**Southend-on-Sea** 

**Dementia Community Support Team**

**Providing enhanced support to people living with Dementia and their carers across Southend-on-Sea.**

If you are affected by dementia or know someone who is please contact us.

The Dementia Community Support Team provides a range of free support services for people living with dementia, their families and carers.

**Dementia Community Support Services**:

* Our Dementia Navigators offer practical advice and support to help you understand dementia and the day to day challenges it may bring. Information on preparing for the future and accessing other services. We are here to enable you to maintain independence have choice and control over your life and live well with dementia.
* We run a variety of free groups offering socialisation, fun and creative activities, stimulation, reminiscence and music in a friendly and supportive environment. These include An Activity Group, Men’s Group, Carer’s Group and Music and Memories Group.
* We provide Information and learning to community groups, health, social care, private and voluntary sector agencies as well as linking in with and signposting to other services.
* Southend is always working to maintaining our Dementia Friendly Community status and provide Dementia Friends information sessions and the opportunity for businesses, services and organisations to join the Southend Dementia Action Alliance.

To access any of our services please contact our Team on 01702 534772 or email [DementiaCommunitySupportTeam@southend.gov.uk](mailto:DementiaCommunitySupportTeam@southend.gov.uk).

  