

Alzheimer Scotland - **ABERDEEN DEMENTIA RESOURCE CENTRE**

Alzheimer Scotland is Scotland's leading dementia charity and works to improve the lives of everyone affected by dementia.

Although the Dementia Resource is currently closed due to lockdown restrictions, we can provide the following services to people with dementia and their carers

The Aberdeen service offers:

- Various online groups and activities, such as football memories, musical memories, reminiscence groups, quizzes and carers' groups Please contact Lesley on 07769 366201, or email LGray@alzscot.org and she will send you the link to join any of the online groups. All you need is a smartphone, tablet or laptop.
- Telephone befriending service for carers and people with dementia who would prefer to chat over the phone
- One to one video consultations/meetings using a secure and confidential digital platform.
- Bi-monthly newsletter
- We also have a facebook page which can be accessed by googling **Alzheimer Aberdeen facebook**
- 24 hour free telephone helpline
- Dementia Advisor who can help signpost to external services available in the community to support you or the person your care for

To access any of the above services, or to speak to our Dementia Advisor, please contact Lesley Gray, on 07769 366201 or email Lesley at LGray@alzscot.org

Website: www.alzscot.org

24 hour free
Dementia
Helpline:
0808 808 300