

Contacting us

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:



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 or call us on 01452 891604.

Managing Memory 2gether



Managing Memory 2gether

Information and Education Service

2gether
Making life better

Managing Memory 2gether is a service offered by your local NHS and provides information and advice if you are:

- worried about memory
- living with Dementia
- a family carer of someone with Dementia

If you are worried about memory you can:

- 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 you care for someone who has Dementia you can:

- find out about Dementia
- get ideas on how to cope
- get information about treatment
- find out what help is available
- plan for the future
- learn how to look after yourself
- have your questions answered
- talk confidentially with others in a similar situation

We can offer information and advice over the telephone or by email and we can send you information in the post.

Telephone: 0800 694 8800

Email: managingmemory@glos.nhs.uk

You can also attend one or more of our group information sessions. This provides you with an opportunity to get the information you need in a friendly environment where you can meet with other people who have similar concerns.

The sessions we offer are:

- Managing Memory
- Understanding Dementia
- Getting Help – services and support
- The brain and behaviour
- Positive Communication
- Carer breaks and long term care
- Caring with Confidence: Finding your way*

Some sessions are only available to carers of people with dementia.

*Managing Memory 2gether works in partnership with a number of agencies including Gloucestershire County Council, Carers Gloucestershire and the Alzheimer's Society.

We also offer the introductory session of the Caring with Confidence Programme, a national scheme, delivered locally that helps carers to look at what matters to them. Caring with Confidence sessions are open to carers who care for someone who has any kind of illness or disability.

