

BME OPMH translated Leaflet (not to be translated)

Page 1

WORRIED about someone's loss of MEMORY and FORGETFULNESS?

CONCERNED they appear to be CONFUSED?

ANXIOUS about an older person who seems DEPRESSED

Do you need to know what to do?

Page 2 and 3 – split into three sections as indicated

Want to know what you should do now?

Feel you need a diagnosis?

Visit the GP
Ask about the
Memory team and
the community mental health team for
Older people.

Need to talk to someone who understands

Do you need information advice and support?

You can try amongst others, the following organisations:

Age Concern Cardiff & Vale – 02920 527197
Alzheimer's Society – 02920 521872
Crossroads in the Vale – 02920 700057
Dementia Careline 02920 529848
Cardiff Mind – 02920 402040
Mind in the vale -01446 730792
Memory team-02920 716961
Cardiff and the Vale Carer's Centre -029 2022 421
Cardiff and the Vale crossroads- 029 20577300

Need more information?

Interested in a directory (in English) of local and National services?

Get your free copy of DIRECTIONS- a guide to older people's mental health services
I Cardiff and the vale of Glamorgan

Tel : 029 20222000

Or visit : www.cvmhdp.org.uk

Page 4

DO YOU KNOW ABOUT.....

The Princess Royal Trust Carer's Centre

The Carer's Centre exists to provide carers with information, support, advice and advocacy in the Cardiff and Vale of Glamorgan area.

If there is something you need to know or would just like some support, then give them a call on 029 20221421 or email cvcarserscentre@aol.com

Languages spoken: English, Urdu, Bengali and Somali.

Loop system available

Cardiff and the Vale crossroads- Lean-on-me project

The Lean On Me Project provides Carer's who are looking after a relative or a friend, a break from their caring role, whilst a professional support worker supports the Cared for person. The project offers support to the cared for person by introducing them to additional health, social care and well being activities which are chosen by the individual.

Please contact Claire Wood- Scheme Manager on 029 2057 7300

Carer's Assessment

Carers are entitled to an assessment of their needs in their own right.

If you are a carer, please contact the Local Authority Case Manager of the person you are caring for, or contact the Assessment team based at Global Link, Cardiff on

029 2053 6444