

The North Cork Dementia Alliance
is a community dementia service
involving collaboration between the HSE,
The Alzheimer Society of Ireland,
Ballyhoura Rural Services,
families affected by dementia,
UCC and local community groups.
It is registered with The Charities Regulatory Authority,
CRA No 20204866

For further information

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Cork Dementia Services



corkdementiaservices



Building Confidence & Connections



NORTH CORK
**DEMENTIA
ALLIANCE**

Formerly The Crystal Project

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Memory
Group

The Memory Group

The North Cork Dementia Alliance facilitates a six week memory group to explore memory strategies and the importance of keeping mentally, physically and socially active. This group is led by a HSE Occupational Therapist and is facilitated twice a year, usually in spring and autumn.

Who is this group aimed at?

Anyone with:

- Cognitive issues
- A diagnosis of dementia

What happens at the group?

Each week we focus on a different memory strategy and brain health topic. Practical aids are also demonstrated (eg. item organisers, object locators, medication reminders, memory books).

There is an opportunity to chat with others and share tips on dealing with some of the issues experienced.

What brain health topics are explored?

We look at the importance of keeping mentally, physically and socially active.

We also look at the importance of nutrition and hydration and how poor sleep and hearing can impact memory.

We emphasise the need to mind our mental health and finish most sessions with a relaxation exercise.

What memory strategies are explored?

We look at strategies to improve attention, remembering names and remembering numbers. Practical aids to help compensate for cognitive issues are explored.

Do I need a GP referral to attend?

A GP referral is not required. However, the occupational therapist may request to contact your GP to help determine if the group will meet your needs. Attendance at a pre group screen may be required and takes place on an individual basis in the Memory Resource Room in Mallow Primary Healthcare Centre.

Is there a charge to attend?

No

Do I need to have a medical card to attend?

No

When are the groups held?

The groups are usually held in the mornings for one and a half hours.

Where are the groups held?

Mallow Primary Healthcare Centre

For more information, contact Sheena Cadoo, HSE Occupational Therapist,

Tel: 086 787 1818

Testimonials

'I enjoyed the six weeks and don't feel as negative as I did about my memory'

'Excellent talks and slides – very useful and practical'

'I found the friendliness, atmosphere and location excellent'

