

Promoting Awareness of Dementia

The Crystal Project is committed to increasing awareness of dementia and reducing the stigma that surrounds it. We host annual public information evenings in various locations throughout North Cork.

We also set up portable information stands in prominent, public locations such as GP practices, credit unions and libraries.

If you are willing to host a portable information stand in your community or place of work, please contact the project.

The Crystal Project also speaks to community organisations. If your group is interested in learning about dementia, supporting those living with it, services or brain health, please contact the project.

If you want to find out more about what we do:

Visit: www.crystalproject.ie
Email: info@crystalproject.ie
Phone: **086 787 1818 (Sheena Cadoo)**
086 781 2217 (Amy Murphy)
086 025 5205 (Christine O’Riordan)

The Crystal Project is the trading name of Mallow Dementia Project Ltd, a company limited by guarantee without a share capital registered in Dublin No 545740, CHY No: 21361 with a registered office at:
Memory Resource Room, Mallow Primary Healthcare Centre, Mallow, Co Cork.

Directors: Sheena Cadoo and Yvonne Finn Orde,
Secretary: Dr Cormac Sheehan.

There are no charges for the majority of our services and you do not need a medical card to access them.



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PROJECT**

The Crystal Project

The Crystal Project is an award winning community dementia project. Led by the HSE North Cork Occupational Therapy Department, it is a joint initiative between the HSE, The Alzheimer Society of Ireland, Family Carers Ireland, families affected by dementia, UCC, local community groups and GPS.

The Crystal Project is based in the memory resource room in Mallow Primary Healthcare Centre. We offer support and services to people affected by dementia.

Are you concerned about your memory?

You can:

- Meet an occupational therapist in the memory resource room for advice, information and support
- Attend a six week memory group to learn practical ways of dealing with the issues you are experiencing
- Attend 'Singing for the brain', a weekly singing group.



Do you have a diagnosis of dementia?

You can:

- Meet an occupational therapist in the memory resource room for advice, information and support
- Work with an occupational therapist on practical goals such as remembering names, using a mobile phone or taking medication
- Attend 'Singing for the brain', a weekly singing group
- Attend our social club outings
- Be added to our mailing list to receive ongoing information on project services and events.

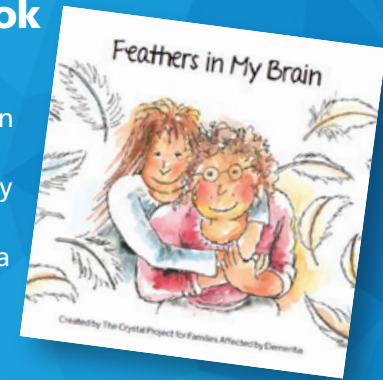
Do you have a relative with dementia?

You can:

- Meet an occupational therapist in the memory resource room for advice, information and support
- Attend a six week information group
- Attend support meetings
- Attend 'Singing for the brain', a weekly singing group
- Attend a six week introduction to mindfulness group
- Be added to our mailing list to receive ongoing information on project services and events
- Attend our social club outings
- Avail of our one to one emotional support service.

Childrens book

The Crystal Project developed Feathers in My Brain, a childrens book which sensitively addresses how a diagnosis of dementia can be felt by all the family.



To purchase a copy, visit www.crystalproject.ie or phone the project.

Complimentary calendars



The Crystal Project developed 'Its not just dementia' calendars which challenge the belief that changes in a person are 'just dementia' and explore what the individual may be experiencing and communicating through their actions.

To get your free copy visit www.crystalproject.ie or phone the project.

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