Local Information for people with dementia and their carers

1. What is Dementia?

A useful factsheet from The Alzheimer’s Society for patients, families and carers explains what dementia is, including the causes and symptoms, and how it is diagnosed and treated. It also looks at some of the different types of dementia and can be found at the below link:


2. Local support groups for people with dementia in North Somerset:

There are a range of support groups provided by The Alzheimer's Society for people with dementia, their families and carers in North Somerset. For more information on any of the groups listed below, please contact The Alzheimer’s Society at:

- Tel: 01278 663927
- Email: north.somerset@alzheimers.org.uk

01. Activ8 – North Somerset:
- Social event for younger people with dementia (under 70) and their carers taking place at various venues across North Somerset.
- Every other Wednesday 11:00am-2:00pm

02. Weston Peer Support Group:
- This group offers a safe and socially stimulating environment for people living with dementia. A two course meal and refreshments are provided for a small course as well a variety of activities supported by staff.
- Tuesday and Thursday 11:00am-1:30pm

03. North Somerset Befriending Scheme:
- This scheme offers personalised companionship for people with dementia in their own home or during outings in the community. Provided by volunteers supported and managed by staff. Activities could include, companionship, support continuing hobbies and personal interests, support to participate in leisure and social activities and support to carry out regular activities such as shopping.

04. Memory Café – Sandford:
- The café provides an opportunity for people with dementia and those closet to them to meet regularly and talk about living with dementia in an informal social environment.
- Every other Thursday 2:30pm-4:00pm
05. Memory Café with music and dance - Tickenham:
   - A social event with music and dancing followed by a light tea for people with dementia. The café supports social interaction with the specific intention of reducing social isolation.
   - Every other Wednesday 4:00pm-5:45pm

06. Singing for the Brain – Clevedon:
   - Offers group sessions using music to encourage communication and participation for those with dementia.
   - Every Tuesday 2:00pm-4:00pm

07. Singing for the Brain - Weston-Super Mare:
   - Offers group sessions using music to encourage communication and participation for those with dementia.
   - Every Monday 10:30am-12:00pm

3. Local support groups for those caring for people with dementia:

01. Carer Support Group – Weston Super Mare:
   - Group where carers can receive emotional support and information.
   - First Thursday of the month 6:30pm-8:30pm

02. Carer Support Group – Clevedon:
   - Group where carers can receive emotional support and information.
   - Last Tuesday of the month 6:30pm-8:30pm

03. Carer Information and Support Programme – Weston – Super Mare:
   - Provides information and advice to those caring for people with dementia in a group environment. The programme includes two parts, the first for the family and friends of someone diagnosed recently and the second dealing with issues that arise as dementia progresses.

04. Carer Information and Support Programme – Clevedon:
   - Provides information and advice to those caring for people with dementia in a group environment. The programme includes two parts, the first for the family and friends of someone diagnosed recently and the second dealing with issues that arise as dementia progresses.

Produced September 2014