

Memory Services
Etherow Building
Tameside General Hospital
Fountain Street
Ashton-Under-Lyne
OL6 9RW
Telephone No: 0161 716 3449
Fax No: 0161 716 3453



Memory management and support group

- Would you like help and support in managing your memory problems?
- Would you like to have a better understanding of what causes these changes in your memory?
- Would you like to meet other people who have a diagnosis of dementia, learn new strategies and explore new ways of coping?

The Memory Management Group runs 3 times a year

Wednesday afternoon 1.30pm – 3.30pm

Age UK Tameside, 131 Katherine Street, Ashton-U- Lyne, OL6 7AW.

The groups are very informal and sociable and aim to be supportive, informative and offer advice.

Please turn over

The first 3 sessions are for the person with a diagnosis of dementia.

Week 1 – Living with and coping with memory problems

Week 2 – Dementia awareness and healthy lifestyles

Week 3 - Tips, strategies and memory aids

The last two sessions are for the person with dementia and they can also if they choose bring along a family member or supportive person

Week 4 - Community Support – advice and information about support for people with dementia and their family or supportive person

Week 5 – Taster session at a dementia friendly activity to be decided by the group

To book a place on the next session or to find out more information

Telephone: Michelle 0161 716 3499