

## Local Support



You are not alone.  
There are support organisations to help you.



**Tibbs Dementia Foundation** provides support for people living with dementia in **Bedford Borough**.



They run weekly groups covering music, physical activities and discussions to help keep your brain working.



Ring 01234 210 993



Email  
[contact@tibbsdementia.co.uk](mailto:contact@tibbsdementia.co.uk)



Visit: [www.tibbsdementia.co.uk](http://www.tibbsdementia.co.uk)



**Alzheimer's Society** provides support for people living with dementia in **Central Bedfordshire**.



They help people affected by dementia find the right support, advice and information, at the right time.



Ring  
0333 150 3456



Email  
[bedfordshireandluton@alzheimers.org.uk](mailto:bedfordshireandluton@alzheimers.org.uk)



Visit  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**Carers in Bedfordshire holds Memory Gateways.**



These are for people living with dementia, their carer, family and friends.

They are held monthly for people living in **Bedford Borough and Central Bedfordshire.**



You can access support and information about services.



Ring  
0300 111 9090



Email  
[contact@carersinbeds.org.uk](mailto:contact@carersinbeds.org.uk)



Visit [www.memoryinbeds.org.uk](http://www.memoryinbeds.org.uk)



Age UK Bedfordshire provides practical support for the over 50s.



Services include

- Information and advice
- Support to fill out benefit forms
- Telephone Friendship calls



For a cost, you can access

- Home Help
- Handyman
- Gardening
- Carers Respite Service



Ring

01234 360 510



Email

[enquiries@ageukbedfordshire.org.uk](mailto:enquiries@ageukbedfordshire.org.uk)



Visit

[www.ageuk.org.uk/bedfordshire](http://www.ageuk.org.uk/bedfordshire)



**Bedfordshire Rural Communities Charity** provide Village and Community Agents in every Bedford Borough village, parts of Bedford Town and parts of Central Bedfordshire.



They can help people access their local community and support.



They coordinate the Good Neighbour Schemes.



They run two local community transport schemes:  
Greensands & Bedford Borough.



Ring  
0800 039 1234



Visit  
[www.yourwellbeingbedfordshire.org.uk](http://www.yourwellbeingbedfordshire.org.uk)