

What group members have said

It has altered my life.

I have realised how activity can have a big effect on mood.

I realise I'm not alone with these problems.

I'm glad I came.

I'm less frightened.

Contact us

To find out more or if you are interested in joining this group, please contact:

The Victoria Centre
53 Downs Way
Swindon
SN3 6BW

01793 327937

www.awp.nhs.uk

PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS)

Tel: 01225 362900

Free phone: 0800 073 1778

Email: awp.pals@nhs.net

Other formats and languages

If you need this information in other formats (such as large print, audio, Braille) or in another language, please

Lead: Occupational Therapist

Leaflet code: AWP-265

Last review: July 2016

Next review: July 2019

NHS

Avon and Wiltshire
Mental Health Partnership
NHS Trust

Think Again Group



Post diagnostic support for people in Swindon with memory problems

You matter, we care

What is this group for ?

Research shows that people with mild to moderate memory problems can benefit from early help.

Education both about the illness and ways to cope can make a dramatic difference to your daily life.

Talking about the changes that come with the illness and how you feel can help you cope better.

The Think Again group offers this kind of therapeutic help.

Who is this group for?

People (and their family or carers), who have been assessed in the memory clinic and are having problems with their memory.

What does the group offer?

- Information about the illness
- Strategies to help cope with worries/difficulties
- Memory techniques
- Relaxation techniques
- Dealing with communication problems
- Improving quality of life
- Shared experiences
- Looking at occupations and lifestyle
- Talking about and exploring feelings
- Laughter and companionship

Moving forward

Through acceptance, improved confidence and better understanding, you, your family and carer(s) may be able to cope better with the complexities of living with dementia.

