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| **For post diagnosis support, advice and groups :** |  | **Portsmouth City Council services:** |
| **Remind Dementia Service** – See attached leaflet  Phone number 033 0332 4030  Email: [Remind@solentmind.org.uk](mailto:Remind@solentmind.org.uk)  ------------------------------------------------------  **Alzheimer`s Society** – See attached leaflet  Phone 02392 892035  Email [hip@alzheimers.org.uk](mailto:hip@alzheimers.org.uk) | **Adult Social Care**  Helpdesk number 023 9268 0810  If you live under Hampshire County Council  Helpdesk number 03005551386 |
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| **For advice around welfare benefits and help around the home:** |  | **Practical and emotional support for carers:** |
| **Age UK Portsmouth –** See attached leaflet  Phone: 023 9286 2121 | **The Carers Centre** – See attached leaflet  Phone Number: 023 92851864 |
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| **Solent NHS Mental Health Specialist** |  |
| **Older People Mental Health Team**  Access: via referrals from health care professionals only. Please speak to your GP  Phone: 03001233923 |