



Dementia Friendly Practice

This practice is dementia friendly and has committed to work with the Alzheimer's Society to make improvements, where appropriate and possible.

Alzheimer's Society is there for anyone affected by dementia. See below for ways that you can access expert information and support:

- Visit their website alzheimers.org.uk
- Call the National Dementia Helpline on 0300 222 122
- Sign up to Talking Point an online community for anyone affected by dementia alzheimers.org.uk/talkingpoint

Local groups:

Grantham Dementia Café – Held on every third Tuesday 10am-12noon.
Belton Park Golf Club, Londonthorpe Road, Grantham, NG31 9SH
Tel: 01522 437069

Melton Memory Café - Held on first Friday of every month 10.30am–12noon.
Melton Carnegie Museum, 34 Thorpe End, LE13 1RB
Tel: 0116 231 6921

Dementia Support Group – Held second Friday of every month 10.30am-12noon.
Dove Cottage Day Hospice, Canal Lane, Stathern, LE14 4EX
Tel: 01949 860303

Useful information about dementia

If you are worried about your memory or someone else's memory the first thing to do is make an appointment with your GP. There are many reasons why someone may be showing signs similar to dementia, **Dementia is not just about losing your memory.** The word 'dementia' describes a set of symptoms that may include memory loss but can also affect the way you think, speak, perceive things, feel and behave.

Dementia is not a natural part of ageing. It doesn't just affect older people. Over 40,000 people under 65 in the UK have dementia.

Dementia is caused by diseases of the brain. There are many different types of dementia and everyone's dementia is different. Alzheimer's disease is the most common cause of dementia. The specific symptoms that someone with dementia experiences will depend on the parts of the brain that are damaged and the disease that is causing the dementia.

People can still live well with dementia. Although there is no cure for dementia, scientists and researchers are working hard to find one. People with dementia can continue to lead an active, purposeful life and carry on doing the things that matter to them most