in the middle of the month) at a variety of locations. We aim to meet in at outdoor venues that are Dementia Friendly and interesting, such as beaches and parks.

We help one and the others with the challenges we all face, and we use our collective voice to help shape our community.



**“Together,
we do
make a
difference.”**

*“We get by with a little help from
our fiends”*

HOW WE CAN HELP

We have a shared lived experience, and we value you and your story. From this shared experience we offer empathy understanding and;

- **A**ctivities
- **A**wareness
- **A**lliance
- **A**dvocacy and
- **A**cceptance

We are helping to build a more inclusive community. We do not offer medical advice. What we do offer is friendship and our insight into our experience. We welcome any questions you may have.

WHY WE DO THIS

Because we care and we want to bring about change. We are breaking down the stigma and social isolation associated with dementia, and we are building a inclusive Dementia Friendly Community.

CONTACT US

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