

Supporting younger people with memory loss



Young Onset Hub

We know how isolating a diagnosis of Young Onset Dementia can feel. The Hub is a place to meet like-minded individuals, share experiences, receive advice - and more importantly - have an enjoyable afternoon with friends.

The Young Onset Hub has been designed for, and by, people living with Young Onset Dementia and their friends and family. The Hub is a peer-support group that meet fortnightly, visiting different places across Sheffield.

☎ (0114) 250 2875

✉ dementiaadvice@ageuksheffield.org.uk

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Members of the Young Onset Hub choose where to go and what to do. We have visited museums, cafes and parks and even been involved in different research projects.

The Hub usually meet on a **Tuesday** afternoon, between **1.30** and **4.00 pm**.

If you would like to learn more or visit the Hub, get in touch with us.



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