

Dementia Support Salisbury

<p>Memory Café</p> <p>Fisherton House Fountain Way Salisbury SP2 &FD</p>	<p>Support group held 4th Wednesday of each month 1.30-3.00pm For further detail contact katy.gillingham@nhs.net Or 01722 333034</p>
<p>Alzheimer's Society</p> <p>Salisbury Office 29A Brown Street Salisbury Wiltshire SP1 2AS</p>	<p>National charity offering a range of support and advice</p>
<p>Alzheimer's Support</p>	<p>Provides services to people with dementia, their families, and carers. Jointly funded by Wiltshire Council and the Wiltshire CCG.</p>
<p>Swan Advocacy</p> <p>Postal address: Swan Advocacy Head office 26 Milford Street Salisbury Wiltshire SP1 2AP Call: 01722 341851 Email: livingwell@swanadvocacy.org.uk Web: www.swanadvocacy.org.uk/dementia</p>	<p>Dementia Advocacy Service Free and independent service that can help you make a living well plan, your record of what's important to you When you contact Swan they will talk with you about how they can help you. When you are ready they will come and visit you to introduce you to your advocate.</p>
<p>Feel Better with a Book</p> <p>Salisbury Library Contact: Dickie Bellringer at bellringer1@btinternet.com Or call 01722 323453</p>	<p>Every first, second and fourth Thursday 11.00am-12.30pm Reading aloud tonic with great stories and poems in a friendly group led by a trained facilitator. Sit back and listen with a free cup of tea and biscuits.</p>
<p>Dance 60 extra</p> <p>Led by Rebecca Seymour</p> <p>Contact: Vicky Thornton Salisbury Playhouse Malthouse Lane Salisbury SP2 7RA</p>	<p>Dance sessions for people living with dementia using gentle movement, creativity, props and music to increase wellbeing through dance</p>

<p>Vickythornton.creativeproducer@gmail.com</p>	
<p>Community Transport South Wiltshire Service provided by: Community Transport South Wiltshire</p> <p>address c/o Wiltshire Council Environmental Services, Stephenson Road, Salisbury SP2 7NP</p>	<p>Community Transport South Wiltshire is a Salisbury based charity that focuses on providing door-to-door transport for people who would otherwise find it difficult to get out and about. A huge factor in reducing the quality of life for the elderly and disabled people is not being able to get around. Many cannot afford or reach taxis or buses and have no other transport available. Community Transport South Wiltshire provide a lifeline and help relieve the loneliness and isolation of those unable to get out and about from their homes by making it possible for them to do the things that most people take for granted: trips to the shops, an appointment for the hairdressers, the doctors or simply visiting family and friends.</p>
<p>Café Connect Salisbury</p> <p>Service provided by: Alzheimer's Society</p> <p>address Lower Street, Salisbury SP2 8EY</p>	<p>The Dementia Cafe provides information about living with dementia and other services available locally in an informal and comfortable environment. A Dementia Café is also a place to relax, socialise and meet other people with dementia and their carers.</p>
<p>Singing for the Brain</p> <p>Service provided by: Alzheimer's Society</p> <p>address Lower Street, Salisbury SP2 8EY</p>	<p>Singing for the Brain brings people together in a friendly, fun and social environment. Based around the principles of music therapy, the stimulating sessions include vocal warm-ups and singing a wide variety of familiar and new songs.</p>
<p>The Foresters Day Centre</p> <p>Service provided by: Alzheimer's Society</p> <p>address Dews Road, Salisbury SP2 7SN</p>	<p>The day care and support service provides care and support in a safe and comfortable group setting. Stimulating activities are based on people's individual needs and</p>

<p>Carer Support Wiltshire</p> <p>Service provided by: Carer Support Wiltshire</p> <p>address 15 New Street, Salisbury SP1 2PH</p>	<p>interests.</p> <p>Carers Support Wiltshire runs monthly groups which are open to all carers. The groups have a speaker at each one to talk about a wide range of topics. There is always a support worker on hand to help and discuss any difficulties carers may have. Topics: crafts groups for wellbeing (the benefits of using crafts for relaxation and joining or setting up a group for joint support); benefits of volunteering (how to use one's skills as a carer to help other carers); free session (a free group where carers can raise any issue that may be affecting them in a safe and confidential environment); Carer Involvement - Having Your Say (how carers can get involved by raising issues that affect their caring role and influence the way that carer support is provided in Wiltshire); benefits for carers (how benefits can change as one gets older or their circumstances change); nutrition; wellbeing and coping strategies; a guide to hospital discharge.</p>
<p>Laverstock Memory Group</p> <p>Contact:</p> <p>Elizabeth Bartlett - 0781 238 1463 elizabethbartlett@ntlworld.com</p>	<p>The Laverstock Support Group is an experiential memory support group for people living with dementia. The group is funded by Wiltshire Council and meets in Laverstock, Salisbury. Group meetings enable members of the group to talk about their experiences and their special interests. They share ways they have found of coping with dementia. In the group, people realise that they are not alone and others do understand.</p> <p>Group meetings are led by Elizabeth Bartlett, who has over 30 years of experience of working with people who have a dementia. The Laverstock Support Group meet in Elizabeth's own home, offering a relaxed and friendly atmosphere.</p>

	<p>There is a great deal of laughter as members drink coffee and eat biscuits.</p> <p>While the Laverstock Support Group is meeting, many of the family carers meet as a peer support group at the other end of the house. Carers can share experiences of looking after someone with dementia. Carers often describe the groups as a “lifeline”—as a place where they can meet others who really understand.</p>
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