

## How do I find out more?

For help and advice and to register for information sessions contact us now:



Telephone us on  
**0800 694 8800**



Email us at  
**managingmemory@glos.nhs.uk**



Managing Memory 2gether to help people live well with Dementia.  
Working in partnership with:



# Managing Memory 2gether

Information and Education Service

If you would like further information, additional copies or would like to receive this leaflet in another language, large print or on audio format please contact the Trust Communications Team at Trust Headquarters, Rikenel, Montpellier, Gloucester, GL1 1LY. You can email us at [2gether.comms@glos.nhs.uk](mailto:2gether.comms@glos.nhs.uk) or call us on 01452 891604.

## **At Managing Memory 2gether we provide specialist information and advice to people who are:**

- worried about memory
- living with dementia
- family carers of people with dementia

The education and information service also co-ordinates a countywide programme of education sessions on a range of topics relating to memory loss and Dementia.

## **If you are worried about your own or someone else's memory it is important to seek expert help and advice as early as possible.**

Contacting us can help you to:

- find out how memory works
- learn ways to help your memory
- know when memory problems are more serious and how to get help

## **If you have dementia or support someone with dementia**

Contacting us can help you to:

- find out about dementia
- get ideas on how to cope
- get information about treatments
- find out what help is available
- learn how to look after yourself
- have your questions answered
- talk confidentially with others in a similar situation

## **Group Information Sessions**

*"I was really made us feel welcome – I really didn't think it was for me and didn't know what to expect – I am glad I came."*

We recognise that if people feel comfortable and relaxed they will gain the most from our education sessions.

Specialist staff from 2gether, speakers from the Alzheimer's Society and Gloucestershire County Council are involved in delivering sessions on the programme.

At each session we have a trained facilitator who supports our 'expert' speaker to deliver the session.

Most of our sessions are held during the day, however in some locations we are also able to offer information sessions in the evening.

Each session lasts two hours and we have a break for refreshments.

All our sessions are **free** and in some circumstances we can help with travel and replacement care costs.

Information sessions available are:

- Managing Memory
- Living well with dementia
- Understanding dementia for people with dementia and their carers
- Understanding dementia for carers
- Getting help, services and support
- The brain and behaviour
- Positive Communication
- Carer breaks and long term care

Places are limited to ten people for each session. People can book to attend one or more sessions depending on individual needs.

