

Activities and support in North Warwickshire for people with dementia and their carers



Dementia/Memory Cafes

White Hart Community Group

Memory Café

A dementia friendly quiet space where people living with dementia and their carers can enjoy a cup of tea or coffee and cake.

www.whcgatherstone.org.uk/

Coffee/tea: £1

Cake: £1

Time: Every Tuesday 10am -12pm

Location: White Hart Tea Room, White Hart Community Groups (formerly Volunteer Centre North Warwickshire), Long Street, Atherstone, (just past the library).

For more information: call 01827 717073



Forget—Me—Not

Welcoming older people, people living with dementia and carers.

£3 per person, includes a light lunch, tea and coffee, peer support and a range of activities

Time: 12:00– 3:00pm on the third Thursday of every month from

Location: Terrace Café, at St Joseph's Care Home, Coventry Road, Coleshill

For more information: St Joseph's Care Home on 0167543455

st.josephs@fatherhudsons.org.uk

Coleshill and water Orton

Memory café

A café to support both people living with dementia and their carers. Activities and lunch are provided

Location: Water Orton Church

Time: 1st Friday of the month
2.00pm—4pm

Cost: £3.50 per person

For more information contact
Coleshill Town council on

01676 463 326

Dementia Services

Alzheimer's Society

Dementia Navigator Service

The Dementia Navigators are here to provide you with information, guidance and support to help you live well, whether you have dementia or are caring for someone with dementia. We can offer information and guidance including information about diagnosis, all aspects of living with dementia, legal rights, welfare benefits, signposting or referral on to national and local Alzheimer's Society services or external organisations, practical support to help you cope with the day to day challenges of living with dementia and emotional support to help you work through any difficult feelings about your circumstances.

You can be referred to our service by health or social care professionals but you are also able to refer yourself.

Just give us a call on 01926 888899 or email
southwarks@alzheimers.org.uk

Dementia Friends

The Alzheimer's Society Dementia Friends programme is the UK's biggest ever initiative to change people's perceptions of dementia.

Whether you attend a face to face information session or watch the online video, Dementia Friends is about learning more about dementia and taking action. From telling friends about Dementia Friends, to visiting someone you know living with dementia, every action counts.

To find out more please visit
www.dementiafriends.org.uk



Dementia Services

Home Instead

Home Instead provides domiciliary support services to those that need support to stay independent at home. We tailor these services to an individual's specific needs which can include companionship, home help, respite or personal care. We specialise in supporting people living at home with dementia by forming relationships with our highly trained staff who are consistent visitors. Our relationships with community groups are to provide our clients with information and resources which will provide mental stimulation as well as benefitting them socially and physically.

We are a member of the Dementia Action Alliance and have a dedicated Dementia champion who provides educational talks on living with dementia. Home Instead are also working closely with Action Fraud and the charity, Think Jessica, to provide awareness to older adults about the occurrence of scams and preventing them from becoming a victim.

For more information please contact, Karen Wilkinson on 01675 464600 or 01827431002

Age UK

Dementia day opportunities

The service aims to assist and promote independent living in the community for as long as possible and provides opportunities in:

- Helping to keep memory at optimum levels
- Socialise with others in similar circumstances
Join in stimulating activities and have fun

Who Qualifies?

Anyone with a diagnosis of dementia
Able to participate in activities both individual and group
Has a level of mobility
Able to interact with fellow group members
Living in North Warwickshire, Nuneaton & Bedworth

What Does it Cost?

£37.50 incl of lunch and refreshments. Reduced to £10 for those financially assisted by Warwickshire County Council.
Groups covering Nuneaton & Bedworth and Grendon areas

For more information contact:

Beverley Hotson - 07881 824468

Email:

Beveley.hotson@ageukcovwarks.org.uk

Website: www.ageukwarwickshire.org.uk

Dementia Services

Time Out

Time Out offer a range of services to assist people in maintaining their independence and provide support for daily living. These include:

- Befriending
- Supported shopping and delivery
- Accompanying you to appointments
- Sitting service/carer's respite
- Supporting gardening

For more information or to get in touch with the team at Time Out, phone them using 07428 730 950, email them via enquiries@timeoutliving.co.uk, or visit the website at www.timeoutliving.co.uk



Phoenix Group
North Warwickshire

The Phoenix Group

The Phoenix group LTD is a registered Charity dedicated to the provision of respite and fellowship for those living with of any form of dementia, and importantly, their carers. This is done in a non clinical friendly atmosphere on a weekly basis.

