

Overview of our local services

Our services are available to anyone with a diagnosis of dementia their supporters, family & friends

Dementia Advice & Support

Our dementia adviser provides accessible, relevant, quality information to people with dementia and their carers, on an ongoing basis, including signposting to relevant service.

Carer Information & Support Programme (CrISP)

Our courses provide information on a variety of different topics associated with dementia and give carers of people with dementia an opportunity to meet with other carers. Please contact us if you would like to be informed about future

courses.

NELLES

Weekly carers peer support group run in partnership with NAVIGO and Admiral Nurses. This group provides the opportunity to meet with other carers in a supportive environment whilst the person living with dementia can take part in reminiscence and other stimulating activities.

Singing for the Brain

A therapeutic musical sing-along at our Cleethorpes based group. Every two weeks on a Monday afternoon. Contact us for details of how to join.

Memory cafes

Memory cafes are a friendly, informal setting for people with dementia, their carers and families to meet, obtain information and listen to a range of speakers, facilitated by a dementia adviser this is an opportunity to connect with us. Just pop in.

For more information or to make a referral, please contact your local services office which supports people affected by dementia in both North and North East Lincolnshire:

Alzheimer's Society
Room 2/3 at Centre4
17A Wootton Road
Grimsby
DN33 1HE

Telephone: 01472 359247

Email : Referrals_NELincs@alzheimers.org.uk

Side By Side

Side by Side is a service which aims to empower, enable and support people with dementia to retain hobbies and interests or to take up new ones. This service also supports people with dementia to get out and about within their local communities and encourages access to everyday places and universal services. Befriending helps to reduce stigma making sure people with dementia feel confident and remain connected to their community.

Side By Side encourages people with dementia to identify their personal strengths, abilities and interests and consider how they could use them within their community, with volunteers supporting them to realise their goals.



Take a look at our national services

National Dementia Helpline for information, support or advice about dementia - tel: **0300 222 11 22**

Talking Point our online community. Visit and browse as a guest or register for free at www.alzheimers.org.uk

Dementia Connect our easy to use online services directory for anyone affected by dementia - www.alzheimers.org.uk

Training and Consultancy - for information on courses or to discuss your training needs—get in touch on 01904 567909 or email dementiatraining@alzheimers.org.uk

Dementia Friendly Businesses - join us as a partner in the fight against dementia—0300 333 0804 or email companies@alzheimers.org.uk or visit www.alzheimers.org.uk/companies