

# Bedfordshire Memory Navigation Service

**Are you concerned about your memory?**

**Are you a person with dementia?**

**Do you care for someone with dementia?**

**If so, we can offer you:**

- An opportunity to speak to trained support workers
- Access to a trained Dementia Nurse.
- A regular call to keep in touch
- Access to groups and support
- Information about local resources



**Get in touch with our Memory Navigation Team**

0300 111 9090 [info@memoryinbeds.org.uk](mailto:info@memoryinbeds.org.uk) [memoryinbeds.org.uk](http://memoryinbeds.org.uk)

Memory Navigation Service operates under Carers in Bedfordshire

Charity number: 1135507 Company number: 07140432

