



# Memory Loss Support Services

Have you recently been diagnosed with a memory loss condition? Wondering what happens next or where to go for advice, help, practical and emotional support? There is a range of support available locally.

## BURY LIVE WELL SERVICE

### Lifestyle Health Trainers

For details contact

**0161 253 7554**

- ✓ Healthy Eating - weight/diet and Weigh & Go Sessions
- ✓ Stop smoking
- ✓ Alcohol
- ✓ Sleep
- ✓ Expert Patient Programme – support for people living with long term conditions

### BEATS exercise referral scheme

For people with long term health conditions

For details contact

**0161 253 6668**

Contact your GP and healthcare professional for a referral

- ✓ Physical activity, strength and balance

## SOCIAL PRESCRIBING SCHEME

For details contact **0161 447 3035**

- ✓ Counselling and bereavement support
- ✓ Advocacy; befriending
- ✓ Respite for carers
- ✓ Support welfare; benefits advice
- ✓ Debt and financial management advice
- ✓ Access to social groups; lunch club, cook and eat, arts and crafts

## DEMENTIA ADVISOR SERVICE

Contact your GP for a referral

- ✓ Information and Signposting
- ✓ Community group sessions
- ✓ Power of attorney advice
- ✓ Benefits advice

## GADDUM - BURY CARERS SERVICE

For details contact **0161 763 4867**

- ✓ Informal advocacy, befriending, emotional 1-1 support, peer support
- ✓ Respite for carers
- ✓ Welfare benefit advice and support
- ✓ Social groups and wellbeing sessions



## Other Useful Organisations

### ALZHEIMER'S SOCIETY

Helpline: **0300 222 1122**

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

### BURY AGE UK

Tel: **0161 763 9030**

<https://www.ageuk.org.uk/bury>

### CARERS TRUST

Tel: **0844 800 4361**

[www.carers.org](http://www.carers.org)

### CARERS UK

Helpline: **0808 808 7777**

[www.carersuk.org](http://www.carersuk.org)

### CRUSE BEREAVEMENT CARE

Tel: **0808 808 1677**

[www.cruse.org.uk](http://www.cruse.org.uk)

### SAMARITANS

Tel: **116 123** open 24/7

### DEMENTIA ADVENTURE

*Adventure and nature activities and holidays for people living with dementia and their friends and families*

Tel: **01245 237 548**

[www.dementiaadventure.co.uk](http://www.dementiaadventure.co.uk)

### DEMENTIA UK

*Helps families through work of Admiral nurses*

Admiral nursing helpline:

**0800 888 6678**

[www.dementiauk.org](http://www.dementiauk.org)

### OFFICE OF THE PUBLIC GUARDIAN

*Advice about creating lasting power of attorney*

Tel: **0300 456 0300**

[www.gov.uk/government/organisations/office-of-the-public-guardian](http://www.gov.uk/government/organisations/office-of-the-public-guardian)