

Get started!...

Free advice, counselling & tailored support for anyone diagnosed with Dementia or significant memory decline and their unpaid carers. Watch <https://www.youtube.com/watch?v=P3bI2KMpWfg>

Ask for a referral to our NHS local Social Prescribing team to get started on the right treatment & social support : svv.socialprescribers@nhs.net or via your GP

Find out more at www.alzheimers.org.uk and www.dementiauk.org

For more information about activities mentioned in this leaflet: <https://sites.google.com/view/kissing-it-better-calendar/april-and-may-calendar>

For online activities & brain exercises, check out: <https://tinyurl.com/m7sk7b2m>

For online Music therapy, www.playlistforlife.org.uk & <https://musicmemories.bbcrewind.co.uk/home>

For online Love to Move classes <https://www.youtube.com/watch?v=sEWZjpxiiFM>

Living with Dementia and Memory Decline

Physical, Emotional & Social Support to help manage symptoms.



Did you know that...

- ▶ Our NHS, East Herts Council and Alzheimer's UK work with Everyone Active, Home Instead and many other organisations so anyone living locally with Dementia or memory decline can access a targeted programme of regular exercise and social activity to help manage dementia and memory loss symptoms better. We call it '**Moving & Social Medicine**'
- ▶ Anyone taking full advantage of this Exercise & Connection Programme is feeling more hopeful about managing dementia or age-related memory decline and is seeing improvements in physical and mental health

There is:

- ▶ **Expert Listening & Counselling** available via the Dementia Connect Helpline on 0333 150 3456
- ▶ **Hertswise** on 0300 123 4044 for tailored social care advice & support plus Carers in Herts events and passport
- ▶ **Specialist Admiral nurses** for medical advice and support on 0800 888 6678 or email helpline@dementiauk.org
- ▶ **Citizens Advice** 01920 459 944, www.citizensadviceeastherts.org.uk for advice on energy costs, benefits & debt -Buntingford (Mon 11-1pm) B.Stortford & Ware (Tues 11-1pm), Hertford (Wed 11-1pm)
- ▶ **Patient and family emotional support** via dementia hub, cafes, Day sessions & at Home support & care via Social prescribing
- ▶ **Physio, Speech and Occupational Therapy** available via GP referral after diagnosis of Dementia or Mild Cognitive Impairment
- ▶ **Digital support and Inclusion** by self-referral into Age UK on 0300 345 3446 or info@ageukherts.org.uk
- ▶ **Join a Clinical study** via <https://www.joindementiaresearch.nihr.ac.uk/>

There are safe, welcoming spaces like our local leisure centre, community hubs and libraries who listen, understand and take action, so anyone with Dementia or memory decline can feel less worried and more optimistic about living with this difficult health condition.

Get involved at Grange Paddocks Leisure Centre

- ▶ **Boccia (Seated Bowls)** Mondays 12.30-1.20pm (£3.70)
- ▶ **Chair Yoga & Tai Chi** Wednesdays 9.15-10.15am (£2)
- ▶ **Quiet Swim time** Wednesdays 11-12pm & Fridays 9-10am (free to Everyone Active members or £2.65)
- ▶ **Nordic Walking** Thursdays 1pm with Hazel (£2)
- ▶ **Table Tennis** Fridays with Sandra 2.45-3.45pm (£3.70)
- ▶ **Community Cafe** Fridays 10-11am & **Walking Football** 2-3pm (£3.70)

Get involved socially across East Herts

- ▶ **Forever Cycling** B.Stortford, L.Hadham Ware, Broxbourne, Hertford, Welwyn, Royston, (adam.howard@aitc.org.uk) (07710 095245)
- ▶ **Dementia Hub** drop in B.Stortford Methodist church on first Mondays 10am (Emily 07513390695)
- ▶ **Hertswise** peer group support groups (0300 123 4044)
- ▶ **All Sorts** dementia support sessions (Kelly 01279 498938)
- ▶ **Herts Musical Memories** therapy sessions (Kerry 020 8950 5757)
- ▶ **Movement for Memory** exercise sessions (Hannah 07934 934911)
- ▶ **Companion Cafes** and at home tailored support (Jo/Dave 01279 721443 or david.bassett@homeinstead.co.uk)
- ▶ **Maintenance Cognitive Stimulation Therapy** (Debbie 07904 198309)
- ▶ **Apton Social Club** Mon/Tues/Wed/Fri 10-2.30pm (Jackie 01279 504748)
- ▶ **Relaxed Cinema matinees** <https://littlehadhamvillagehall.com/page/rccc>
- ▶ **Regular Walks** for Health across East Herts (01992 555888)
- ▶ **Dementia Adventure** for family holidays & support <https://dementiaadventure.org/>