Are you worried about your memory?
Have you been diagnosed with dementia?
Do you care for someone with dementia or memory problems?

Bedfordshire Memory Navigation Service
0300 111 9090

Call for
• Support for memory related concerns
• The latest information on local services available
• To book onto a programme of support

0300 111 9090
www.memoryinbeds.org.uk
info@memoryinbeds.org.uk

The Bedfordshire Memory Navigation Service is run by local charity, Carers in Bedfordshire, in partnership with the East London Foundation Trust (ELFT).

Carers in Bedfordshire:
memoryinbeds.org.uk
0300 111 9090
info@memoryinbeds.org.uk

Tibbs Dementia Foundation:
tibbsdementia.co.uk
07795 177948
contact@tibbsdementia.co.uk

Alzheimer’s Society Bedfordshire and Luton:
alzheimers.org.uk
01234 327380
bedfordshireandluton@alzheimers.org.uk

Find out more by calling 0300 111 9090
This leaflet tells you about support in your area but it does not cover all services available, and details may be subject to change.

For the latest information, call the Bedfordshire Memory Navigation Service on 0300 111 9090, email info@memoryinbeds.org.uk or visit www.memoryinbeds.org.uk

Alzheimer’s Society
Cognitive Stimulation for people with Dementia
Sessions enhance communication, interaction and concentration whilst also improving confidence.

Carers Information Support Programmes 1 and 2 (CrISP)
Improves the knowledge, skills and understanding of those caring for a person with dementia.

Living Well With Dementia
For people with early stage dementia to develop understanding, skills and practical tools, to empower them to take an active role in their health and well-being.

Activity Groups
Offer activities such as arts and crafts, walking, music-based activities and exercise.

Peer Support for people with Dementia
An opportunity to share experiences and learning, ask questions, receive information and share perceptions of living with dementia.

Services in Bedford Borough

Tibbs Dementia Foundation Services
Support for Memory
A free course of six two-and-a-half hour sessions for people with memory concerns, a recent diagnosis, and carers. Topics include understanding memory loss, communication and building networks of support and information.

In addition, Tibbs offer:

For People with Dementia
(pre-diagnosis to end stage)
- Peer support
- Cognitive Stimulation
- Music therapy

Family Carers
- Peer Support
- Wellbeing sessions
- Counselling

No referral or definitive dementia diagnosis is required.

Services in Central Bedfordshire

Alzheimer’s Society
Cognitive Stimulation for people with Dementia
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Worried about your memory?
If you have concerns about your memory please contact your GP. Your GP can talk through your individual circumstances and answer any questions. The GP may refer you to the Memory Assessment Service.

The Memory Assessment Service
The Memory Service is a specialist NHS assessment service for people who are concerned that they may have a memory problem. The team is made up of specialist doctors, nurses, occupational therapists and psychologists. The team assess and diagnose the nature of the person’s memory difficulties, report this to the family doctor and advise on further treatment or intervention.

Carers in Bedfordshire services
In addition to the Bedfordshire Memory Navigation Service, Carers in Bedfordshire offer Memory Gateways, a monthly face-to-face ‘marketplace’ of services for people living with dementia and carers, and carer groups.

Bedford Memory Gateway
Fourth Saturday of the month, 2-4pm
at Priory Methodist Church,
63 Newnham Avenue, MK41 9QJ

Carers Rest
A weekly social and lunch group for carers and people living with dementia. Tuesdays, 10.15am-1.15pm, Dame Alice Court, Newnham Street, MK40 3NR. Small charge payable for refreshments.

Biggleswade Memory Gateway
Second Monday of the month, 11am-1pm
Biggleswade Sea Cadet HQ, Station Road, Biggleswade, SG18 8AL

Houghton Regis Memory Gateway
Last Wednesday of the month, 11am-1pm
St. Thomas’ Meeting House, Lowry Drive, Houghton Regis LU5 5SJ