



Northumbria Healthcare
NHS Foundation Trust

Priory Memory Clinic

Issued by Mental health services for older people (MHSOP)



Many people suffer from problems with declining memory. This can happen in a number of ways and for a number of different reasons. The Priory Memory Clinic offers a service to people who have been referred by their doctor with concerns about their memory.

Our aims include:

- Early identification of memory problems or related disorders
- Comprehensive assessment and diagnosis
- Support and advice for you and your family
- Referral to other service providers
- Best use of available drug treatments and other therapies.

What causes memory problems?

Nobody has a perfect memory all the time, but sometimes memory lapses persist and become a problem in everyday life. The causes of memory problems differ from person to person, but poor memory is not a normal part of old age and should be investigated. The most common causes of memory problems are:

- A physical infection or problem such as an under-active thyroid
- Anxiety and depression
- Injury to the brain, for example, after a stroke
- An illness such as Alzheimer's Disease
- Medications that may cause memory problems
- Alcohol related memory problems.

Do I need to bring anything with me?

Please bring anything you may need such as glasses and hearing aids. You will also need to bring with you any medication you are taking.

You may be accompanied by a friend, relative or carer.

What will happen at my first appointment?

You will be seen by a qualified member of staff, who will discuss any problems you have been experiencing.

You will then have a check-up which will include an Electrocardiogram (ECG) which records the electrical activity of your heart and possibly a blood test.

The nurse will ask you to complete some tests that will help us find out more about your memory.

Meanwhile your relative, friend or carer will be asked some questions about how you have been managing in your everyday life.

Your appointment should last approximately two hours.

After this, a second appointment will be given to discuss the results of these tests with the Consultant.

What if I am not satisfied?

If, at any time, you have concerns or queries, please speak to a member of staff, in the first instance. If you feel that your concerns have still not been addressed, please contact the Clinical Nurse Lead, telephone 0191 293 4060.

Contact details

The Clinic is in the grounds of Appleby and Collingwood Surgeries and the Ambulance Station.

The Priory Memory Clinic
Hawkeys Lane
North Shields
NE29 0SF.
Telephone: 0191 219 6649.

The Memory Clinic is open from 8.30 am – 4.30 pm,
Monday to Friday.

Please leave us a message on our answering machine outside of these hours.

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

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General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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