# Dementia Support

Our Dementia Advisers offer information and practical guidance to help you understand dementia, cope with day-to-day challenges and prepare for the future. This service is available to people with a diagnosis of dementia as well as their families and carers.

# Hospital Discharge Programme

Our Dementia Advisers provide support to people with a diagnosis of dementia at the point they are discharged from Southmead Hospital. This includes home visits and telephone support for up to 6 weeks, to help people readjust to life at home and prevent readmission to hospital.

# Memory Cafés

Chat to people who have been affected by dementia, find information and ask questions in a friendly and relaxed, social environment at our Memory Cafés.

## **Longwell Green**: First Monday of every month, 2:00pm – 4:00pm Longwell Green Community Centre, Shellards Road, Longwell Green BS30 9DU

## **Winterbourne**: Fourth Thursday of every month, 2:00pm – 3:30pm The Greenfield Centre, Park Avenue, Winterbourne BS36 1NJ

# Singing for the Brain

Friendly, fun and social singing groups supported by experienced singing leaders, staff and volunteers. Singing can improve your brain activity, wellbeing and mood.

**Kingswood** – every Wednesday morning

**Downend** – every Thursday morning

**Virtual** – Every Wednesday 3pm-4pm

# **Information Provision**

Free, friendly and helpful advice for anyone affected by memory concerns or dementia.  
Local information: 0117 9610693, [SouthGloucestershire@alzheimers.org.uk](mailto:SouthGloucestershire@alzheimers.org.uk)   
National Dementia Connect Support Line: 0333 150 3456