

For more information, and to join any of our groups in Central Bedfordshire, please contact the local Alzheimer's Society Bedford office on

T: 0333 150 3456

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



## Alzheimer's Society Virtual services in Central Bedfordshire 2021

Activity	Venue	Day	Time	Who is the service for
<b>Virtual Activity group</b> Facilitator - Mary Haggerwood	Zoom session	Second Wednesday in the month – 13 October 10 November 8 December	3.00pm - 4.00pm	People living with dementia and their carer
<b>Virtual Music group -</b> Facilitator - Mary Haggerwood	Zoom session	First and Third Thursday in the month until 23 December 2021	11.45am - 12.30pm	People living with dementia and their carer
<b>Virtual Cognitive Stimulation group</b> Facilitator - Fiona Townhill	Zoom session	Every other Thursday –	1.30p.m - 2.30p.m	People living with dementia
<b>Virtual Peer Support Carers Group</b> Facilitator - Cathy Goodbun	Zoom session	Third Wednesday of every month	7.00pm - 8.15pm	Carers only
<b>Virtual Peer Support Carers Group</b> Facilitator - Mary Haggerwood	Zoom session	First and Third Wednesday of the month – 6 and 20 October 3 and 17 November 1 and 15 December	4.00pm - 5.15pm	Carers only
<b>Carers Information and Support Programme (CrISP 1)</b> Facilitator - Fiona Townhill	Zoom session	Varies	Varies	Carers of people with a recent diagnosis of dementia
<b>Carers Information and Support Programme (CrISP 2)</b> Facilitator - Fiona Townhill	Zoom session	Varies	Varies	Carers of people with dementia who are finding more support is needed

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<p><b>Dementia Support Service</b></p>	<p>Face-to-face, over the phone or in writing we will help you to:</p> <ul style="list-style-type: none"> <li>• remain independent and stay active for as long as possible</li> <li>• get the information and advice you need to make informed decisions about your wellbeing</li> <li>• find other local services which can help to improve your life</li> </ul>	<p>People affected by dementia, including carers</p>
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## Alzheimer's Society services in Central Bedfordshire 2020

### National Services

Alzheimer's Society Website	<a href="http://alzheimers.org.uk">alzheimers.org.uk</a>
Dementia Connect	0333 150 3456
Helpline opening hours:	Monday to Wednesday      9am – 8pm
	Thursday and Friday      9am – 5pm
	Saturday and Sunday      10am – 4pm

Dementia Connect is a telephone helpline that provides information, suggestions, support and referrals to anyone with concerns about Alzheimer's disease or any other form of dementia. Callers speak with trained helpline advisers. Calls are confidential to Dementia Connect and, unless they want to receive information through the post, callers can remain anonymous.