Time and Date: Tuesday 11am—3pm

Location: Wood End Working Men's Club, 57 Tamworth Road, Wood End, CV9 2QH.

For more information visit www.phoenixgroup-nwarks.org.uk or call

The Warwickshire Carer Wellbeing Service

This service aims to ensure that carers are supported in every way possible in their caring role, while maintaining their own wellbeing.

Please contact:

Tel: 024 7663 2972 – option 2

Email: carersupport@carerstrusthofs.org.uk

Website: www.carerstrusthofs.org.uk

Dementia Services

Side by Side

What's your idea of a good time? Going to the football, catching a movie, a jog around the park, or a good old mooch around the shops? Whatever you love doing, Side by Side is our service to help you keep doing it. The service aims to reduce social isolation and loneliness for people with dementia.

Your Side by Side volunteer will empower you to keep on doing the things you love – and try new things too. The idea is that you meet up regularly, decide what you'd like to do, and then do it together. It's all about having fun and feeling good – you will both be making a big difference to each other's lives.

Get in touch today to find out more: 01926 88 88 99 or sidebysidenorthwarwickshire@alzheimers.gov.uk



Admiral Nurses

Specialist dementia nurses who give practical, clinical and emotional support to carers and family members. To access the local admiral services the person must have a diagnosis of dementia and be living at home in the community and be registered to a GP in the area (Coventry, Rugby, North Warwickshire). Health care professionals must have carers consent to refer.

Local phone number: 0300 303 3131

For those out of area, **National Helpline:** 0800 888 6678

Relate Coventry & Warwickshire

For those out of area, National Helpline : 0800 888 667

Counselling where dementia is having an impact on relationships.

Counselling Contact - Mandy Boothe

info@relatecoventry.org

Care Companion

Developed with Carers for Carers, a free resource to support those who care for their loved ones

<https://www.carecompanion.org.uk/>

Leisure Activities

Atherstone Leisure Complex

Atherstone leisure complex has recently undergone some improvements within the centre to make the environment more dementia friendly such as; new flooring in the reception area, less clutter on the walls, better signage and new automatic exit doors.

For more information contact them on 01827 719321 or visit the website www.northwarks.gov.uk/info/20009/leisure



Fitter Futures

Fitter Futures is a 12 week physical activity programme for adults aged 16+ (and young people aged 12-16) You can get referred for:

- mental health condition - such as mild to moderate depression, anxiety, low mood
- respiratory condition
- musculoskeletal conditions
- strength or balance concerns
- neurological conditions
- hypertension
- risk of cardiovascular disease
- diabetes (type one or two)
- pre-diabetes
- overweight/obesity (including in all stages of pregnancy and postnatal)
- osteoarthritis, rheumatoid arthritis or osteoporosis , Osteopenia
- dementia early/mid stages
- recovering from cancer

For more information visit:

www.warwickshire.gov.uk/fitterfutures,

Call: 01926 351077,

Email: fitterfutures@warwickshire.gov.uk.



Leisure Activities

Warwickshire Libraries

The library service is free to join. Computers are free to use if you are a member of the library. Books are free to borrow. Carers can have a supported ticket, allowing them to borrow talking books, DVD's and music CD's free of charge with no overdue charges or reservation charges. A home library service is also available to deliver books to individual library users. Books are available to support those living with dementia and their families through the Books on Prescription service. Come in to your local library to find out more information.

Council managed libraries in North Warwickshire are in: Atherstone, Coleshill and Polesworth.

Community Managed Libraries are in: Baddesley, Dordon, Hartshill and Water Orton. Books and other items can be requested and collected from Community Managed Libraries but opening hours and services at community run libraries may differ to those offered by libraries managed by the council. Reading Well Books on Prescription, (BOP) can help you manage your health and wellbeing with self-help books, eBooks and CDs, covering mental health topics

Dementia collections and reminiscence collection titles (Pictures to Share) are only located at council run libraries.

For more information visit:

www.warwickshire.gov.uk/Libraries OR

www.warwickshire.gov.uk/booksonprescription



Recovery and Wellbeing Academy

The Recovery and Wellbeing Academy offers a learning approach to recovery and wellbeing that compliments existing services provided by Coventry and Warwickshire Partnership NHS Trust and Coventry and Warwickshire Mind in the county. The academy offers a wide range of FREE courses and workshops designed to empower people in recognising their skills, abilities and resources and learning to become experts in their own recovery and wellbeing. Courses have included Coping With Caring, Understanding Personal Independence Payments and Bereavement. A large number of local partnership organisations have come together to deliver various free courses and workshops across a number of venues.

