

# About the project

## The Dementia Peer Support Project

is a community based service for people living with dementia and their carers.

This project is the result of feedback from members of the community living with dementia and their carers, to help meet the gap in appropriate support available in the community following a diagnosis of dementia.

The aim of the project is to improve wellbeing, share knowledge, reduce social isolation, and empower people living with dementia and their carers, to continue living fulfilling and abundant lives in their communities.

Peer Support services will be available at a variety of locations and settings across Brent.

## Contact:

For further information, and to join the Dementia Peer Support Project, please contact:

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## Brent Dementia Peer Support Project

Ashford Place

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To learn more about **Community Action on Dementia**, visit our **website:**

[www.cad-brent.org.uk](http://www.cad-brent.org.uk)

**Funded by:**



## Brent Dementia Peer Support Project

## What the service offers



## What services does The Dementia Peer Support Project offer?

The Dementia Peer Support Project provides a number of services developed by, with and for, people living with dementia/memory loss and their carers. These include:

Organised activities, visits and classes to improve personal independence and be part of the wider community

Support to continue with hobbies and/or develop new ones

Identify and share places or services in the community recognised to be safe and friendly for people with memory loss and their carers

One-to-one support between people with experience of living with, or caring for someone with dementia/memory loss

Opportunities to volunteer and share your own time and abilities to support others who can benefit from your knowledge and experience

A safe space to help develop strategies to live well with dementia/memory loss

Support to help reduce stress and understand complex feelings when living with, or, caring for someone with dementia/memory loss

Access to independent information, advice and support, as well as, help to access other appropriate services available in the community

Independent advocacy support to understand your rights and have your views, wishes and voice heard when trying to access, or make decisions about health and social care support to enhance your wellbeing in the community



For more information about these services, please visit our website:

[www.cad-brent.org.uk](http://www.cad-brent.org.uk)