

## Resources and Information for Patients & Carers for those with memory problems

### **Alzheimer's Society:**

alzheimers.org.uk

Information for people with dementia and information about the benefits and support available. They also offer dementia advisors, "dementia cafes", dementia support workers, peer support, befriending service, "Singing for the Brain", Reminiscence library.

### **National Dementia Helpline**

0300 222 1122  
0845 3000 336

### **"Talking point" online community support**

Register online to join – get in touch with those in a similar situation to you.

alzheimers.org.uk/talkingpoint

### **Local Dementia Advisor**

**Paula Davies**

01625 503302

Alzheimer's Society, Cheshire East  
Macclesfield Office  
Springbank Centre  
Victoria Rd  
Macclesfield SK10 3LS

[east-cheshire@alzheimers.org.uk](mailto:east-cheshire@alzheimers.org.uk)

### **"Singing for the Brain"**

A stimulating social activity for people with early to moderate dementia & their carers – share familiar songs, learn new songs and make new friends through music. Nearest local session: Methodist Church, Westminster Rd, Macclesfield, SK10 1BX. Monday 13.30 – 15.00. Confirm a place by phoning 01625 503302.

**Monthly Thursday "Café"** at Belong, Kennedy Avenue, Macclesfield, SK10 3DE. Contact 01625 503302 for details.

### **Age UK:**

Are you worried about your, or someone else's memory? Read about our support services at [www.ageukcheshireeast.org](http://www.ageukcheshireeast.org)

AgeUK offers support, Home visiting services, "Help at Home", "Men in Sheds", Counselling, Healthy lifestyle activities, Time Out groups, Dementia Advisor, Opportunity to discuss Lasting Power of Attorney with a solicitor,

Or contact:

New Horizons Centre, Henderson St,  
Macclesfield, Cheshire SK11 6RA

01625 612958

### **Cheshire Carers Centre**

Helpline

0800 085 0307

Information, advice & support for carers Mon – Fri 10am – 4pm