

Hertswise

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Are you living with dementia or worried about memory loss?

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Hertswise is a service designed with people living with dementia, low level memory loss or mild cognitive impairment, and their friends, family and carers at its heart. It's provided by a partnership of community and voluntary groups to ensure we can provide the kind of support that you need

Hertswise aims to ensure that people of all ages, living anywhere in Hertfordshire are able to easily access information and advice, activities and support. We will have the right service to enable you to make positive changes to your health and wellbeing to both prevent the onset of dementia and to live well with memory loss and dementia whether or not you have (or want) a diagnosis.

What is available?

- **Information and advice for all aspects of your life.** Whether you or your carers need guidance about dementia or memory loss, support with claiming benefits, Lasting Powers of Attorney, housing, community care and health services, leisure and social activities or any other queries, our advisors can help find you the right answer.
- **Activities and groups designed by you.**
Are you interested in:
 - getting outdoors for a gentle walk
 - indoor exercise or swimming
 - craft-based activities or a music group or
 - have other ideas or interests?

We'll work with you to find out what activities you would like to get involved with and will help to get this running.

A small contribution towards the cost will be requested.



NORTH HERTS
MINORITY ETHNIC FORUM



- **Not confident about groups?** We can give you one-to-one support if you'd like some assistance to take part in a group, or need some more individual support.
- **Carers support groups and advice.** A chance to relax and share experiences and ideas with a group who really know what its like.
- **Assistive technology information and advice.** Find out about the latest equipment designed to help you to stay independent and safe in your own home.
- **Specialist (Community Information Network) Advisers** based alongside the NHS Early Memory Diagnosis and Support Service team (EMDASS) giving you support when and where it's most needed.
- **With you for the journey.** If you're ready for the enhanced levels of support offered by specialist providers such as Alzheimer's Society, Dementia UK and Carers in Hertfordshire, Hertswise can put you in touch with them direct. No need to ring round lots of providers, we'll work out with you what you need and put you in touch with the right organisation for you.

Get the support that's right for you, delivered in a way that best suits your needs.

Interested? For more information call:

0300 123 4044

Mon – Fri 8am to 6pm

0300 345 3446

Sat 9am to 12pm