

## HertsWise

We are delighted to be hosting this every Tuesday Morning from 10<sup>th</sup> July

Formed in June 2017, HertsWise provides holistic support to individuals living with dementia, low level memory loss or mild cognitive impairment, as well as their families and carers.

The service is provided by a partnership of community and voluntary groups to ensure tailored, appropriate and timely support. HertsWise aims to ensure that people of all ages, living anywhere in Hertfordshire can easily access information and advice, activities and support.

What is available?

- Information and advice for all aspects of your life, including assistance with benefit applications and Lasting Power of Attorney
- Carers support groups and advice
- HertsWise hubs and localised sessions

A team of 10 Locality Workers across Hertfordshire dedicate their time to organising social inclusion activities, including weekly HertsWise hubs, 1:1 social support, and 10 weekly activity sessions; all with the aim of supporting and enhancing physical and mental wellbeing.



Our East HertsWise Hubs take place at:

\*All Saints Church every Tuesday 10-12pm from 10<sup>th</sup> July. (Previously at River Beane View, Port Vale.)

\*The Hailey Centre, Sayesbury Manor Bell Street, Sawbridgeworth CM21 9AN, every Wednesday 9.30am – 11.30am.

HertsWise activities are designed to stimulate memory, improve cognitive function, encourage conversation, and strengthen and motivate individuals. Sessions include, but are not limited to, gentle exercise including team sports, arts and crafts, singing, and themed sessions. In addition, various organisations visit the groups to run



specific sessions, including indoor cricket, dance, horticultural activities and yoga.

Our teams have enjoyed some excellent feedback – here is what a HertsWise client had to say:

*“Mum absolutely loves our group and very much looks forward to going each week. Her dementia has definitely affected social skills and confidence, our group is the only place she joins in and feels confident to join in. Mum has the type of dementia that causes vivid hallucinations, which are constant when at home, I've found while at the group this just doesn't happen, which is a great relief, her mind is obviously focused on the activities. We both talk about and try to continue with the topics we cover, in fact on a bad day, the balloon we made and named [clients decided to name the balloon Jerry] provides a great distraction and something we both can have fun with ( we call our game hand tennis) . The group provides not only friendship and support for mum, it's a place I too find friendship and support, I quite honestly don't know what we would do without our weekly sessions. ”*

Herts Help are the first point of contact for HertsWise support, and will have access to a multitude of services within Hertfordshire that may be able to assist you in getting the help you need. To find more, call HertsHelp on 0300 123 4044 (Monday – Friday 8am – 6pm).

We look forward to supporting you!