

## OTHER USEFUL NUMBERS

### GENERAL DISABILITY BENEFITS helpline

Ring 0800 88 22 00

### ATTENDANCE ALLOWANCE PACK

Ring 08457 123456

### COUNCIL TAX DISCOUNT "disregard"

New Forest District Council  
Ring 01590 646111

### AGE CONCERN ADVICE OFFICER

W.T. CLARKE  
Specialist Advice on long term care funding  
Ring 01962 868545

### CARERS LISTENING LINE for all carers

Ring 08000 323456

### Alzheimer's Society National Helpline and website

Ring 0845 300 0336 [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**IN A CARE EMERGENCY  
ADULT SOCIAL SERVICES  
(24 HRS)  
RING 01590 625000**



Part of the work of the New Forest branch is funded by the lottery community fund. Otherwise we are supported by local giving.

## NEW FOREST BRANCH

WAR MEMORIAL HOSPITAL, SEA ROAD MILFORD  
ON SEA HANTS SO41 OPG

### CHAIRMAN MRS GILDA NEWSHAM

"Wild Close" Wood Green  
Nr Fordingbridge Hants SP6 2QX  
Ring **01725 513334**  
email [gildanewsham@aol.com](mailto:gildanewsham@aol.com)

### OUTREACH SERVICE AND HELPLINE

Lead Outreach Worker Phyl Tappin  
Ring **01590 644 679**  
email [phyl.tappin@alzheimers.org.uk](mailto:phyl.tappin@alzheimers.org.uk)

### HELP IN THE WEST OF THE FOREST

OUTREACH WORKER Clare Sedgley  
Ring **07936 323579**  
email [clare.sedgley@alzheimers.org.uk](mailto:clare.sedgley@alzheimers.org.uk)

### HELP IN THE EAST OF THE FOREST

OUTREACH WORKER Jennie Chapman  
Ring **07936 323578**  
email [jennie.chapman@alzheimers.org.uk](mailto:jennie.chapman@alzheimers.org.uk)

### HELP IN CENTRAL FOREST

OUTREACH WORKER Julia Parker  
Ring **07590 000969**  
email [julia.parker@alzheimers.org.uk](mailto:julia.parker@alzheimers.org.uk)

### BRANCH MANAGER DAVID HIGH

Ring **01590 644649**  
email [david.high@alzheimers.org.uk](mailto:david.high@alzheimers.org.uk)

Alzheimer's Society Devon House  
58 St Katharine's Way London E1 1JX  
Registered charity no. 296645  
A company limited by guarantee and registered in England  
No. 2115499



## New Forest Branch

Are you looking after  
someone with confusion  
or  
memory problems  
in the  
New Forest?



# WHERE TO GET HELP

## **Q. We have just had a diagnosis of dementia and want to know more.**

A. We can give you the information for which you are ready in a way you can understand. You may also want to talk things over on the telephone, meet or have a home visit from an outreach worker. We also run special courses for family and friend carers which give information and support.

## **Q. We are finding that we are going out less and less. What events do you run?**

A We run coffee mornings where you can drop in with the person you support, as well as a monthly event for you both where you can hear an interesting speaker and have a light lunch. There are also special events and outings. See our website or ring the office for a newsletter.

## **Q. I can't understand why the person I am supporting is behaving like this?**

A Has this happened quite suddenly? Is the person unwell or uncomfortable? They may find it difficult to tell you. If necessary get medical advice. For changes in behaviour due to the confusion we can give you more

understanding about how to cope. Your community psychiatric nurse or mental health nurse can advise. Use our Outreach Service, and consider our Carers' Course.

## **Q I am worried about the person I am looking after who has no new illness and is being seen by a doctor or nurse from the Becton Centre.**

A If you are worried about things, you can ring them on  
☎ 01425 623802

## **Q What about the practical problems like money?**

A We can give you general advice about Lasting Power of Attorney and other ways of making life easier.

## **Q I am a bit worried about my own memory or that of someone I care for.**

A You can go and see your GP or there is a special memory clinic at the Becton Centre who can advise you. Talk to us as well if you are concerned.

## **Q What about people in other areas of the Forest?**

A This is more complicated but your local Outreach Worker can advise you.

## **Q I just don't quite know where to go from here or if anything can be done**

A Why not ring our Outreach Service for an informal chat?. It often helps just to talk it over. We can give advice about accessing types of care to give you a break. Or you may be worried about big decisions about care. If you prefer, you can come into the office, or we can visit you at home. The service is free and confidential.

## **OUTREACH SERVICE SEE NUMBERS AND CONTACT DETAILS OVERLEAF**

## **MEETINGS AND ACTIVITIES AND NEWSLETTER**

Why not drop in and have a cup of coffee to meet us? Our meetings are run by experienced volunteers many of whom have been or are carers. Our Outreach Workers are available there too.

There is more information about us and our activities in our Newsletter. It has hints and tips as well as dates of meetings and telling you about our activities and support.

## **WEBSITE**

We have our own website at <http://www.alzheimers.org.uk/BranchWbsites/NewForest/index.htm>

This gives information about our activities and services as well as useful links