Open to over 18s. **Enrol at:** <https://recoveryandwellbeing.covwarkpt.nhs.uk>

Call: 0300 303 2626.

Place of welcome ; a dementia friendly coffee and chat open to all.
Closed for refurbishment open from April 2020

Time: Wednesdays 10:30 am—12:30 noon

Venue: Coleshill Parish Church'
Church Hill, Coleshill, Birmingham
B46 3AD

The Herbert Protocol

The Herbert Protocol is a national scheme adopted by police services and other agencies across the country. It is a simple risk reduction tool to be used in the event of a person with Dementia or other mental vulnerability going missing. It consists of a form that contains vital information about a person at risk that can be passed to the police if the person is reported missing. A recent photograph of the person should also be kept with the form. The basis of the scheme is for vital information about the person such as medication, description, photograph, significant places in the person's life and their daily routine, to be pre-recorded on a form. It encourages carers, families, friends or neighbours, to hold information about the person with dementia that can help the police find them if they do go missing. Who fills the form in? In a care setting the care provider, the person at risk or their family can fill in the form. The police will only ask for the form, or the information in the form, if the person is reported missing.

To download the Herbert Protocol form visit: <https://www.warwickshire.police.uk/notices/af/herbert-protocol/>

Assistive Technology

Assistive technology (AT) is a term used to describe any device or system that can help a person to accomplish their daily living tasks and/or increase the ease and safety of undertaking these. AT can support all people, from those with very low needs through to people with complex physical and/or mental health needs. AT can also support carers to stay connected with others, enhance safety through monitoring or help to complement care and reduce strain. Examples of assistive technology include:

- monitored items such as Global Positioning System (GPS) devices that can help family to locate a person who has not returned home or may have gotten lost
- memory clocks and devices that prompt to help with remembering time, date, appointments and mealtimes

www.warwickshire.gov.uk/assistivetechology or contact Warwickshire County Council

Customer Contact Centre: 01926 410410. The **AskSARA** website helps people find useful information about products that may make daily living easier <https://asksara.dlf.org.uk/>

Leisure Activities

Cherish Dementia Holiday Trust

Cherish was founded in 2006 to provide assisted holidays for people with dementia and their carers. Since then it has also provided day trips and monthly lunch meetings. These activities offer the opportunity to meet with others in similar situations and enjoy their company whilst benefiting from the undivided attention from their carers. Carers are also able to discuss problems and share experiences, often friendships are made and telephone numbers exchanged, providing a support network. We publish newsletters several times a year which gives full details of our activities. To receive these, we have a membership which is free.

Details can be obtained from our website
www.cherishholidays.webs.com
or by ringing Janet Wright on 01827 768569

Hubs in your community

The North Warwickshire Borough Council Hubs offer a variety of services which include access to free Internet and laptop use, signposting and support services including help with forms and benefits and more. Most hubs have a community café and various other leisure activities on offer. For more information about specific activities on offer in your local Hub visit:

www.northwarks.gov.uk/hubs

Alternatively please

call 01827 715341

***Please note that Community Hubs are run by volunteers and opening times may be affected by the availability of volunteers.*

Arley and St Michaels Community Centre

Tue, Wed, Fri 9.00am – 12.00pm

Baddesley Ensor Village Hall

Mon 2.00pm – 5.00pm. Tue 3.00pm – 5.00pm Wed 10.00am – 5.00pm with café open 12.00pm – 5.00pm.

Coleshill Town Hall

Mon, Tue, Wed and Fri 10.00am – 1.00pm.

Hartshill Community Centre

Tue 10.00am – 2.00pm Wed 2.00pm – 4.00pm

St Mary's Church Atherstone

Tue 10.00am – 12.00pm and Fri 10.00am – 2.00pm



Email Northernareateam@warwickshire.gov.uk

or phone 01926 737767

Warwickshire County Council Localities team
working in Partnership with North Warwickshire
Borough Council

and Dementia Navigators

Southwarks@alzheimers.org.uk

communitydevelopment@northwarks.gov.uk

Information correct as of 7/02/2020

For the latest information visit

www.warwickshire.gov.uk/dementia

www.alzheimerssociety.org.uk