

# **Nuneaton and Bedworth**

**Activities and support in  
Nuneaton & Bedworth for  
people living with Dementia  
and their carers**



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# Dementia Services

## Alzheimer's Society

### Dementia Connect Warwickshire

Dementia Connect is a dedicated service to support anyone living with dementia or caring for someone with dementia, providing personalised advice and practical and emotional support, helping you and your loved ones at all stages of dementia.

Dementia Connect is available online and advisors are available over the phone for a chat and to answer any questions or talk through any difficulties you may have regarding Dementia, this can include:

- Understand more about how dementia affects you or your loved ones
- Small changes you can make at home to help someone with dementia
- Equipment that can help with daily tasks and maintaining independence
- Support to look after your physical and mental health
- Advice on latest Government Covid 19 guidance
- Connecting with others through technology and take part in online activities from the comfort of your own home
- Other services and support available locally

You can contact Dementia Connect by phone or email.

**Call:** 0333 150 3456 (Calls charged at standard local rate)

**Email:** demetia.connect@alzheimers.org.uk

#### OPENING TIMES:

Monday to Wednesday: 9 am – 8 pm

Thursday to Friday: 9 am – 5 pm

Saturday to Sunday: 10 am – 4 pm

Find out more about Dementia Connect at: [alzheimers.org.uk/dementiaconnect](http://alzheimers.org.uk/dementiaconnect)

Dementia Connect is delivered across Warwickshire by Alzheimer's Society and is free

## Alzheimer's Society cont.

### Dementia Friends

The Alzheimer's Society Dementia Friends programme is the UK's biggest ever initiative to change peoples 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 visit [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

## Warwickshire Carer Wellbeing Service

Warwickshire Carer Wellbeing Service, part of Carers Trust Heart of England, is here to support carers, enabling them to access the support and services that are available.

It is a free, confidential service which includes:

- providing information on services and practical help
- offering one to one confidential and emotional support during difficult times
- providing an emergency card to carry to give peace of mind,
- providing drop in information points throughout Warwickshire,
- providing support with completing forms e.g. carers allowance, Blue Badge.
- Wellbeing Assessments

For more information please call 024 7663

2972 – Option 2 or

email: [carerssupport@carerstrusthofe.org.uk](mailto:carerssupport@carerstrusthofe.org.uk)

or visit [www.carerstrusthofe.org.uk](http://www.carerstrusthofe.org.uk)

# Dementia Services

## Dementia Activity

People living with dementia often have a short attention span but it's vital that we fill that span with interaction and conversation. Maintaining cognitive skills in a person with dementia is important and can help with the symptoms of dementia.

Dementia Activity resources have developed resources which can be used by a person from any community.

Meaningful activities you might like to try include doodling, making beeswax candles or a photo frame. Activities are fun and not too complicated.

Taking the hard work out of activities, the guide provides you with an interactive activity every day for 365 days, whether you are looking for something to fill half an hour or to fill a whole year visit. Activities include:

**Seasonal** – activities to keep your person aware of the time of year

**On this day** – fun activities for bank holidays, celebration or national awareness days

**Reminiscence** – ways to get your person sharing treasured memories

**Brain yoga** – physical and mental challenges to get that grey matter working

**Do something** – tasks and conversations to keep you busy

**Sensory** – activities to stimulate the senses

**Physical** – ideas to get you moving and keep you fit

For more information visit  
[www.dementiaactivity.com](http://www.dementiaactivity.com)

## Warwickshire's Living Well with Dementia Website

Warwickshire County Council (WCC) has developed this website which aims to provide people with dementia, carers and people living and working across Warwickshire with information about:

- dementia
- living well with dementia
- local support and services
- national support and services
- reducing the risk of developing dementia
- dementia Friendly Communities.

There is also information for the general public, businesses and organisations on how they can contribute to Warwickshire being a place where people can live well with dementia.

To access the site visit: [www.https://dementia.warwickshire.gov.uk](https://dementia.warwickshire.gov.uk)

## Assistive Technology

Warwickshire County Council is promoting the use of a helpful tool to residents, which aims to give people educational information and advice about a broad range of assistive technology solutions that support independent living.

