

Become one of our inspiring

volunteers

Side by Side

From making a regular telephone call, going for a stroll in the park, to joining an art class together, being a Side by Side volunteer is a flexible way to volunteer your time & helps people with dementia to keep doing the things we take for granted.

Services

Volunteers support our staff at our Memory Cafes & Singing for the Brain sessions across the county, servicing refreshments & supporting people with dementia & their carers.

Fundraising

There are many ways you can help us raise more money including becoming a member in your local fundraising group, an ambassador giving presentations & talks to community groups or providing support at one-off or annual events

Campaigning

Influence change by building awareness in your local community, joining a campaign & media group or providing compelling stories to the media.

For volunteering enquiries:

T: 0845 504 9300

E: volunteers@alzheimers.org.uk

Research

People with dementia, their carers, or anyone interested in dementia research can register with 'Join dementia research', a national dementia research programme.

T: 0300 111 5 111

About Alzheimer's Society

Alzheimer's Society is the UK's leading support & research charity for people with dementia, their families & carers.

We provide information & support to people with any form of dementia & their carers through our publications, National Dementia Helpline, website, & more than 2,000 local services.

We campaign for better quality of life for people with dementia & greater understanding of dementia.

We also fund an innovative programme of medical & social research in to the cause, cure & prevention of dementia & the care people receive.

For more information about dementia & the support available, visit alzheimers.org.uk or call the **National Dementia Helpline**

T: 0300 222 1122

alzheimers.org.uk



Alzheimer's Society operates in England, Wales and Northern Ireland.
Registered charity number 296645



**Support services
for people with
dementia, their
families & carers
in Somerset**

☎ 01458 251 541

Our local services

Alzheimer's Society provides a range of support services for people with dementia, their families & their carers in your area.

Memory Café

A place for people with dementia & their carers to meet others in a similar situation, in a relaxed social setting.

You can spend time sharing information & experiences, or simply have a cup of tea & a chat.

Singing for the Brain®

Singing for the Brain® is a stimulating group activity for people in the early to moderate stages of dementia, & their carers, which can help with general well-being & confidence.

You'll meet others with similar experiences in a relaxed setting, & can join in a variety of songs, as much or as little as you like.

Dementia Adviser Service

If you're living with dementia, our Dementia Support Workers can give you the information, advice & guidance you need.

They can also offer personalised practical & emotional support to people with dementia & their carers.

Side by Side

To help people with dementia keep doing the things they love, & to try new things, with the support of a volunteer.

Our one-to-one support makes it easier for people with dementia to remain active & part of their community in areas across Somerset.

Also, we offer a volunteer Telephone Support Service across Somerset.

Carer Information & Support Programme

A series of workshops for people caring for a family member or friend with dementia. It provides an opportunity for you to talk in a friendly & confidential environment about your experiences & the impact they are having on you.

If you would like more information about any of our services:

Alzheimer's Society
First Floor Office
Old Kelways

Somerton Road, Langport
Somerset TA10 9SJ

T: 01458 251 541

E: somerset@alzheimers.org.uk

Visit our website for local services & Information: dementiasomerset.org.uk

General Support & Information

National Helpline

Trained Helpline Advisers are available to discuss any of your concerns about all forms of dementia.

Providing information on:

- Understanding dementia
- Treatments
- How to get help locally
- Maintaining independence
- Financial & legal matters
- Caring for people with dementia
- Changes in relationships & behaviour
- Community care
- Long-stay care

T: 0300 222 1122

E: helpline@alzheimers.org.uk

Talking Point

Would you like to be in touch with people who may be in a similar situation to you?

Talking point is as an online community for anyone who is affected by dementia. It's a place to ask questions, read others' experiences & share information & feel supported.

alzheimers.org.uk/talkingpoint

We're here to help