

An introduction to

# My Life, My Goals

**A practical guide full of hope to help you set and reach your goals**

**2 workshops** for people with early to moderate stage dementia and their care partners. Hosted by Beetle Bank Social Farm

**Venue:** Foxwood Community Centre,  
Cranfield Place, York, YO24 3HY.  
(refreshments included)

**Workshop dates and times:**

Monday 31st July 2023, 2 - 5pm (introduction to My life, My Goals)  
Monday 4th September 2023, 2 - 5pm (meet again to discuss progress)

**Click here to see the resource we'll be introducing during the workshop:**

<http://www.innovationsindementia.org.uk/wp-content/uploads/2022/02/My-Life-My-Goals-Workbook-Feb-2022.pdf>. Printed copies will be available

**To book or make an enquiry** please contact Beetle Bank Social Farm-

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Beetle Bank Social Farm website: [www.beetlebanksocialfarm.org](http://www.beetlebanksocialfarm.org)

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