

DEMENTIA SUPPORT SERVICE

Our specialist **Dementia Support Workers** provide support, information and guidance to people with dementia and their carers helping to maintain their independence, improving their sense of well-being, and putting them more in control of their lives. This includes assisting access to other support services within the community. We offer a one-to-one support service by telephone, face to face visits and written information as required.

If you would like to know more about our Dementia Support service, or if you have questions about dementia, contact your local Alzheimer's Society office or visit alzheimers.org.uk

CARERS' WORKSHOPS IN NOTTINGHAMSHIRE

Our **Carer Information and Support Programme (CRISP)** is a series of five sessions for carers, family and friends of people who have recently been diagnosed with dementia. Topics include: understanding dementia, legal and money matters, support and care, and coping with dementia day-to-day. The course is free of charge.

Courses are planned over the next 12 months in Carlton, Bulwell, Bilborough, Eastwood and Kirkby-in-Ashfield.

Please contact **Sue Ashcroft** on 01909 730 886 to book a place.

DEMENTIA FRIENDLY SWIM SESSIONS

Friendly and informal swim sessions are available at three pools for anyone with dementia and their carers. A swimming coach is in the pool to offer support at all sessions. For further details contact Kris Gregory on 0115 934 3800 or email.

(kris.gregory@alzheimers.org.uk)

DEMENTIA CAFES

Our **Dementia Cafés** are a place to relax, socialise and meet other people with dementia and their carers. The cafés provide information about living with dementia and other services available locally, in an informal and comfortable environment. Our cafes run monthly in different locations across the City and County. This service is free.

Locations: Wollaton, Clifton, West Bridgford, Arnold, Newark, Southwell, Worksop, Retford and Mansfield. Please contact us on 0115 934 3800 to book a place.

SINGING FOR THE BRAIN

Singing for the Brain brings people with dementia and their carers together in a friendly, fun and social environment. Based around the principles of music therapy, the stimulating sessions include vocal warm-up and singing a wide variety of familiar and new songs. The sessions run on a regular basis at six different locations across the county and are free of charge.

Locations: Worksop, Newark, Mansfield, Wollaton Park, Rushcliffe, Arnold. Please contact us on 0115 934 3800 to book a place.

CARERS' SUPPORT GROUPS

Our **Carers' Support Groups** give people the opportunity to talk to others about how dementia affects their lives. Run by a facilitator, the sessions offer a chance to make new friends, to ask questions, get information and share experiences in a safe and supportive environment. Groups meet on a monthly basis at four different locations: Hyson Green, Calverton, Stapleford and Nuthall Road. Contact us on 0115 934 3800 for further details.

SIDE BY SIDE

Our **Side by Side Service** helps people with dementia to continue to live independently and remain active members of their local community. Volunteers provide support to enable people with dementia to go out and about in their community and keep doing the things they enjoy or to try out new activities. The service is unique to each individual as it is based upon what the person with dementia would like to do. Please contact **Sue Button** on 0115 934 3800 for further details.

VOLUNTEERING

Are you interested in spending time helping people with dementia and their carers? Would you like to be Side by Side with a person with dementia? Could you help out at one of our groups in your area? Perhaps you'd like to offer your help with fundraising and events? If your answer to any of these is yes, then please come and join us.

Contact **Kris Gregory** for further information on 0115 934 3800 or email. (Volsnottinghamshire@alzheimers.org.uk).



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Charity Number: 296645

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NOTTINGHAM AND NOTTINGHAMSHIRE SERVICES



This guide provides information about Alzheimer's Society's range of services for people affected by dementia across Nottingham City and Nottinghamshire.



Office Contact Details

Nottingham T: 01159 343 800

Mansfield T: 01623 429 419

Bassetlaw T: 01909 730 886

Alzheimer's Society Helpline 0300 222 1122

www.alzheimers.org.uk