



Young Onset Dementia

Contacts and Local Details of Support and Advice Centres, Activities and Social Groups in Nottinghamshire

Updated April 2026

Please contact us if you would like to be
included: contact@trentdementia.org.uk

Contact / Local Details

Young Onset Dementia

Nottinghamshire Healthcare has developed a specialist Young Onset Dementia Pathway to ensure people under the age of 65 with a suspected or confirmed diagnosis of dementia have access to timely assessment, diagnosis, treatment and support.

Address: General Management Suite, 76 Portland Street, Kirkby in Ashfield, Nottinghamshire, NG17 7AG

Tel: 0115 956 0884—Monday to Friday from 8.30am to 4.30pm.

Email: YODTeam@nottshc.nhs.uk

Website: <https://www.nottinghamshirehealthcare.nhs.uk/young-onset-dementia>

REDS – Rushcliffe Early Onset Dementia Support

REDS provides connection, support, and meaningful friendship for people living with early onset dementia and their families. The informal get-togethers offers valuable guidance and help reduce isolation.

Every last Saturday of the month 10:30 am—12:30 pm.

Tel: Lynsay Jacques—07906 543 506

Right at Home Team: 0115 8800 911

Address: The Business Workshop, Roseway House, Wheatcroft Business Park (Behind NottsCutts Garden Centre), Landmere Lane, Edwalton, Nottingham, NG12 4DG.

Find young onset dementia support groups and services

Find a service where you live using Dementia UK's searchable database of young onset dementia groups and services across the UK.

Website: <https://tinyurl.com/mrr72rxn>

Contact / Local Details

Online Young Onset Dementia Support Group

Derby and Derbyshire Dementia Information, Advice and Support Services has an informal but informative Young Onset Dementia online session on the first Tuesday of the month from 6.00 pm to 7:30 pm.

Tel: 01332 208845

Email: derbyshire@alzheimers.org.uk

Website: <https://www.dementiaderbyshire.org.uk/young-onset-dementia/>

Young Onset Carers Group—on Zoom

This group allows you to connect with others who do share this experience and understand the unique challenges in caring for someone with young onset dementia.

The fourth Monday of the month at 7PM – 8PM.

Book your place here: <https://www.tide.uk.net/young-onset-carers-group/>

Email: carers@tide.uk.net

Younger Dementia Nottingham

Voluntary organisation based in Nottingham enabling people to connect who have, or care for others, with working age dementia.

Facebook: <https://www.facebook.com/YoungerDementiaNottingham/>

Website: <https://www.youngerdementianottingham.co.uk/nottswad.php>

Email: hello@youngerdementianottingham.co.uk

Young Dementia Network—Find Support

This webpage has information on getting a diagnosis, supporting children, finances, choosing a care home, and accessing support for young onset dementia.

Website: <https://youngdementianetwork.org/find-support/>

Contact / Local Details

Alzheimer's Society, Young Dementia Thematic Group

This group brings together people aged under 65 living with dementia to discuss their views and experiences and use these to impact real change. The group meets online twice a month. It is a national group offering the opportunity for involvement across the UK.

Email: Hollie.wynde@alzheimers.org.uk

Tel: 07543 303 879—Hollie Wynde

Website: <https://tinyurl.com/kkhdtvd5>

Memory for Two

Supporting families affected by early onset dementia. A Facebook group set up by a family member to share helpful tips, ideas and suggestions primarily about young onset dementia. For people with a positive outlook.

Facebook: <https://www.facebook.com/Memory-for-Two-287197572048864>

Website: <https://www.memoryfortwo.com/>

The last post is from 16 April 2023.

The email is still live: memoryfortwo@gmail.com

Dementia Mentors

If you're living with dementia and would love to join Virtual Memory Cafe, then you could fill in Dementia Mentors Registration form on their website. Their aim is to keep people living with dementia socially active from the comfort of their homes. Not young onset specific.

Website & registration form:

<https://www.dementiamentors.org/virtual-memory-cafes.html>

Email: dementiamentors@gmail.com

Contact / Local Details

Dementia and Neurodegeneration: Early Onset Dementia

At Nottingham University Hospitals, they provide a clinic for early/young onset dementia for patients below the age of 60.

