

Local Alzheimer's Society Offices:

Nottingham: 0115 934 3800

Mansfield: 01623 429419

Worksop: 01909 730886



DEMENTIA SUPPORT SERVICE

For Nottingham and Nottinghamshire

The Alzheimer's Society operates a range of services across Nottinghamshire providing support, information and signposting to people with dementia and their carers and family members.

We provide emotional support, information and guidance on living well with dementia to enable you to have a better understanding of the condition and support the development of self-management skills. We offer one-to-one support service by telephone, face to face visits, written information and web based support as required.

In addition we offer a range of groups to support people across Nottinghamshire including Memory Cafes, Carer Support Groups, Singing for the Brain, and Side by Side Service.

Alzheimer's Society
1st Floor, Castle Heights
72 Maid Marian Way
Nottingham NG1 6BJ
Tel no 0115 9343800
nottingham@alzheimers.org.uk

For information about dementia and how to access help and support, please visit our

website: alzheimers.org.uk

Carers' Workshop in Nottinghamshire

The Carer Information and Support Programme (CriSP) is a series of workshops for people caring for a family member or friend with dementia. Workshops are run by Alzheimer's Society staff in various areas of Nottinghamshire.

Booking is essential. Please contact us for more information:

T: 07540919865

Email: bassetlaw@alzheimers.org.uk



Registered Charity: Number 2115499

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Side by Side Service

Side by Side is an Alzheimer's Society service which helps people with dementia to keep doing things they love with the support of a volunteer.

Our free one-to-one support makes it easier for people with dementia, who might sometimes feel isolated or find it difficult to leave their homes, remain active and feel part of their local community.

By doing things like going for a walk, to a football match, or joining a local class together, our volunteers can support people with dementia to take up hobbies and get out and about. What they do together is entirely based on what the person with dementia wants.

Nottinghamshire is one of the pilot sites for the new Side by Side service.

For more information,

please contact Sue Button on 0115 9343800



Singing for the Brain

Singing for the Brain® is designed to be a fun, stimulating and social activity for people in the early to moderate stages of dementia and their carers, family and friends. Sessions are free of charge. For more information or to book a place please contact:

Angela Warren, Singing for the Brain Leader, Nottingham

T: 0115 9343800

Email: angela.warren@alzheimers.org.uk



Carers' Groups



A friendly, informal and welcoming place for carers of people with dementia to gain information and emotional support. For more details contact the Alzheimer's Society on 0115 9343800.

Leading the fight
against dementia

**Alzheimer's
Society**

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