

## Office Contact Details

Nottingham T: 01159 343 811

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



**DEMENTIA CONNECT SUPPORT LINE -  
0333 150 3456**

## ALZHEIMER'S SOCIETY

### Nottingham City and Nottinghamshire Services

7 Chase Park  
Daleside Road  
Nottingham NG2 4GT

### DEMENTIA SUPPORT SERVICE

Our specialist Dementia Support Workers provide support, information and guidance for people with dementia, their carers and family members. This includes assisting people to access other support services within the community. We offer a one-to-one support service by telephone and written information as required.

### DEMENTIA CAFES

Our Dementia Cafes are a place to relax, socialise and meet other people with dementia and their carers. Our café facilitators provide information about living with dementia and other services available locally, in an informal and comfortable environment. The cafes currently run virtually via Zoom.

**UNITED AGAINST  
DEMENTIA**  
[alzheimers.org.uk](http://alzheimers.org.uk)



## SINGING FOR THE BRAIN®

Singing for the Brain® brings people with dementia and their carers together in a friendly, fun and social environment. Based around the principles of music therapy, the stimulating sessions include vocal warm-up and singing a wide variety of familiar and new songs.

Please contact us on 01159 343 811 to book a place.

### Virtual Singing for the Brain Worksop, Wollaton and Gedling

Via Zoom

Every Tuesday  
Afternoon

### Virtual Singing for the Brain Mansfield, Newark and Rushcliffe

Via Zoom

Every Friday  
Afternoon

### Virtual Singing for the Brain Derbyshire (open to all)

Via Zoom

Every Monday  
Morning

## CARERS' SUPPORT GROUPS

Our Carers' Support Groups give people the opportunity to talk to others about how dementia affects their lives. Run by a facilitator, the sessions offer a chance to make new friends, to ask questions, get information and share experiences in a safe and supportive environment. Groups meet on a monthly basis.

Please contact us on 01159 343 811 to book a place.

### Virtual Carers' Support Group

Via Zoom

1st Thursday  
of the month  
Afternoon

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### Virtual Dementia Café

Via Zoom

Every Monday  
Afternoon  
and Wednesday  
Morning

If you would like to know more about our Dementia Support service, or if you have questions about dementia, contact your local Alzheimer's Society office or visit [alzheimers.org.uk](http://alzheimers.org.uk)

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