

The Remind dementia support service for Portsmouth is available 9am to 5pm Monday to Thursday, and 9am to 4:30pm Fridays:

 **033 0332 4030** (standard local rate number)

 **Remind@solentmind.org.uk** (secure email)

 **www.solentmind.org.uk**

For out of hours support:

- If you, or someone you know, is seriously ill or injured, then please ring **999**.
- All GP surgeries will have a 'duty GP' to deal with emergencies, and you can contact the surgery to make an emergency appointment to see them or speak to them on the phone. Outside of normal working hours, you can access the out-of-hours GP service by ringing **111**.
- The Samaritans offer emotional support and a listening ear 24 hours a day, 365 days a year. Their free UK telephone number is **116 123**.

Remind is delivered in partnership:

Solent Mind

We will find out what your needs are and help you to live well with dementia.



Solent

Charity Registration No. 1081116
www.solentmind.org.uk

Rowans Hospice

We help you maintain your wellbeing and support you in making contact with other organisations which can help you.



Charity Registration No. 299731
www.rowanshospice.co.uk

Funded by:



**Portsmouth
Clinical Commissioning Group**

MAY 2019 MIN 37



Remind

Supporting you through
your dementia journey

Information for people with
dementia and their carers



We're here for you

If you have been diagnosed with dementia, and live in the PO1 to PO6 area or have a GP within PO1 to PO6, we can support you and the people who help care for you. We will tailor our help to suit your needs and we will make sure you have all the support and information you need.

How to contact us



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(standard local rate number)



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(secure email)



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How we can help

We understand that this can be an uncertain time, but our friendly team are here to help you and the people who care for you.

- We will meet with you to talk about how we can support you.
- If you are worried about any health problems, our nurse will be happy to give you help and advice.
- Our activity groups give you the chance to meet with other people, share experiences and enjoy a range of activities like arts & crafts and games.
- We will help you with practical things like making your home safe and helping you to contact other organisations who can give you support and advice.

“The team arranged support as soon as they visited. I am now attending an activity group... I feel much happier now about dementia as I was very scared before.”

 **Remind** working to create a dementia
Friendly Portsmouth