



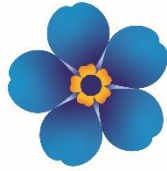
At Alzheimer's Society we're working towards a world where dementia no longer devastates lives. We do this by giving help to those living with dementia today, and providing hope for the future by campaigning to make dementia the priority it should be and funding groundbreaking research.



Alzheimer's
Society

Together we are help & hope
for everyone living with dementia

Registered charity no. 296645. Alzheimer's Society operates in England, Wales and Northern Ireland.



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Local Dementia Services

Contact 07911 738774 or
guernsey@alzheimers.org.uk

Dementia Advice Service

Living with dementia can be overwhelming but you are not alone. Our dementia advisers offer information and practical guidance to help you to cope with day-to-day challenges and prepare for the future. Support is offered in person, over the phone, by email or in writing. Dementia advisers can explain about the condition, support you to live well and can connect you to other support services.

Activity Group

This informal activity group provides people living with dementia the opportunity to take part in a variety of fun, stimulating activities. There is a focus on socialising and getting to know the others in the group.

Every Wednesday from 2pm till 4.30pm at Rosaire Court, Rosaire Avenue, St Peter Port, GY1 1XW

Singing for the Brain

This is a stimulating group activity, for people with dementia and their carers, which can help with general wellbeing and confidence. It is also a place to socialise and meet other people affected by dementia.

Every Friday from 2pm till 4pm at St Martin's Community Centre, La Rue Maze, St Martins, GY4 6RR

Drop-in Support Services

Our monthly drop-ins are for anyone affected by dementia, their carers and families. At a drop-in you will be able to chat confidentially with a dementia adviser who will provide a listening ear. They will offer personalised information, practical tips and advice to support you to live well. The drop-ins are at the times and venues specified below.

Rosaire Court & Gardens (Housing & Care 21), Rosaire Avenue, St Peter Port, GY1 1XW

First Thursday of the month 2.30pm to 4.30pm

La Nouvelle Maritainne Community Library, Rue Maritainne, Vale, GY3 5DQ

Last Thursday of the month* 10.00am to 12.00pm

* No drop-in in December or March

Cognitive Stimulation Therapy (CST)

This is a group for people with mild to moderate dementia. The activities offered aim to stimulate people's minds to be active and engaged.

Fortnightly on Tuesdays from 10.00am to 11.30am at Rosaire Court, Rosaire Avenue, St Peter Port, GY1 1XW