

Alzheimer's Society



www.alzheimers.org.uk

<https://www.alzheimers.org.uk/find-support-near-you>

The Freshwell Health Centre is committed to meeting the health and wellbeing needs of people affected by dementia. We are working closely with the Alzheimer's Society to make our surgery a Dementia Friendly GP Practice. We are working towards Dementia Friendly Status by reviewing signage and exploring ways to improve our services.

Did you also know that the Alzheimer's Society provide a range of local support and services for people affected by dementia? These include:

A Family Navigators Service - Family Navigators offer information and practical guidance to help you understand dementia, cope with day-to-day challenges and prepare for the future. They offer information to people who are worried about their memory and ongoing support to people affected by dementia face to face, over the phone or in writing.

Information Hubs - An Information Hub will provide information about dementia, local services and practical tips about living well with dementia.

Peer Support - Peer support groups give carers the opportunity to meet with others who understand some of what you are going through. Run by a facilitator, the sessions offer a chance for people affected by dementia to ask questions, get information and share experiences in a safe and supportive environment

Singing for the Brain - Singing for the Brain brings people together in a friendly, fun and social environment. Based around the principles of music therapy, the stimulating sessions include vocal warm-ups and singing a wide variety of familiar and new songs.

Activity groups – The Alzheimer's Society skill or interest-based activity group can give you the opportunity to take part in a fun, structured activity, including art and craft groups, bowling groups, skittles groups, walking groups, yoga or tai chi classes, etc. The groups are run by an expert facilitator with relevant skills and are open to anyone affected by dementia.

Due to Coronavirus (COVID-19) we have currently had to suspend our face-to-face services, but can offer support in the following areas:

- The introduction of new virtual social opportunities:
 - Peer Support Groups
 - Virtual Singing for the Brain
 - Ring and Sing for those without online connectivity
 - Weekly bingo, seated dancercise, coffee morning sessions and more...
- Telephone support from our Dementia Connect and Family Navigator Service
- Our online community, [Talking Point](#), which offers support day and night

For more information on any of the above, please call our Dementia Connect Support Service on **0333 150 3456** to speak to one of our dementia advisors.