



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia

Kingston Services

for people living with dementia and their carers

Phone: **020 7423 5115**

Email: KingstonOffice@alzheimers.org.uk

Dementia Advisers

If you are worried about your memory, have received a diagnosis of dementia, or look after someone living with dementia, our Dementia Advisers will work with you to identify your unique needs and help you plan how to meet these needs. We can give information and practical advice to help maintain your independence for as long as possible or support you looking after someone living with dementia. This service is for both people living with dementia and family members who care for them.

Kingston Dementia Support – Sunray Surgery Drop in Service

Drop in for an informal chat, meet one of our advisers and find out how we can help you with anything relating to living with dementia or looking after someone living with dementia. No appointment necessary.

When: 9.30am – 1.30pm every Thursday

Where: Sunray Surgery, 97 Warren Drive South, Surbiton, KT5 9QD

Carers Peer Support Groups

These are friendly and informal groups for people who support someone living with dementia. This is an opportunity to meet monthly, connect with others in a similar situation and share emotions, experiences, and practical information.

When: 10.30am - 12.00pm first Wednesday of every month face to face

Where: Surbitonian Gardens at Poppy Court, Warwick Grove, Surbiton KT5 7FF.

(Parking available on site).

10.30am – 12.00pm, second Wednesday of each month on Zoom.

For further details contact KingstonOffice@alzheimers.org.uk.

Carers Information and Support Programme (CrISP 1)

Our Carers Information and Support Programme is a series of four workshops run over four weeks, which provide an opportunity to improve knowledge, skills and understanding for those caring for a person living with dementia, in a friendly and confidential environment. Future dates to be confirmed.

Alzheimer's Society Website

Learn about different types of dementia including symptoms, treatments and support available, or read advice for carers, friends and family, plus real stories and download our free factsheets and practical carers' guide here:

www.alzheimers.org.uk

Dementia Support Line

Call us on 0333 150 3456

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| Monday to Wednesday | 9am - 8pm |
| Thursday and Friday | 9am - 5pm |
| Saturday and Sunday | 10am - 4pm |

Dementia forum

Visit our online community for anyone affected by dementia to get advice, share experiences, and connect.

<https://forum.alzheimers.org.uk/>

Other Services

Dementia Friendly Communities

- Working with local organisations to make Kingston an inclusive borough where all residents affected by dementia are empowered and supported to live well.
- Any organisation can sign up to better understand the needs of people with dementia and pledge their actions to support the local community.

If you would like more information about any of our services in Kingston, please get in touch. We are here to help.