



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 246 7288

Published by the Patient Information Centre

2017 Copyright, Northumberland, Tyne and Wear NHS Foundation Trust

Ref, PIC/702/0117 January 2017 V2

www.ntw.nhs.uk/pic Tel: 0191 246 7288

Review date 2020

Follow us
[@ntwnhs](https://twitter.com/ntwnhs)

www.facebook.com/NTWNHS

Memory Protection Service

Sunderland, South Tyneside and Gateshead Coping with Forgetting Group

Information Leaflet

Shining a light on the future



What if I have a comment, suggestion, compliment or complaint about the service?

If you want to make a comment, suggestion, compliment or complaint you can:

- talk to the people directly involved in your care
- ask a member of staff for a feedback form, or complete a form on the Trust website www.ntw.nhs.uk (click on the 'Contact Us' tab)
- telephone the Complaints Department Tel: 0191 245 6672
- We are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention.

You can provide feedback in the following ways:

- the quickest way for you to do this is to complete our short online survey at
www.ntw.nhs.uk/poy
- complete a Points of You survey, available from staff.

References

- The Dementia Care Strategy, 2009; NICE guidelines, 2005
- Dementia: supporting people with dementia and their carers in health and social care. NICE-SCIE clinical guideline 42. London: National Institute for Health and Clinical Excellence 2006
- Coping with forgetting group evaluation - Northumberland, Tyne and Wear NHS Foundation Trust, 2013-2016

Contact us

If you have any questions about The Coping with Forgetting group, please contact:

Memory Protection Service
Monkwearmouth Hospital
1st Floor
Sunderland
SR5 1NB
Tel: 0191 566 5422

Email: NTAWNT.MPS@nhs.net

Please note that information sent to the Trust via email is sent at your own risk.

Who is the group for?

The group is for people with memory difficulties, who have been told that the cause of these difficulties is likely to be dementia.

Six to eight people will be invited to attend each group. There will also be two staff members.

What will happen in the group?

The group is for people to talk about their experience of having memory difficulties and to share ways of coping with a change in memory.

The group is a new idea so we welcome feedback and ideas to improve the sessions and regularly ask people to tell us how they find being in the group.

Is the group useful?

Most people who have attended the group have found it helpful and 100% would recommend the group to a friend if they had memory problems.

The need for post diagnostic support in dementia is well recognised, all key policies highlight this to help maintain independence and develop coping

Here are some of the things people have said about the group:

Talking helps, you find out that it's not just you...you're not alone.

Made me more open about dementia.

I gained more confidence to be able to cope in the future.

It was good to meet other people who are in the same boat.

It's the best thing that's happened to me for ages.

I wasn't sure about the idea of a group and I was nervous to go to the first meeting but I am glad I did. I would recommend it to others.

If you're not sure about the group, give it a go, you might lose out if you don't!

Where will the group take place?

The group takes place once a week for six weeks. Each session lasts for an hour and a half, with a focused discussion followed by tea and coffee.

The groups take place at a number of central locations across Gateshead, South Tyneside and Sunderland.