Alzheimer’s Society offers a range of support to people with dementia, their carers, family and friends.

Our Dementia Support Workers can provide emotional support, information and guidance to help you understand dementia, cope with the day-to-day challenges it brings and prepare for the future. This includes assisting you to access other support services within your community. Our aim is to help you feel supported, and maintain independence, choice and control over your life. We offer a one-to-one support service by telephone, face to face visits, written information and web based support as required.

In addition we provide Memory Cafes, Carers’ Groups, Carers’ Workshops, Singing for the Brain sessions, and our Side by Side Service.

If you would like to know more about our services, or if you have questions about dementia, contact your local Alzheimer’s Society office or visit alzheimers.org.uk

Side by Side is an Alzheimer’s Society service which helps people with dementia to keep doing things they love with the support of a volunteer.

Our free one-to-one support makes it easier for people with dementia, who might sometimes feel isolated or find it difficult to leave their homes, remain active and feel part of their local community.

By doing things like going for a walk, to a football match, or joining a local class together, our volunteers can support people with dementia to take up hobbies and get out and about. What they do together is entirely based on what the person with dementia wants.

For more information, please contact Sue Button
T: 0115 934 3800
Carers’ Workshops in Nottinghamshire

The Carer Information and Support Programme (CriSP) is a series of workshops for people caring for a family member or friend with dementia. It provides an opportunity for you to talk in a friendly and confidential environment about your experiences and to obtain information and support.

Workshops are run by Alzheimer’s Society staff in various areas of Nottinghamshire.

Booking is essential. Please contact us for more information:
T: 01909 730 886
E: Bassetlaw@alzheimers.org.uk

Carers’ Groups

Our Carers’ Groups are friendly, informal and welcoming places for carers of people with dementia to gain information and emotional support.

Memory Cafes

Memory Cafes provide information about living with dementia in a safe and supportive environment. They are also places to relax, socialise and meet other people with dementia and their carers.

Singing for the Brain

Singing for the Brain® is designed to be a fun, stimulating and social activity for people in the early to moderate stages of dementia and their carers, family and friends. Sessions are free of charge. For more information or to book a place please contact us:
T: 0115 934 3800
E: nottingham@alzheimers.org.uk

New Initiative

Dementia Friendly Swim Sessions

Friendly and informal swim sessions for anyone with dementia and their carers. A swimming coach will be in the pool to offer support at all sessions.

Available at:
Harvey Haddon
Ken Martin
Clifton Leisure Centre

For further details please contact
Kris Gregory, Project Support Officer
T: 0115 934 3800
Join us at your local Memory Café, Activity Group or Carers’ Support Group

**Memory Cafes and Groups**

The Alzheimer's Society in Nottinghamshire runs various groups for people with dementia and their carers. For more information please contact Alzheimer's Society T: 0115 934 3800.

