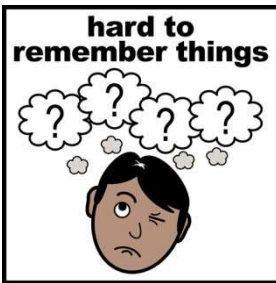


Hertswise



Are you worried about Dementia or about losing your memory?



Hertswise is a service for everybody who lives in Hertfordshire and:

- has Dementia or
- memory loss or
- is worried about these things

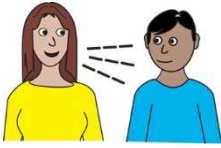


And it's for people who care for people with these conditions.



We want to help you to live well and be healthy.

What do we do?

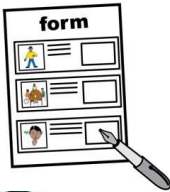


Firstly, we talk to you to find out what information you would like or what things interest you.

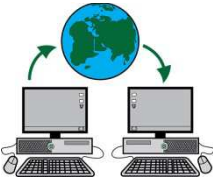
We can help you find out about...



how to get the right benefits and allowances



filling in forms



using computers and the internet



how to get help with your housing

...and lots of other things too

We talk to you to find out what things you would like to do, such as...



Music and singing



Eating well and keeping fit



Walking



Arts and crafts





Then we plan the best way to get everyone involved.



There is a small charge for activities.



If you would like some extra help to go to a group we will try to help with this too.



To find out more
call us on 0300 123 4044
Monday to Friday
8am -6pm



Thanks to  for the use of their image bank © LYPFT
www.easyonthei.nhs.uk

