

Contact us

If you are interested in coming to the groups or you would like to know more, please contact:

South Gloucestershire Memory Service
Cedar House
Blackberry Hill Hospital
Bristol BS16 2EW
Tel: **0117 378 4670**

For information on Trust services
visit 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

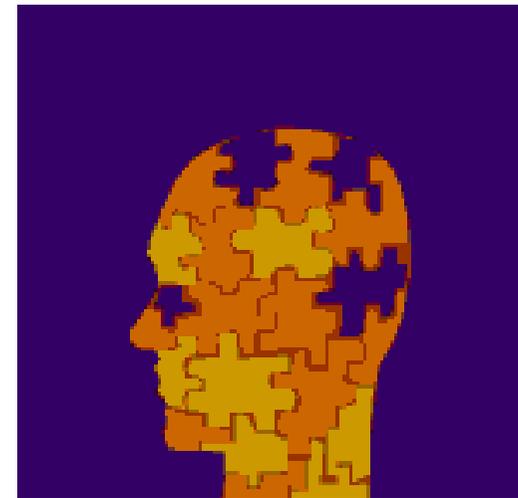
If you need this information in other formats (such as large print, audio, Braille) or in another language, please call the PALS number.

Lead: Occupational Therapist:
Approval date: Dec 2014-353
Review due: Dec 2017



Avon and Wiltshire
Mental Health Partnership
NHS Trust

Thinking Together Group



A post diagnostic group run by
South Glos. Memory Services

You matter, we care

Have you recently been diagnosed with memory problems?

South Gloucestershire memory service offers a course for people newly diagnosed with dementia to come with a family member or friend, to learn more about their memory problem and ways to cope.

It's run by specialist staff. We keep the group size small so we can tailor the course to your individual needs, with plenty of time to ask questions.

You can come on your own or with a family member or friend.

- Each session lasts for a maximum of 2 hours.
- The course lasts for 7 weeks,
- It is free of charge,
- Tea and coffee are provided,
- Courses run throughout the year in South Glos.

Before starting a group, we will visit you at home to assess your needs.

Thinking Together offers:

1. The opportunity to talk to others in a similar situation and share experiences.
2. Information on memory problems and ways to cope.
3. The chance to learn strategies to enhance living well with dementia.
4. Understanding and support from specialist health professionals.
5. The opportunity to get your questions answered by dementia specialists.
6. Information about where to get support in the future.

What other group members have said

"I was reluctant to come, but now I'm glad I did."

"I've started doing things now since coming to the group. It's made a real difference to my life."

"I feel a cloud has been lifted."

"We never used to do anything before. Now we get out the house and actually spend some time together."

"I have hope for the future."