<table>
<thead>
<tr>
<th>Café/Group</th>
<th>Date and Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Balderton Memory Café</strong></td>
<td>3rd Tuesday of the month 10.30am – 12.30pm</td>
</tr>
<tr>
<td>Salvation Army, Mead Way, Balderton, Newark NG24 3GA</td>
<td></td>
</tr>
<tr>
<td><strong>City Memory Group</strong></td>
<td>1st Monday of the month 1.30pm – 3.30pm</td>
</tr>
<tr>
<td>Lark Hill Village, New Rise, Clifton, Nottingham NG11 8BF</td>
<td></td>
</tr>
<tr>
<td><strong>Costhorpe Memory Group</strong></td>
<td>3rd Thursday of the month 10.30am – 12.30pm</td>
</tr>
<tr>
<td>The Civic Centre, Long Lane, Carlton-in-Lindrick, Worksop S81 9AP</td>
<td></td>
</tr>
<tr>
<td><strong>Gedling Memory Café</strong></td>
<td>4th Friday of the month 10.30am – 12.30pm</td>
</tr>
<tr>
<td>Good Shepherd Church Hall, Thackeray’s Lane, Gedling, Nottingham NG5 4HT</td>
<td></td>
</tr>
<tr>
<td><strong>Hallcroft Memory Club</strong></td>
<td>2nd Wednesday of the month 10.30am – 12.30pm</td>
</tr>
<tr>
<td>Hallcroft Community Centre, Randall Way, Retford DN22 7GR</td>
<td></td>
</tr>
<tr>
<td><strong>Mansfield Memory Club</strong></td>
<td>Last Monday of the month 10.30am – 12.30pm</td>
</tr>
<tr>
<td>The Gas Sports &amp; Social Club, Lime Tree Place, Mansfield NG18 2HX</td>
<td></td>
</tr>
<tr>
<td><strong>Rushcliffe Memory Club</strong></td>
<td>3rd Thursday of the month 1.30pm – 3.30pm</td>
</tr>
<tr>
<td>Lutterell Hall, Church Drive, West Bridgford NG2 6AY</td>
<td></td>
</tr>
<tr>
<td><strong>Southwell Memory Café</strong></td>
<td>Last Friday of the month 10.30am – 12.30pm</td>
</tr>
<tr>
<td>Kings Court, Southwell NG25 0EL</td>
<td></td>
</tr>
<tr>
<td><strong>Wollaton Memory Club</strong></td>
<td>2nd Tuesday of the month 10.00am – 12.00noon</td>
</tr>
<tr>
<td>St Leonard’s Community Centre, Bramcote Lane, Nottingham NG8 2ND</td>
<td></td>
</tr>
</tbody>
</table>
Carers’ Groups
Alzheimer’s Society Nottinghamshire runs various groups for carers of people with dementia. For more information please contact Alzheimer’s Society T: 0115 934 3800.

**Sybil Levin Centre**
Nuthall Road, Nottingham NG8 6AD
2nd Thursday of the month
2.00pm – 4.00pm

**City Evening Carers’ Group**
The Mary Potter Centre, Room 1,
Gregory Boulevard, Hyson Green,
Nottingham NG7 5HY
1st Wednesday of the month
6.00pm – 7.30pm

**Core Carers’ Group**
The CORE Centre, 17 St. Wilfred’s Square,
Calverton NG14 6FP
2nd Thursday of the month
1.30pm – 3.30pm

**Stapleford Carers’ Group**
Stapleford Methodist Church,
Eatons Road, Stapleford NG9 7EB
Last Wednesday of the month
11.00am – 12.30pm

**Singing for the Brain®** is designed to be a fun, stimulating and social activity for people in the early to moderate stages of dementia and their carers, family and friends. Sessions are free of charge. For more information or to book a place please contact Alzheimer’s Society:
T: 0115 934 3800  E: nottingham@alzheimers.org.uk

**Rushcliffe**
Lutterell Hall, Church Drive,
West Bridgford NG2 6AY
Monday Afternoons (Fortnightly)
1.30pm – 3.00pm

**Nottingham - Gedling**
Good Shepherd Church Hall, Thackeray’s Lane, Gedling, Nottingham NG5 4HT
Tuesday Mornings (Fortnightly)
11.00am – 12.30pm

**Nottingham - Wollaton**
Wollaton Park Community Centre,
Harrow Road, Nottingham NG8 1FG
Tuesday Afternoons (Fortnightly)
2.00pm – 3.30pm

**Worksop**
Oasis Community Centre, 2 Longfellow Drive, Kilton, Worksop S81 0DE
Tuesday Afternoons (Fortnightly)
1.30pm – 3.00pm

**Mansfield**
Mind, 14 St Johns Street, Mansfield NG18 1QJ
Friday Mornings (Fortnightly)
11.30am – 1.00pm

**Newark**
Holy Trinity Community Centre,
Boundary Road, Newark NG24 4AU
Friday Afternoons (Fortnightly)
2.00pm – 3.30pm