

**Wicklow Dementia Support is grateful to all our volunteers and supporters who donate time, services, skills and funds. If you are interested in helping with our community and our services, please contact us. Feel free to call for support and advice about a loved one.**



Wicklow Dementia Support  
WDS Unit 3, Cedar Estate, Killarney Road,  
Bray A98 F298  
Telephone: 089 428 6928

Please follow our Facebook page

Email: [info@wicklowdementiasupport.org](mailto:info@wicklowdementiasupport.org)  
Web: [www.wicklowdementiasupport.org](http://www.wicklowdementiasupport.org)

WDS is a registered charity (no:20536)  
Established 2010



Our Mission is to support people with dementia and their family carers so the person with dementia can stay at home for as long as possible



## **What We Do**

### **We support our community through the following activities**

#### **AlzPals**

This is a befriending service providing a "compatible companion" for the person with dementia, while also giving a short break for the family carer. All volunteers are Garda vetted and participate in a training course prior to being 'matched' to a family.

#### **AlzClubs**

WDS hosts two social clubs for people with dementia and their family carers. Both clubs are for friendship, support and fun. There are occasional morning trips to areas of interest in North Wicklow.

The Monday Club meets on Monday mornings at St. Peter's Parish Centre, Little Bray.  
The Wednesday Club meets in Wicklow Town every Wednesday.

#### **Musical Memories**

Musical Memories meets every Friday morning in St. Patrick's Parish Centre, Church Road, Greystones. It is very popular and interactive and is specifically for people with dementia and their family carer.

#### **Musical Connections**

One to one iPod music project led by an experienced volunteer to provide music on iPods for people with dementia to use at home.

#### **Carers Support Groups**

The support group for family carers meets on the second Wednesday of the month in the Community Centre, Newtownmountkennedy. There is an additional family carers support group meeting every third Friday of the month.

St. Patrick's Parish Centre, Church Road.

These are facilitator-led, peer to peer support groups.

For more information please contact: [info@wicklowdementiasupport.org](mailto:info@wicklowdementiasupport.org)  
or call (089 428 6928)

## **An Arts and Culture Group**

This group visits the National Gallery every second month and includes people with dementia and their family carers. There is a trained guide present from the gallery and everyone enjoys the outing at their own level and capacity.

#### **Alzinfo**

Information events take place at intervals and information is given on request at other times. If you have any queries or concerns, please call us on:  
089 428 6928

#### **Meet and Eat**

Pending funding WDS has experimental and pilot projects in place. The Meet and Eat Social Eating Programme has been rolled out in Arklow and North Wicklow. A new phase is due to start in September.

For eight weeks trained volunteers will visit clients weekly to cook and share a meal together, encouraging good nutrition and socialising.



Wicklow Dementia Support sees the value of having social opportunities that bring people together. There is an annual BBQ, a Christmas Party, and other events. Connect with us on Facebook for more details of events, fundraisers and helpful articles.

WDS gratefully receives funding from the HSE, Pobal, Wicklow County Council and the generosity of private donations. We have fundraising events throughout the year and all contributions are graciously accepted.

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