

## Promoting Awareness of Dementia

The North Cork Dementia Alliance is committed to increasing awareness of dementia. We host annual public information evenings in various locations throughout North Cork.

We also speak to community organisations. If your group is interested in learning about dementia, supporting those living with it or brain health, please contact the service.

If you want to find out more about what we do:

Visit: [www.ncdementiaalliance.ie](http://www.ncdementiaalliance.ie)  
Email: [info@ncdementiaalliance.ie](mailto:info@ncdementiaalliance.ie)  
Phone: 086 787 1818 (Sheena Cadoo)  
086 781 2217 (Amy Murphy)  
086 025 5205 (Margaret McEntee)

The North Cork Dementia Alliance is registered with The Charities Regulatory Authority.  
CRA No: 20204866.



Cork Dementia Services



corkdementiaservices

Building Confidence & Connections



NORTH CORK  
DEMENTIA  
ALLIANCE

*Formerly The Crystal Project*



THE Alzheimer  
SOCIETY OF IRELAND



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# Service Information

## North Cork Dementia Alliance

The North Cork Dementia Alliance is an award winning community dementia service. Led by the HSE North Cork Occupational Therapy Department, it is a joint initiative between the HSE, The Alzheimer Society of Ireland, Ballyhoura Rural Services and families affected by dementia.

The North Cork Dementia Alliance is based in the Memory Resource Room in Mallow Primary Healthcare Centre. We offer support and services to people affected by dementia.

## Are you concerned about your memory?

You can:

- Meet an occupational therapist in the memory resource room for advice, information and support
- Attend a brain health workshop
- Attend Singing for the Brain, a weekly singing group
- Attend our monthly social club.



## Do you have a diagnosis of dementia?

You can:

- Meet an occupational therapist in the memory resource room for practical advice, information and support
- Attend Singing for the Brain, a weekly singing group
- Attend Exercising for the Brain, weekly physical activity group
- Attend a six week memory group
- Avail of our counselling service
- Attend a monthly Alzheimer Café
- Attend our monthly social club outings
- Be added to our mailing list to receive ongoing information on services and events.

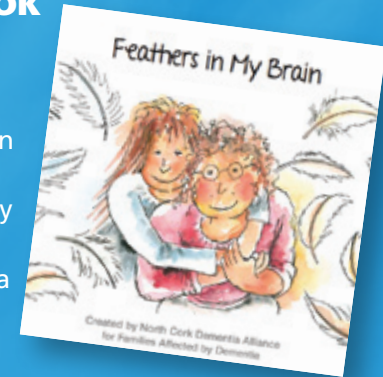
## Do you have a relative with dementia?

You can:

- Meet an occupational therapist in the memory resource room for advice, information and support
- Attend a six week information/support group
- Attend Singing for the Brain, a weekly singing group
- Attend monthly social club outings
- Attend a monthly Alzheimer Café
- Avail of our counselling service
- Be added to our mailing list to receive ongoing information on services and events
- Attend a weekly gentle yoga class.

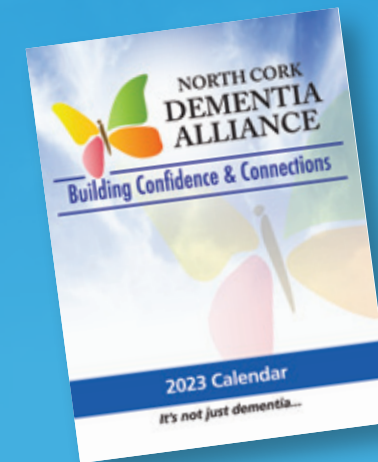
## Childrens book

The North Cork Dementia Alliance developed Feathers in My Brain, a childrens book which sensitively addresses how a diagnosis of dementia can be felt by all the family.



To purchase a copy, visit [www.ncdementiaalliance.ie](http://www.ncdementiaalliance.ie) or phone the project.

## Complimentary calendars



The North Cork Dementia Alliance developed 'Its not just dementia' calendars which challenge the belief that changes in a person are 'just dementia' and explore what the individual may be experiencing and communicating through their actions.

To get your free copy visit [www.ncdementiaalliance.ie](http://www.ncdementiaalliance.ie) or phone the project.

## The North Cork Dementia Alliance Contacts

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