

Memory Loss Advice Service



0161 746 3944

www.ageuktrafford.org.uk

Registered Charity No. 1109047 Company No. 5384301

Memory Loss Advice Service

Dementia Advice

If you have dementia or care for someone who does, our Memory Loss Advisers are here to offer advice and support. They can support you prior to your diagnosis and beyond, including helping you to understand what a diagnosis of dementia will mean for you and your family.

In addition to our office based in Urmston, our helpline and our newsletter, we have monthly advice sessions in Urmston, Sale and Stretford, where you can have the opportunity for face-to-face support from a Memory Loss Adviser. We hold two “hub” meetings for people with memory loss and their carers every month in Urmston and Hale Barns, where you can get support from peers and hear speakers on topics of interest.

We also aim to raise awareness of dementia in our community and reduce the stigma that is all too often still attached to it.

As well as seeing you at hubs and advice sessions, our advisers will aim to carry out a regular review of your circumstances to ensure you continue to receive the support you need. You can also contact us on the helpline. The phone lines are open Monday to Friday 9am - 4pm. Outside these hours leave a message on our answerphone and we will return your call during working hours.

The service is supported by Trafford Borough Council and Integrated Care System. We work closely with Trafford Memory Assessment Service and other local organisations.

Mild Cognitive Impairment (MCI) Advice and Support

If you have been diagnosed with Mild Cognitive Impairment our Memory Loss Advice Service is here for advice, information, and support. Our advisers will keep in touch with you to ensure you are able to manage your diagnosis and help you access information on the latest evidence on preventing or delaying possible progression to dementia.

We also hold a weekly group for people with MCI in Urmston. The group includes information on MCI, an exercise session, and a cognitive stimulation session. It is also an opportunity to socialise with others who have the same diagnosis.

The advice service is FREE and open to any Trafford resident with memory loss or their carer.
- just contact us directly on 0161 746 3944



Contacts

The Sharples Building,
1-3 Church Road,
Urmston,
Manchester M41 9EH

Dementia and Mild Cognitive Impairment Support (MCI)

Contacts: Memory Loss Advisers

Phone: 0161 746 3944

Email: dementia.adviser@ageuktrafford.org.uk

Age UK Trafford provides a range of other services -

Contact us for more information

Phone: 0161 746 9754

Email: admin@ageuktrafford.org.uk

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