



# Hertswise

Dementia support in Herts

Are you living with **dementia**  
or worried about **memory loss**?

How can  
Hertswise  
support  
me?

Hertswise offers community dementia support throughout Hertfordshire. There are many ways we can help people living with dementia, memory loss or mild cognitive impairment, as well as their carers & loved ones.

## **Information and advice**

Our specialist advisors can offer guidance and help you find the right support for all aspects of your life.

## **Groups and one-to-one support**

We can help you get involved in the activities that interest you, whether as part of a group or on an individual basis.

## **Carer support groups and advice**

A chance to relax and share ideas with a group who can relate to your experiences.

**And much more!**

See overleaf for more about accessing  
[Hertswise Dementia Support](#).

Hertswise services are available to people of all ages living anywhere in Hertfordshire. Our open referral system means that you can refer yourself or a loved one to Hertswise simply by getting in touch.

Who can  
access  
Hertswise  
support?

**HertsHelp** offers a single point of contact for dementia services in Hertfordshire.

For more information, call **HertsHelp**:

**0300 123 4044**

**Monday to Friday, 8am-6pm**

**\*Call charged at a local rate**

Brought to you by the Hertswise Partnership

