



The information below contains a list of sites etc that you may find interesting on your Dementia journey as a carer.

To access the information click on the **BLUE UNDERLINED TEXT** or **THE LOGO** i.e. [Beeston Memory Cafe](#)



Age UK Advice Line  
0800 678 1602

[Age UK Advice & Services](#)

[Benefits and Entitlements](#)



Alzheimer's  
Society

[Alzheimer's Society](#)

[The dementia guide](#)

Alzheimer's Support Line  
0333 150 3456



DementiaUK

Dementia & Admiral  
Nurse Helpline  
0800 888 6678

[Dementia UK](#)  
[Admiral Nurse](#)



Citizens Advice  
0808 223 1133

[Citizens Advice Nottm](#)

[Citizens Advice Derbyshire](#)



NOTTINGHAMSHIRE  
Fire & Rescue Service  
Creating Safer Communities

[Safety in your home](#)

Emergency call 999

General Enquiries call 0115 8388 100  
Monday - Friday 8:30am - 4:30pm



CareChoices

[Nottinghamshire Care](#)

[Services Directory.](#)



**The Priority Services Register (PSR)**

**POWER CUT** call 105

**GAS LEAK** 0800 111 999

**WATER LEAK** 0800 783 4444



**Pegasus makes the 999 system more accessible to people who are vulnerable or have disabilities and impairments**

**Non-emergencies and general enquiries**

You can use Pegasus for non-emergencies or general enquiries by calling the service you want to contact on the numbers provided below, following the same procedure as described above:

**Nottinghamshire Police: 101**

**Nottinghamshire Fire and Rescue: 0115 967 0880**

**East Midlands Ambulance Service: 0115 884 5000**



**Apply for or renew a Blue Badge**



**Welcome to your local community messaging service**



**NOTTINGHAMSHIRE POLICE**  
PROUD TO SERVE

If you are 50+ living in the Nottingham city and county and would like to be warmer and wiser about energy, we are here to help:

**Green Doctor**



**Telephone:**  
**0115 9788 212**

**Age UK Warmer & Wise**



**Telephone:**  
**0115 8599 209**

## Useful information

[Alzheimer's Society Print and online publications about dementia: Full list](#)

[Age UK factsheets and information guides](#)

[Dementia UK Dementia leaflets](#)

[Nottingham City Council Home Page](#)

[Notts County Council Home Page](#)

[Do you look after someone Dementia?](#)

[Dementia UK Living with dementia](#)

[How to navigate the social care system if you're affected by dementia](#)

[LP12 Make and register your lasting power of attorney: a guide \(web version\)](#)

[RADAR Keys: what they are, where to use and how to get one](#)

[Find a toilet \(there are many more\)](#)

[RESPECT FORM - ReSPECT stands for Recommended Summary Plan for Emergency Care and Treatment](#)

## **More Useful Information**

**[age uk save energy pay less](#)**

**[age uk avoiding scams](#)**

**[age uk getting help at home](#)**

**[Activity groups – for people with dementia and their carers](#)**

**[deep - Friends for Life \(Ay'e-Up Mi Duck\), Nottingham](#)**

**[Forget Me Notts - a project which uses sport](#)**

**[Trent Dementia](#)**

**[Dementia Cafes and Groups](#)**