

Sahara at Alzheimer's Society

**Supporting South Asian communities
affected by dementia**



Sahara at Alzheimer's Society is a dedicated dementia support service for anyone within South Asian communities affected by dementia.

Dementia affects everyone differently and can be worrying. We are here to listen, to offer free and confidential advice and to provide emotional support.

Don't face dementia alone, Sahara is here for you.



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia

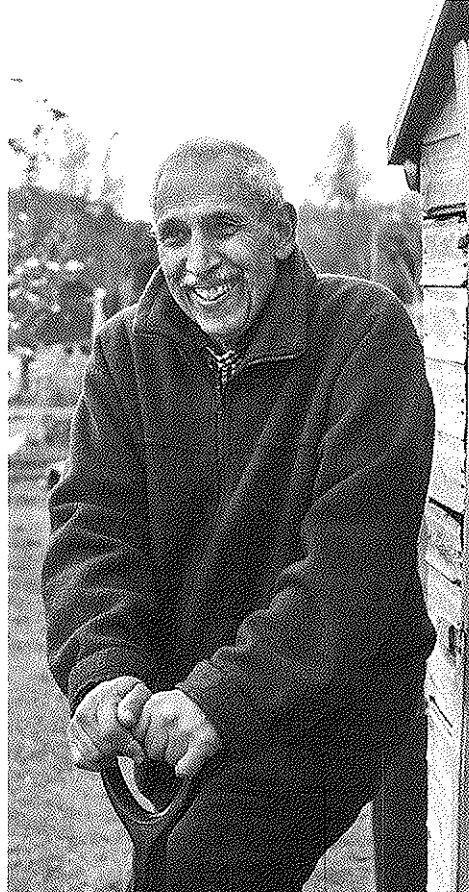
Talk to someone who understands

Our friendly dementia advisers are just a phone call or email away.

You can contact us if you:

- have concerns about your own or someone else's memory
- have received a dementia diagnosis
- support someone with dementia
- want to find out more about dementia.

We can help you navigate your next steps more easily and give you the help and hope you need today.



Call **0161 470 6048**

Urdu, Punjabi and Hindi speaking advisers available

Or email us at **sahara@alzheimers.org.uk**

For online information and guidance, visit **alzheimers.org.uk**

Our support services are made possible thanks to generous donations from the public. If you would like to find out more, please visit our website.

Calls charged at the standard local rate.



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