

# Alzheimer's Society in Wales

---

## Support services and information

There are many people who can help you,  
you are not alone.



Alzheimer's Society is the leading care and research charity for people with dementia their families and carers.

A diagnosis of dementia may come as a shock, even if you have been half expecting it. This may be a worrying and upsetting time for you and those close to you. You may need some reassurance and support. There is much you can do in the early stages that can help make life easier and more enjoyable, both now and in the future.

## **How can Alzheimer's Society help?**

---

It may take some time to get used to the idea of living with dementia. You may want to find out more about what your illness means or you may want to talk things over in confidence.

## **The Society offers the following services:**

---

- Dementia support workers provide advice, information and support for people living with dementia their families and carers by telephone and home visits.
- Family and carers support groups where people can meet, discuss issues with each other, health professionals or others whose work, knowledge and experience may be beneficial to the group eg. welfare rights, benefits information or solicitors.

- Peer support groups.
- Dementia Cafes where a person living with dementia and their partner can meet in a social environment.
- Advocacy – to give the person living with dementia a voice.
- Befriending – to provide friendship, support and encouragement.
- Singing for the Brain®.
- Activity groups.
- Carers Information and Support Programme (CrISP).

Other services may also be available so please contact your local office. Even if you don't need them now, they may be useful to you or your family in the future. There are some positive steps you can take to live well with dementia.

Alzheimer's Society has a vision of a better, fairer world for people with dementia. We believe that people with dementia and the people who care for them have the right to high quality services and support. We work to achieve this through a combination of campaigning, research, awareness raising, training, information provision and the delivery of our own services.

## Cysylltwch â ni am wybodaeth, cymorth a chyngor / Contact us for information, support and advice

---

### **Gwent**

01495 221589 / 01495 221532  
Gwent.Area@alzheimers.org.uk

### **Cwm Taf**

01685 353919  
Merthyr@alzheimers.org.uk  
Rhondda Cynon Taf  
01443 400233

### **Caerdydd a'r Fro / Cardiff and the Vale**

02920 434960  
cardiffandvale@alzheimers.org.uk  
Tŷ Hapus y Barri / Barry  
01446 738024

### **Abertawe Bro Morgannwg**

01792 891691  
Swansea@alzheimers.org.uk  
Pen-y-bont ar Ogwr /Bridgend  
01656 753754  
Castell-nedd / Neath Port Talbot  
01639 862879

### **Gorllewin Cymru / West Wales**

01269 597382  
Sir Gar / Carmarthenshire  
01269 597411  
sirgarbranch@alzheimers.org.uk  
Ceredigion: 01239 810810  
Sir Benfro / Pembrokeshire  
01646 692329

### **Gogledd Cymru / North Wales**

01352 700462

### **Wrecsam / Wrexham**

01978 364859

### **Sir y Fflint / Flintshire**

01352 700741

### **Sir Ddinbych / Denbighshire**

01745 343026

### **Conwy**

01492 546870

### **Gwynedd**

01248 671125

### **Powys**

Trefaldwyn / Montgomery  
01686 629530  
Maesyfed / Radnor 07715805661  
Talgarth 01874 712083 /  
01874 712059

### **Swyddfa Genedlaethol Cymru / Wales National Office**

02920 480593  
ROWS@alzheimers.org.uk

### **Swyddfa Ardal Gogledd a Gorllewin Cymru / North Wales and West**

01248 671137  
nwa@alzheimers.org.uk


## “Cefnogaeth yw cyfrinach byw gyda dementia” “Support is the key to living well with dementia”


---

Mae dewis helaeth o gyhoeddiadau ar gael o Gymdeithas Alzheimer hefyd. Cysylltwch â’r swyddfa yn eich ardal i siarad â rhywun ac i ofyn am fanylion.

There are also a range of publications available from Alzheimer’s Society. Contact your local office and there will be someone there who will be able to help you.

Cyfle i weld ein holl daflenni / Access all our factsheets  
[alzheimers.org.uk/taflenni](http://alzheimers.org.uk/taflenni)

 Facebook gallwch sgwrsio â phobl eraill a chael yr holl newyddion diweddaraf. Ewch i [facebook.com/alzheimerssocietyuk](https://facebook.com/alzheimerssocietyuk) ac ymunwch â’r 12,000 o bobl sydd eisoes wedi’u cysylltu â ni.

 Facebook chat to others and receive regular updates. Just go to [facebook.com/alzheimerssocietyuk](https://facebook.com/alzheimerssocietyuk) and join the 12,000 people already connected to us.

 Neu mae croeso i chi ein dilyn ni ar Twitter yn [@alzheimerssoc](https://twitter.com/alzheimerssoc)

 Or, if you’re on Twitter follow us [@alzheimerssoc](https://twitter.com/alzheimerssoc)

**Llinell Gymorth Genedlaethol  
Cymdeithas Alzheimer ar  
Dementia / Alzheimer’s  
Society National Dementia  
Helpline.**  
0845 300 0336

**Gwefan Cymdeithas Alzheimer /  
Alzheimer’s Society Website**  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**Sgwrs a mwy ar-lein /  
A Virtual Support Group**  
[alzheimers.org.uk/talkingpoint](http://alzheimers.org.uk/talkingpoint)