

Navigating Young Onset Dementia Together



Enjoy activities that suit your age group - walks, outings, creative workshops, expert advice clinics and more.

You choose what we do.

Come along, share your ideas and connect with others like you.

You are not alone...



New Routes

73-75 North Road
Lancing, BN15 9AS
(Opposite Truffles)

For more information call Kim 07730 571986