



HOLLINGTON

MEMORY OR DEMENTIA SUPPORT GROUP

Are you, or someone who
you care for or support, affected by
Dementia or memory problems?

If so MoDS may be for you!

Come along to the MoDS drop in
Every Friday 1-3pm

In the **Community Room** at **TESCO EXTRA**
Churchwood Drive, Hastings TN38 9RB

Email: modsbsb@yahoo.co.uk

Telephone: 07437 617274

MoDS **HOLLINGTON** **MEMORY OR** **DEMENTIA** **SUPPORT**



MoDS is a Good Neighbour Scheme and support group for people with Dementia or memory problems and the people that care for or support them.

YOU DON'T HAVE TO MANAGE ALONE – come along and meet other people in similar situations for fun, friendship and positive support.

MoDS is a volunteer run project that is supported by Building Stronger Bridges. MoDS aims to support people to remain a part of their community by providing befriending, signposting, guest speakers and community information.

If you would like to support MoDS by volunteering, contact Louise on 07437 617274

