



15 February 2016

For immediate release

NRSDC partners with Alzheimer's Australia NSW to bring the Memory Van to the Northern Rivers

Northern Rivers Social Development Council (NRSDC) has partnered with Alzheimer's Australia NSW to bring the Memory Van to the Northern Rivers.

The Alzheimer's Australia NSW Memory Van will be visiting Casino, Lismore, Banora Point, Tweed Heads, Ballina, Ocean Shores, Brunswick Heads, Alstonville, Yamba and Grafton this month with information about dementia for the community.

There will also be free presentations on Healthy Brain Ageing. These presentations will address the myths surrounding dementia and provide information relating to normal ageing and memory loss. The sessions also discuss strategies to help maintain brain health. Registrations for these sessions are essential.

The Alzheimer's Australia NSW Memory Van is a mobile education resource that travels state wide to help raise awareness on the importance of brain health and dementia risk reduction.

Representatives from the Northern Rivers Social Development Council (NRSDC) and local services along with staff at the Alzheimer's Australia NSW Memory Van can help if you are worried about your own or someone else's memory; if you interested in finding out more about memory and ageing; and what you can do to lead a brain-healthy lifestyle.

The Memory Van also provides communities with information designed to help educate and assist people living with dementia, their carers and health professionals. Staff can also assist with enquiries about memory loss, local dementia services and support.

NRMA local Director Fiona Simson said the Memory Van tour was a great opportunity for regional NSW residents to access information about driving and dementia.

"A free guide 'Staying on the Move with Dementia' will be available," Ms Simson said.

"The guide provides support for people with dementia and their families, it outlines how this health condition can impact driving. It also provides advice and information on how to prepare for life without a driver's licence."

The Memory Van is also fully equipped with FREE Help Sheets and Fact Sheets and information about memory loss and how to reduce your risk of developing dementia.



There will be FREE Healthy Brain Ageing Seminars at:

- Casino Library, Graham Place on Thursday 18 February from 10.30am – 11.30am
- Northern Rivers Community Gateway, 76 Carrington Street, Lismore on Friday 19 February from 3pm – 4pm
- Banora Point Community Centre, 25 Woodlands Drive on Friday 19 February from 10am – 11am
- Tweed Heads South HACC Centre, cnr Heffron and Minjungbal Drive from 1.30pm – 2.30pm
- Brunswick Heads Community Centre, South Beach Road on Monday 22 February from 10.30am – 11.30am
- Treelands Drive Community Centre, 24 Treelands Drive, Yamba on Tuesday 23 February from 10.30am – 11.30am
- Grafton Community Centre, 59 Duke Street on Tuesday 23 February from 1.30pm – 2.30pm

Registration for the Healthy Brain Ageing presentations is essential. You can register by contacting Paddy on (02) 8875 4609 or Paddy.Parnell@alzheimers.org.au

Or you can just stop by and visit the Alzheimer's Australia NSW Memory Van:

- Casino Library, Graham Place on Thursday 18 February from 10am – 1pm
- Northern Rivers Community Gateway, 76 Carrington Street, Lismore on Friday 19 February from 2.30pm – 4.30pm
- Banora Point Community Centre, 25 Woodlands Drive on Friday 19 February from 9.30am – 11.30am
- Tweed Heads South HACC Centre, cnr Heffron and Minjungbal Drive on Friday 19 February from 1pm – 3.30pm
- Ballina Markets, Canal Road on Sunday 21 February from 7am – 1pm
- Ocean Village Shopping Centre, 82 Rajah Road, Ocean Shores on Monday 22 February from 8.30am – 10.30am
- Brunswick Heads Community Centre, South Beach Road on Monday 22 February from 11am – 12.30pm
- Alstonville Shopping Plaza, Robertson Street on Monday 22 February from 1pm – 3pm
- Treelands Drive Community Centre, 24 Treelands Drive, Yamba on Tuesday 23 February from 10am – Noon
- Grafton Community Centre, 59 Duke Street on Tuesday 23 February from 1pm – 3pm

The Memory Van visit and Health Brain Ageing seminars are powered by NRMA and supported by the Northern Rivers Social Development Council.



Alzheimer's Australia NSW is the charity for people with dementia and their families and carers. As the peak body, it provides advocacy, support services, education and information.

More than 353,800 people have dementia in Australia. This number is projected to reach more than half a million by 2030.

National Dementia Helpline: 1800 100 500

An interpreter service is available

@AlzheimersNSW

(The National Dementia Helpline is an Australian Government Initiative)

[Dementia is a National Health Priority Area](#)

www.fightdementia.org.au



Northern Rivers Social Development Council (NRSDC) is a community-based not-for-profit organisation that promotes fairness and social inclusion in the Northern Rivers region of NSW.

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