

# Alzheimer's Society (Cymru)

## Cardiff & the Vale

(Dementia Support, CrISP, Live Well With Dementia, Activities and Group Services)

### Dementia Support Line

If you need dementia support, we're here for you. We know dementia affects everyone differently, whether you, a loved one, a friend or neighbour is affected by dementia, we're here to support you. Our Dementia Advisers are available on the phone to give you the support you need or give you the opportunity to be transferred to a local Dementia Adviser who can provide face-to-face support.

Call us: Tel: 0333 150 3456 or Tel: 03300 947 400 (for Welsh-speaking)

Text Relay: 18001 3033 222 11 22 (for those who are deaf or hard of hearing)

### Carer Information and Support Programme (CrISP) (Face to face)

We offer programmes for family and friends caring for people with dementia to learn more about dementia in a supportive and friendly environment. Carers can share their experiences and find out about local services and support that may be of help.

For more information email: Helen Payton/Ruth Caddy (Dementia Advisers)  
[cardiffandvalecrisp@alzheimers.org.uk](mailto:cardiffandvalecrisp@alzheimers.org.uk) or ring our Dementia Support Line (details above)

### Live Well With Dementia Programme (LWWD) (Face to face)

The Live Well with Dementia programme aims to provide people living with early-stage dementia with the knowledge, skills and practical tools to support and empower them to take an active role in the management of their health and well-being.

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## Activities and Group Services

### Singing for the Brain

'Singing for the Brain' is a weekly singing group for people with dementia and their caregivers. No previous singing experience necessary and there will be a very warm welcome!

Wednesdays (weekly)  
from 2.00pm – 3.30pm

St Isan's Church Hall  
Heol Hir, Llanishen Cardiff CF14 5AE

(for ZOOM joining details please email:  
[jacqueline.ayres@alzheimers.org.uk](mailto:jacqueline.ayres@alzheimers.org.uk))

### Music and Memory Café

A friendly, sociable group for people with dementia accompanied by those who support them. Come along and enjoy fun activities and meet new friends. (Light refreshments)

1st Tuesday (of each month)  
from 2.00pm – 3.30pm

Cyncoed Methodist Church,  
Westminster Crescent,  
Cardiff CF23 6SE

## Fun and Friendship (Activity) Group

A social activity group for people living with Young-Onset Dementia. (Diagnosed before the age of 65). The Fun and Friendship (Activity) Group is free of charge and open to anyone living with young onset dementia, accompanied by those who support them. Come along to enjoy an activity, chat and laugh together in a supportive and relaxed environment. (Refreshments available)

**2<sup>nd</sup> Wednesday (of each month)**

from 10.30am – 12.00pm

**V21 Sbectrwm Centre, Bwlch Road, Fairwater, Cardiff CF5 3EF**



### Sports and Memory Café

New fortnightly sports-related activity group for people living with dementia and their caregivers at Cardiff Rugby Club. Come along and enjoy fun activities and meet new friends. (Light refreshments)

### Carer's Corner

Carer's Corner offers peer support for anyone currently caring for someone living with dementia.

- Let's connect with other caregivers who understand.
- Let's talk; share knowledge, tips and experiences
- Let's support each other
- Discussion topics

Information and advice of local services; and chat with Dementia Advisers who may offer additional support if needed.

**Tuesdays (fortnightly)**

from 11.00am – 12.30pm

**Cardiff Rugby Clubhouse, Cardiff Arms Park, Cardiff CF10 1JA**

### Butetown Memory Café

A Memory Café with a cultural twist! A warm welcoming space for people living with dementia and supported by caring family and friends (in particular from ethnic minority communities). Enjoy music, culturally tailored friendly games, storytelling, and refreshments that celebrate your culture. Connect, share memories and feel supported.

**Mondays (fortnightly)**

from 12.00pm – 2.00pm

**Butetown Community Centre, Loudoun Square, Butetown, Cardiff CF10 5JA**

For further information about any of the Activities and Group services, contact:

**Jacky Ayres (Group Facilitator - Cardiff and the Vale of Glamorgan)**

Email: [jacqueline.ayres@alzheimers.org.uk](mailto:jacqueline.ayres@alzheimers.org.uk) Tel: 07484 089481



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make a difference



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Better together



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