Website: <https://www.nuh.nhs.uk/dementia-neurodegeneration>

Rare Dementia Support (RDS)

RDS works to support people affected by Young Onset Alzheimer's Disease and other rare types of dementia: Posterior Cortical Atrophy, Primary Progressive Aphasia, Familial Alzheimer's Disease, Frontotemporal Dementia, Familial Frontotemporal Dementia, and Lewy Body Dementia.

Rare Dementia Support provides holistic support for people living with rare dementias and their families, through one-to-one, small group and large group support services at every stage of a rare dementia diagnosis.

Email: contact@raredementiasupport.org

Website: www.raredementiasupport.org

Dementia Wellbeing Service Nottingham and Nottinghamshire

Alzheimer's Society's Dementia Wellbeing Service in Nottingham and Nottinghamshire is comprised of 1:1 dementia support, Cognitive Stimulation Therapy and Carers Information Sessions. The 1:1 dementia support is our personalised support and advice service for anyone affected by dementia. It's free, easy to access, and puts you in touch with Alzheimer's Society's dementia advisers.

This is not Young Onset Dementia specific

Tel: 0333 150 3456 (Monday to Friday 9 AM to 5 PM)

Email: DementiaSupportLine@alzheimers.org.uk

Website: <https://tinyurl.com/4ses3nfy>

Contact / Local Details

Dementia and Support Hub

Coffee morning every other Friday 12:00pm – 2:00pm. You are welcome to join if you are of working age and would like to socialise over a tea or coffee.

Tel: 0115 978 5095

Address: Old Basford Community Centre, Bramble Close NG6 0QG

Email: Info@ddnottingham.com

Website: <https://ddnottingham.com/social-activities/>

Young Onset Dementia Support Group—Markfield, Leicestershire LE67 9PH

Provided by the Shuttlewood Clarke Foundation, this is a free social group for people living with dementia under the age of 70 to support each other, share knowledge and laugh together. Optional activities includes curling, skittles, quoits, darts, boccia and crafts.

Meetings on the last Thursday of every month from 1:30PM

Tel: 01530 245860 (option 3)/ 07860 639693 (Kathleen Wass)

Email: kathleen@shuttlewood-clarke.org

Website: <https://www.shuttlewood-clarke.org/>

Address: Shuttlewood Clarke Foundation Activity Centre, Ulverscroft Manor, Priors Lane, Ulverscroft, Markfield, LE67 9PH

Carers Federation, Carers Hub Service (CHS)

It is a free and confidential service that supports unpaid Carers living in Nottingham City or Nottinghamshire. Not Young Onset Dementia specific.

Tel: 0808 802 1777 (Monday to Friday 9AM to 5PM)

Email: carershubinfo@carersfederation.co.uk

Website: <https://carershub.carersfederation.co.uk/>

Contact / Local Details

Advisory, Conciliation and Arbitration Service (ACAS)

ACAS can give you advice about workplace situations. Its website has guidance and publications or you can phone the helpline for information and advice.

Tel: 0300 123 1100 (Helpline, 8am–6pm Monday–Friday)

Website: www.acas.org.uk

Equality Advisory and Support Service

The EASS helpline can give you free advice and support.

Tel: 0808 800 0082 (Helpline, 9am–7pm Monday–Friday, 10am–2pm Saturday)

Website: www.equalityadvisoryservice.com

Facebook group, Dementia Aware

A UK-based Facebook group helping to spread awareness and share issues for people of all ages. It's a closed group, but you can join if you or one of your family or friends has a form of dementia. Not young onset specific.

Facebook link: <https://www.facebook.com/groups/250325295027020>

Nottinghamshire Adult Social Care Directory—Care Choices

There's guidance on the types of care available, council payments towards the cost of care, accessing care services, and what support is available for carers. Not Young Onset Dementia specific.

Website: <https://tinyurl.com/399jvbu3>

Benefits calculators

You can use an independent, free and anonymous benefits calculator to check what you could be entitled to.

Website: <https://www.gov.uk/benefits-calculators>



Trent Dementia charity

Institute of Mental Health

Triumph Road,

Nottingham

NG7 2TU

Tel: 0115 74 84220—Please leave your name & number

Email: contact@trentdementia.org.uk

Website: <https://trentdementia.org.uk/>

Trent DSDC is a Registered Charity (No.1109855)