The tool, AskSARA (self-assessment, rapid access), is free to use and designed by the charity Disabled Living Foundation (DLF). AskSARA produces impartial advice, written by occupational therapists, about suitable aids and adaptations for over 90 topics of daily living for older and disabled people.

Topics on AskSARA include bathing and toileting, getting dressed, communicating, mobility, hearing, stairs, medication management, and living arrangements.

Further information and guidance support and self-help can be found at:  
<https://asksara.livingmadeeasy.org.uk>

# Dementia Groups & Cafes for people living with Dementia and their Carers

## Dementia Day Opportunities

The service offers support in a day care setting which aims to assist independent living in the community for as long as possible through opportunities to:

- Help keep the memory at optimum levels.
- Socialise with others in similar circumstances.
- Join in group activities and have fun.

Activities include reminiscence therapy, music and movement, arts and crafts.

**Contact:** Age UK Warwickshire, 8 Clemens Street, Leamington Spa, Warwickshire, CV31 2DL. Tel: 01926 458 100.

### **Mondays 9.30am to 3.00pm**

Pallet Drive Club, NCF (Nuneaton Christian Fellowship Church) Church Building, Pallet Drive, Nuneaton. CV11 6LT

### **Tuesdays 9.30am to 3.00pm**

Poets Corner Club, 20 Drayton Road Bedworth. CV12 9EY

### **Thursdays 9.30am to 3.00pm**

Attleborough Baptist Church  
The Green, Nuneaton. CV11 4JZ

## Here 4 Each Other

Here 4 Each Other is a Carers' Support Group - online via Zoom for anyone caring for someone living with Dementia. Its a safe non-judgemental space to share experiences and learn from others in a similar situation.

Online meetings are via Zoom on the 1<sup>st</sup> Tuesday of every month- 7 to 8pm.

If you want to find out more or to get a link to the Zoom Support Group contact Ruth Chauhan, Dementia/Health & Wellbeing Specialist, AmbaCare Solutions on [ruth@amba-uk.org](mailto:ruth@amba-uk.org) or call 07974 727223.

## Dementia Buddies

A Dementia Buddy is a volunteer who wants to make a positive difference to the lives of people living with dementia and/or their carer by providing a befriending service.

Volunteers are carefully chosen to have a good understanding of dementia and can engage effectively, in a kind, respectful and empathetic way. They receive full training and support to enable them to carry out their Buddy role effectively and are enhanced DBS checked so you can be assured that you will receive a safe service at all times; You, and/or your family, will be able to agree with your Buddy the kind of support you want. For further information contact Ruth Chauhan. Dementia/Health & Wellbeing Specialist m. 07974 727223 email. [ruth@amba-uk.org](mailto:ruth@amba-uk.org)

## Time For You

Time for you! is a FREE service helping carers to make social contacts and increase involvement in social activities. We know that carers can become isolated and lonely as a result of their caring role. The purpose of the service is to offer a reliable relationship to you if you have found it difficult maintaining social connections as a result of your caring role. You will be matched with a trained volunteer 'befriender' who will arrange to either phone or visit you once a week for a period of 12 weeks.

All befrienders have undergone training in their role. They have passed enhanced DBS checks and referencing and will be matched to yourself via your local wellbeing adviser.

For more information on Time for you or to register an interest in receiving this service contact Michelle Sawyer at Carers Trust [michelle.sawyer@carerstrusthofs.org.uk](mailto:michelle.sawyer@carerstrusthofs.org.uk)

# Dementia Groups & Cafes for people living with Dementia and their Carers

## The Alz Lunch Time Club

The Alz Lunch Time Club is a peer support group for people with dementia, their carers and ex-carers. They provide information and have fun activities. Drinks and refreshments are provided. There is just a small charge of £3.00 per person.

**They meet monthly on the third Monday of each month from 12.00pm to 2.00pm at Horeston Grange Church, off Camborne Drive in Nuneaton. CV11 6GU**

For details contact Veronica Hartopp on 024 7632 9692

## Dementia Active

Dementia active is a FREE weekly social session for men diagnosed with dementia and their carers.

Meet new people, become more active boost energy levels, take part in a range of FREE activities in a fun and comfortable environment.

