

Dementia & Stroke

Your Questions Answered

Free health information!

Information & resources available in:

Urdu
Punjabi
Hindi
Bengali
Gujarati
English

Answering questions such as

What is dementia & Stroke?
How to reduce your risks?
How to support someone living with dementia?

Come along!

Date: Saturday 7th March 2026

Time: 11am - 3pm (vegetarian lunch will be provided)

Venue: Nirman Sevak Jatha -
Sikh Temple
11 Summerhill Road, Bristol,
BS5 8HG

For further information

Swindarpal Singh: 07758450788

**Bharat Singh Dignpal:
07930129192**

Nirmansewajatha.org.uk

Bristoldementiawellbeing.org.uk

Stoke.org.uk