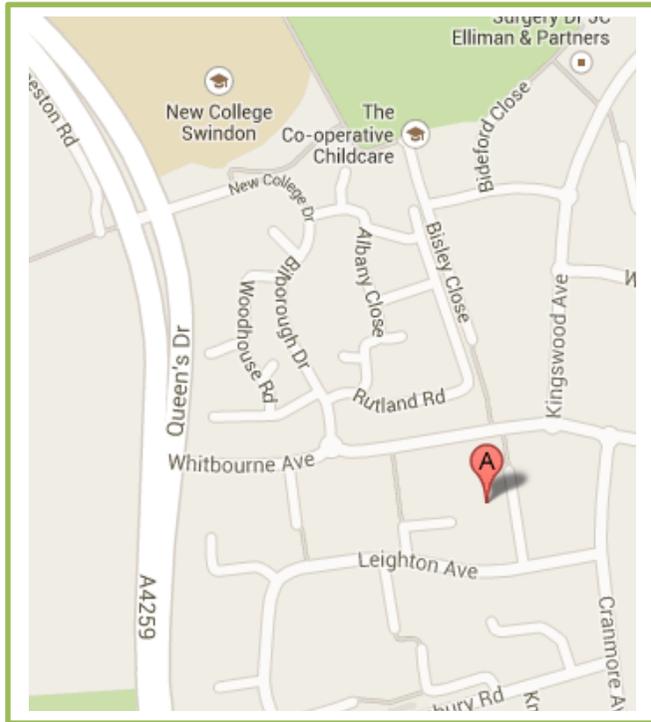


Where we are?

The Centre is in Park South, near New College in Swindon.

We are based in a house and try to make it a relaxed, friendly and homely environment.



Contact us

Forget Me Not Centre
Whitbourne House
Colston Close
Park South
SN3 2HL
Tel: 01793 436775

For information on Trust services visit
www.awp.nhs.uk

PALS

To make a comment, raise a concern or 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, Braille) or in another language, please call the PALS number.

Lead: OT
Leaflet code: AWP-302
Approval date: Nov 2013
Review due: Nov 2019



Avon and Wiltshire Mental
Health Partnership
NHS Trust

Swindon's Younger Onset Dementia Service

Forget Me Not Centre



Information for service
users and carers

Who is the centre for?

The Forget Me Not Centre is for people who:

- have progressive memory problems earlier than expected, due to organic illness.,
- want to make the most of their skills and abilities and keep leading a full life.

We help people who are finding it difficult to adapt to practical and emotional changes or who are finding it difficult to come to terms with losing some of their skills.

Our aim

We aim to enable and support people with early onset dementia to:

- reclaim, develop and maintain satisfying, productive and enjoyable lives
- find effective ways of managing the symptoms and effects of dementia.

We believe that occupation and activity gives meaning to life and promotes health and wellbeing.

What do we do?

Clients take an active part in the success and running of the Centre. What happens here depends largely on what clients enjoy doing and what they would like to try out.

The group organise and take part in a variety of activities such as:

- Hiking
- Gardening
- DIY
- Cooking
- Art
- Pottery
- Sailing
- Walking
- Film making
- Visits to local places of interest.

We welcome suggestions and new ideas.



What else do we offer?

- Individual support to people at help to maintain and develop satisfying, productive and enjoyable lives.
- Support to families and carers
- Raising awareness of dementia
- Confidence building
- Laughter and fun
- Friendship

People who use our service find there are real benefits from meeting others who really understanding the challenges of and triumphs over the symptoms of dementia.