

## Managing Memory 2gether

### Information and Education Service

**0800 694 8800**

**Managing Memory 2gether** is an information and education service for

- people worried about memory
- people with dementia
- family carers of people with dementia

#### **If you are worried about memory you can**

- find out how memory works
- learn ways to help your memory
- know when memory problems are more serious and how to get help

#### **If you have dementia or you care for someone who has dementia you can**

- find out about dementia
- get ideas on how to cope
- get information about treatment
- find out what help is available
- plan for the future
- learn how to look after yourself
- have your questions answered
- talk confidentially with others in a similar situation

As well as offering information and advice via telephone or email, people can also book to attend group information sessions. This provides an opportunity to get the information you need in a friendly environment where you can also meet with other people who have similar concerns.

Managing Memory 2gether works in partnership with a number of agencies including Gloucestershire County Council, Carers Gloucestershire and the Alzheimer's Society. We also promote on behalf of Caring with Confidence in Gloucestershire the introductory session to the Caring with Confidence programme called Finding Your Way. Caring with Confidence sessions are open to carers who care for someone who has any kind of illness or disability. There are six other sessions in the programme and further details can be obtained by calling Caring with Confidence on 01452 500885 or 01452 386283.

#### **How do I find out more?**

For help and advice and to register for information sessions contact us now:-

**Managing Memory 2gether 0800 694 8800** or email [managingmemory@glos.nhs.uk](mailto:managingmemory@glos.nhs.uk)  
Further information is available at [www.2gether.nhs.uk](http://www.2gether.nhs.uk)