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.

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
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.
Local Alzheimer’s Society Offices:
Nottingham: 0115 934 3800
Mansfield: 01623 429419
Worksop: 01909 730886

Join us at your local Memory Café, Activity Group or Carer Support Group

If you have dementia or are caring for someone with dementia, come along to your local Support Group. Meet with other people living with dementia, have a cuppa, receive information, support and guidance. Our support groups meet in the following locations.

## Memory Cafes and Groups

Alzheimer’s Society Nottinghamshire runs various groups for people with dementia and their carers. For more information please contact Alzheimer’s Society T: 0115 9343800.

<table>
<thead>
<tr>
<th>Memory Café/Group</th>
<th>Date and Time Details</th>
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<tbody>
<tr>
<td><strong>Balderton Memory Café</strong></td>
<td>3rd Tuesday of the month 10.30am - 12.30pm</td>
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<tr>
<td>Salvation Army, Mead Way, Balderton, Newark, NG24 3GA</td>
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<tr>
<td><strong>City Memory Group</strong></td>
<td>1st Monday of the month 1.30pm – 3.30pm</td>
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<tr>
<td>Lark Hill Village, New Rise, Clifton</td>
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<tr>
<td>Nottingham NG11 8BF</td>
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<tr>
<td><strong>Costhorpe Memory Group</strong></td>
<td>3rd Thursday of the month 10.30am - 12.30pm</td>
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<tr>
<td>The Civic Centre, Long Lane, Carlton-in-Lindrick, Worksop S81 9AP</td>
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<tr>
<td><strong>Gedling Memory Café</strong></td>
<td>4th Friday of the month 10.30am - 12.30pm</td>
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<tr>
<td>Good Shepherd Church Hall, Thackeray’s Lane, Gedling, Nottingham NG5 4HT</td>
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<tr>
<td><strong>Hallcroft Memory Club</strong></td>
<td>2nd Wednesday of the month 10.30am - 12.30pm</td>
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<tr>
<td>Hallcroft Community Centre, Randall Way, Retford, DN22 7GR</td>
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<tr>
<td><strong>Mansfield Memory Club</strong></td>
<td>Last Monday of the month 10.30am – 12.30pm</td>
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<tr>
<td>The Towers, Botany Avenue, Mansfield NG18 5NG</td>
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<tr>
<td><strong>Rushcliffe Memory Club</strong></td>
<td>3rd Thursday of the month 1.30pm – 3.30pm</td>
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<tr>
<td>Lutterell Hall, Church Drive, West Bridgford, NG2 6AY</td>
<td></td>
</tr>
<tr>
<td><strong>Southwell Memory Café</strong></td>
<td>Last Friday of the month 10.30am – 12.30pm</td>
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<tr>
<td>Kings Court, Southwell NG25 0EL</td>
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<tr>
<td><strong>Wollaton Memory Club</strong></td>
<td>2nd Tuesday of the month 10.00am - 12.00pm</td>
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<tr>
<td>St Leonard’s Community Centre Bramcote Lane, Nottingham NG8 2ND</td>
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</tbody>
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Carers' Groups
Alzheimer’s Society Nottinghamshire runs various groups for carers of people with dementia. For more information please contact Alzheimer’s Society T: 0115 9343800.

**Sybil Levin Centre**
Nuthall Road, Nottingham NG8 6AD
2nd Thursday of the month
2.00pm – 4.00pm

**City Evening Carers’ Group**
The Mary Potter Centre, Room 1, Gregory Boulevard, Hyson Green, Nottingham NG7 5HY
1st Wednesday of the month
6.00pm – 7.30pm

**Core Carers’ Group**
The CORE Centre, 17 St. Wilfred’s Square, Calverton, NG14 6FP
2nd Thursday of the month
1.30pm – 3.30pm

**Stapleford Carers’ Group**
Stapleford Methodist Church, Eatons Road, Stapleford, NG9 7EB
Last Wednesday of the month
11.00am – 12.30pm

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:

**Rushcliffe**
Lutterell Hall, Church Drive, West Bridgford, NG2 6AY
Monday Afternoons (Fortnightly)
1.30pm – 3.00pm

**Nottingham - Gedling**
Good Shepherd Church Hall, Thackeray’s Lane, Gedling, Nottingham NG5 4HT
Tuesday Mornings (Fortnightly)
11.00am – 12.30pm

**Nottingham - Wollaton**
Wollaton Park Community Centre, Harrow Road, Nottingham NG8 1FG
Tuesday Afternoons (Fortnightly)
2.00pm – 3.30pm

**Worksop**
Oasis Community Centre, 2 Longfellow Drive, Kilton, Worksop S81 0DE
Tuesday Afternoons (Fortnightly)
1.30pm – 3.00pm

**Mansfield**
Mind, 14 St Johns Street, Mansfield, Notts, NG18 1QJ.
Friday Mornings (Fortnightly)
11.30am – 1.00pm

**Newark**
Holy Trinity Community Centre, Boundary Road, Newark, Notts NG24 4AU
Friday Afternoons (Fortnightly)
1.30pm – 3.00pm

Updated Feb 2016