

Dementia Matters Here-fordshire is an independent charitable organisation that works in partnership with communities, third sector and statutory organisations across Herefordshire to support people with Dementia, their carers', and families. The Herefordshire Community Support Service delivers the following services:

- ✓ Telephone Support Line
- ✓ Online Meeting Point
- ✓ Carers Support Group
- ✓ One to One Support and Befriending
- ✓ Bi-weekly Newsletters

### **Telephone Support Line**

DMH has a telephone support line offering advice and information for people worried about their memory, or with dementia, their carers and family members across Herefordshire.

The support line is open Monday to Friday: 9 a.m. – 5 p.m.

Ring us on 01432 804480 to speak to an adviser.

### **Online Meeting Point**

Every Wednesday at 14.30 DMH hosts an Online Meeting Point, which is a Zoom chat with other like-minded people. Grab a cup of tea and join in with quizzes, games and have a chat with others who understand.

### **Bi-weekly Newsletters**

Catch up with what's on and have a go at the activities within. Useful information, recipes and tips are also included. Send in photos and stories to feature in the next edition.

### **Carers Support Group**

Carers can get together to socialise and share experiences, information and advice, alongside gaining support from a member of the DMH team. The Carers Group is bi-weekly, on a Tuesday evening at 19.30.

### **One to One Support**

Home Visits, or phone calls can be arranged to offer assessment of need, advice and information, and for sign posting to available services. We are also building a befriending service, with volunteers providing friendship and support.