

Dementia support services for people living in Sefton

We offer a range of services to support people living with dementia, their families and carers. These include

- **Contact with a Dementia Support Worker, providing information about services, answering your dementia questions, giving emotional support and much more**
- **Regular dementia news, research, local events and helpful tips via email newsletter**
- **Virtual memory cafe and singing groups**
- **Programme for carers to provide information and peer support**
- **Side by Side volunteer befriending service**

For more information call 01704 539967 and leave a message or email seftonoffice@alzheimers.org.uk



**United against
dementia**

