

For people living with or affected by dementia

# Essex Community Dementia Support Services

Our community support services are here for anyone living with or affected by dementia. We're here for you, providing support and guidance throughout every stage of your journey.



This leaflet was created in collaboration with people living with dementia.

Call us **0333 150 3456**

Email us **[essex@alzheimers.org.uk](mailto:essex@alzheimers.org.uk)**

  
**Alzheimer's  
Society**

Together we are help & hope  
for everyone living with dementia



## Get support

We can provide direct support for you, your loved ones or your carer, and signpost you to activities and support groups local to you. If you are struggling with memory loss or awaiting formal diagnosis, or if you've had a diagnosis and have unanswered questions, our fully trained and compassionate team can talk you through any worries and concerns.

Contact our telephone support line to speak to one of our specialist Dementia Advisers. We offer specialist advice on healthcare and legal matters, referral to our Companion Call service and access to our online forum, for support and shared experiences. We can also provide you with a wide variety of informative publications. Alternatively, go online and visit [alzheimers.org.uk/find-support-near-you](http://alzheimers.org.uk/find-support-near-you) to access information about support services and groups near you.

If you are a resident of Essex (including Southend for anybody under 65 years of age) we can arrange for a Dementia Adviser to visit you in the comfort of your own home. We offer help with anything from applying for a Blue Badge or Lasting Power of Attorney, to supplying information about local groups and services available to you.

We offer a regular telephone call service so you can get the right support when you need it. We also run courses for people who have been diagnosed, to learn about their condition and provide knowledge and understanding about dementia.

## Dementia at an early age

If you have been diagnosed with dementia and are under the age of 65, our specialist team of Dementia Advisers can provide personalised support, advice and guidance, and put you in touch with other people who share similar experiences. You can also participate in local projects to help us to shape community development and future services.

## Support for carers

We offer a range of support for carers, including one to one support, and courses which provide information and advice, either in a group or online setting. Make new friends, join a support network and gain the knowledge and tools to help you cope with life's changes.

Call 0333 150 3456



## Reconnect with your community

We offer a variety of groups across Essex to help you stay connected and active. Our current groups include:

- Singing for the Brain groups
- Walk and talk groups
- Low impact exercise
- Information groups
- Peer support groups
- Online groups

“  
There is no judgement when you attend a group. Whether you are living with dementia or supporting someone with dementia, it's a great way to meet people and feel part of a community. You can be yourself. You know you're not on your own.  
”

One of our attendees

## Hospital discharge service

If you, your carer, or a loved one are admitted to hospital, call us on **0333 150 3456** to be put in touch with one of our hospital-based Dementia Advisers.

Our staff can work closely with you, your family and healthcare specialists, to provide comprehensive support throughout your hospital stay and ensure that your discharge is smooth and successful.

We can provide you with the knowledge, skills and equipment required to support you within your home environment.

We can also assist with social care, occupational therapy assessments, meals on wheels, shopping and referrals to other services. We can help to ensure you have everything in place for when you or your loved one is ready to return home.

Additionally, if required, we can support you by exploring options for future care.

## Your voice matters

No one understands the experience of living with dementia better than those who are living with it or caring for someone with it. We want to hear about and understand your experiences, and we promise to listen to what you have to say. Your opinion counts.

Many people tell us that they feel there is a stigma around dementia. With your help we can break this cycle and improve people's awareness and knowledge of the condition.

By sharing the barriers and frustrations you have faced, you can help us to inspire organisations and communities to better understand, adapt and include people living with dementia.

**By raising awareness, we aim to foster a better understanding of what it's like to live with dementia, promoting a more accessible and inclusive community. Together, we can make a positive impact.**

Call 0333 150 3456



Call us on **0333 150 3456**

Monday to Wednesday **9am – 8pm**

Thursday and Friday **9am – 5pm**

Saturday and Sunday **10am – 4pm**



Go online

**[alzheimers.org.uk/find-support-near-you](https://alzheimers.org.uk/find-support-near-you)**



Email us at **[essex@alzheimers.org.uk](mailto:essex@alzheimers.org.uk)**

Alzheimer's Society is UK's leading dementia charity, and the only one to tackle all aspects of dementia by giving help and hope to people living with dementia today and in the future.

We give vital support to those living with dementia, fund groundbreaking research, and campaign to make dementia the priority it should be. We're working towards a world where dementia no longer devastates lives.



Hertfordshire and  
West Essex  
Integrated Care Board



Mid and South Essex  
Integrated Care Board



Essex County Council



Mid and South Essex  
Integrated Care  
System

[thurrock.gov.uk](https://thurrock.gov.uk)



**Alzheimer's  
Society**

Together we are help & hope  
for everyone living with dementia

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London EC3N 2AE

**0330 333 0804**

**[enquiries@alzheimers.org.uk](mailto:enquiries@alzheimers.org.uk)**  
**[alzheimers.org.uk](https://alzheimers.org.uk)**

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