

What's available?



Dementia Support Service (Alzheimer's Society Wellbeing Service)

For anyone affected by Dementia or Alzheimer's, expert dementia advisors will listen, help with dementia related questions and support by telephone, online or face to face.
Tel: 0333 150 3456.



Dementia Marketplace event

The Dementia & Carers Marketplace event is taking place on 16th May 2024 10am-2pm at Rushcliffe Arena in line with Dementia Action Week 2024. The event is an opportunity to showcase local support services and resources to support the lives of carers and individuals living with dementia. Residents will be able to connect with local organisations offering tailored support and gain valuable insight into available resources, initiatives and programs designed to improve quality of life for those affected by dementia.

Dementia Directory

Social prescribers in Rushcliffe have put together directories for many health and well-being issues. The Dementia Directory has a wealth of information about local services, groups and activities, helping you to access support in the community and live well with dementia. These range from exercise groups, to singing, to memory cafes and so much more.



Scan or visit rushcliffehealth.org/directories

Hidden Disabilities Sunflower

Wearing a sunflower lanyard is an indication that someone has a hidden disability, for example dementia, and that you may need a helping hand, understanding or more time in shops, at work or in public spaces. Scan the QR code to buy one, or soon to be available at certain major stores (eg Morrisons) and the RBC Customer Contact Centre at WB Library.



Scan or Search "HDSunflower"

Inspire Libraries: Reminiscence Resources

A collection of resources to encourage interaction and communication between people living with dementia, their families, friends and carers. Memory Lane Bags: Free to borrow for up to three weeks. Also "Reading Well Books on Prescriptions" books available at your local library, recommended by professionals and people with lived experience.



Scan or Search "Inspire Reminiscence Resources"

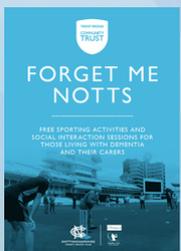
Forget Me Notts Trent Bridge Community Trust

Forget Me Notts is a project which uses sport as a vehicle for reminiscence and interaction between people with dementia, their carers and those experiencing isolation and loneliness.

The programme gives those with dementia the chance to express themselves and remain active both mentally and physically. Carers who attend also have the opportunity to establish an informal support network with others who can empathise with their situation through experience. The sessions are held on Tuesday mornings at different locations including Rushcliffe Arena, Edwalton Golf Club and Trent Bridge Cricket Ground. Volunteers at the sessions are Dementia Friends Aware.



Scan or Search "Trent Bridge Forget Me Notts Diary"



For more info visit rushcliffehealth.org/phm

Next months topic... **DIABETES**