



## 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.



### Nottinghamshire Carers Hub

A free, confidential and personalised information and support for unpaid carers. Call: 0808 802 1777 or visit <https://carershub.carersfederation.co.uk/>



### 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](https://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"



### Nottinghamshire Carers Awareness

Provides free support, guidance and advocacy for unpaid carers across the county. Whether you're caring for a loved one or supporting someone in your community, they offer advice, training, and signposting to services that can make a real difference. To learn more or get involved, visit:  
<https://www.nottinghamshirecarers.co.uk>



### Rushcliffe Dementia Action Network (RDAN)

A registered charity made up of local services, volunteers and organisations working together to improve the lives of people living with dementia and their carers in Rushcliffe.. To find out more, please visit: [Rushcliffe Dementia Action Network](https://rushcliffehealth.org/phm)