

AVON VALLEY PRACTICE

Memory Support

What's on in your local area and where can you get support?

Agency	Website address	Contact number	What they offer
Age UK	www.ageuk.org.uk	0800 169 6565	Age UK is dedicated to helping everyone make the most of later life. Advice available for finances, health and wellbeing, travel, home and care and learning.
Alzheimer's Research UK	www.alzheimersresearchuk.org	0300 111 5555	One of UK's leading research charity aiming to defeat dementia. Information available on the stages of dementia.
Alzheimer's Society	www.alzheimers.org.uk	0300 222 1122	The Alzheimer's Society is for anyone affected by dementia. Information available on the symptoms and diagnosis, living with dementia, caring for a person with dementia and local information. A Dementia Advisor, Teresa Easton, is based at the Practice. If you would like to speak with her to find out how she can assist you, please contact us so that we can put you in touch.
Alzheimer's Wiltshire	www.alzheimerswiltshire.org.uk	01380 739055	An independent charity offering a range of services to people living with all types of dementia and their family carers in East and West Wiltshire. The website is updated regularly with latest events and on-going activities. Details of regular services including Dementia Advisers, Day Clubs, Support at Home and a wide range of community activities can also be found.
Carers Trust	www.carers.org	0844 800 4361	Information and advice for anybody providing care as well as local information.
Carers UK	www.carersuk.org	0808 808 7777	Provides help and support for carers.
Dementia Care	www.dementiacare.org.uk	0191 217 1323	Helps carers and family members by sharing knowledge through offering training and advice on practical care support.
Dementia Friends	www.dementiafriends.org.uk	01245 454319	Dementia Friends Champions are trained volunteers who encourage people to learn a little bit more about dementia. Champions run Information Sessions in their community and inspire others to help those living with dementia live well.
Dementia UK	www.dementiauk.org	0845 257 9406	Provide nurses who give practical and emotional support to families affected by dementia
NHS	www.nhs.uk/conditions/		Information on all health conditions, signs and symptoms and links to other useful websites
Young Dementia UK	www.youngdementiauk.org	01993 776295	YoungDementia UK is a charity that helps people whose lives are affected by the young onset dementia.

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For nutrition advice

Agency	Website address	Contact number	What they offer
Food for the brain	www.foodforthebrain.org	0208 332 9600	Food for the Brain raises awareness of the importance of nutrition in mental health. A charity working to inform, educate and empower individuals to change their diet and lifestyle and take greater control of their own mental health

Advice also available on the NHS, Alzheimer's Society and Carers UK websites

Activities

Agency	Website address	Contact number	What they offer
Activities to Share	www.activitiestoshare.co.uk	01227 362858	Ideas about activity resources for older people, in particular those with dementia and also adults with disabilities
Active Minds	www.active-minds.co.uk	0203 488 2001	Provides activities to assist people with dementia in leading active, engaging and fulfilling lives - enjoying activities that are meaningful to them
Alz Products	www.alzproducts.co.uk	02476 422224	Have a large range of daily living aids that have been designed to help individuals with memory impairment & cognitive loss as well as activity ideas.
Elderly Activities	www.elderlyactivities.co.uk		Free and downloadable resources to use at home

Advice also available on the NHS and Alzheimer's Society websites

Information on finance and personal hygiene also available from the Alzheimer's Society, Age UK and NHS.