

connecting people,
connecting support
occupation matters

A website designed to help you embed health promoting activities into your daily routine!

32 topics to choose from!

Scan to visit the website
www.cpcs.online

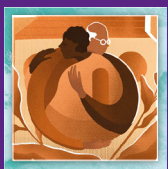
www.connectingpeopleconnectingsupport.online



Whether you are visiting the website because you have been told that you have mild-cognitive impairment, have been given a diagnosis of dementia, or want to keep well by taking steps to maintain good brain health, there is something there for everyone!

The resources and activities have been tried, tested and recommended by people living with dementia and those who support them.

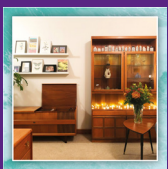
Topics include 



Lifestyle matters



Sleep



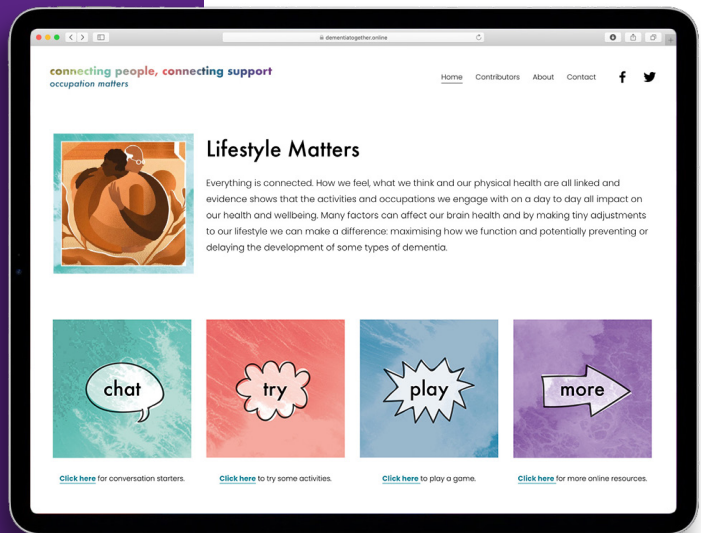
Home environment



Card Games



Memory book



Each topic has things to **chat** about, **try**,  **play** and **more**!