**These are held Weekly on Mondays, 2.30 to 4.30 pm at Jubilee Leisure Center, Greenmoor Road, Nuneaton. CV10 7EZ**

For more information contact Jack Clemons on 07494 734264 or email on [jack.clemons@sbitc.org.uk](mailto:jack.clemons@sbitc.org.uk)

## The Phoenix Group

The Phoenix Group is a support group that works with carers and people who have been diagnosed as having dementia.

This is a large and friendly group who have regular activities and provide advice and support. They have outings and speakers and is a community for friendship and interaction. There is just a small charge of £3.00 per person.

**The Phoenix Group meets weekly on Tuesdays, 11.00am to 3.00 pm. They meet at Ambleside Sports Club, Ambleside Way, Nuneaton. CV11 6AT.**

Referral is through your doctor, consultant, occupational therapist or health care professional.

## SWANS—Nuneaton

SWANS provide a fun outlet through singing for carers and the cared for. Light refreshments are available.. It costs £2.50 each.

**SWANS meet weekly on Tuesdays mornings 10am to 11.30 am at St Nicholas Church Centre. Vicarage Street, Nuneaton. CV11 4AZ**

**AND**

**Tuesday afternoons, 1.30 to 3.00pm at St James Church Hall, Church lane, Weddington, Nuneaton CV10 0EY**

For more information call Sally-Ann Veasey or Rev Kelly Betteridge on 024 7634 4553

PLEASE NOTE : SWANS **DO NOT MEET** DURING AUGUST

# Dementia Groups & Cafes for people living with Dementia and their Carers

## Happy Days Group

All are welcome - particularly those living with dementia and their carers. Bring a friend too! Refreshments, activities and entertainment available. Cost is £3.50 per person (this includes a light buffet / snack)

**Every 3rd Wednesday of the month, 11.30am to 1.30pm in the Johnson Memorial Pavilion, in Miners Welfare Park, Rye Piece Ringway, Bedworth. CV12 8JH**

For more information please contact Pat Spacey by phone on 07733 060585 or email. on [19pat49@talktalk.net](mailto:19pat49@talktalk.net)

## Carers Café Group—The Makery

Are you a carer? Come along to our carers support group where you can meet other Carers and have some time out. You can bring your cared for loved ones with you if you wish,

**Weekly on Wednesdays 11 to 1.00 pm at The Makery, Abbeygate Shopping Centre, Nuneaton Town, CV11 4EL.**

For information contact Tel 07894 675947 or email [guardiansgrowchairty@icloud.com](mailto:guardiansgrowchairty@icloud.com)  
Website: [www.guardiansgrow.co.uk](http://www.guardiansgrow.co.uk)

## Nuneaton and Bedworth Dementia Choir

Music is a great aid to memory recall for those living with dementia and a way for those affected by dementia to gain emotional release.

The Nuneaton and Bedworth Dementia Choir is an open opportunity for anyone affected by dementia to come together in a Borough wide initiative to raise awareness and enjoy singing together with new friends.

**Choir sessions take place every Thursday from 11.00am to 1.00pm at Our Lady of the Sacred Heart Parish Hall Weston Lane, Bulkington, CV12 9RU**

For more information, please call on 024 7631 5151 or email us on [info@volunteerfriends.org.uk](mailto:info@volunteerfriends.org.uk), or visit our website [www.volunteerfriends.org.uk](http://www.volunteerfriends.org.uk)

## Memory Café—The Makery

A relaxed informal group café providing support for people with memory difficulties and their carers. We provide companionship and a supported safe space for those affected by memory difficulties. We offer access to memory games, toys and books. A friendly safe space to share and meet others on a similar journey.

**Meeting weekly on Thursdays— 11 am to 1.00 pm, at The Makery, Abbeygate Shopping Centre, Nuneaton Town, CV11 4EL.**

For information contact Tel 07894 675947 or email [guardiansgrowchairty@icloud.com](mailto:guardiansgrowchairty@icloud.com)  
Website: [www.guardiansgrow.co.uk](http://www.guardiansgrow.co.uk)



# **Dementia Groups & Cafes for people living with Dementia and their Carers**

## **Mindful Moments Community Group**

A FREE friendly and safe place for people living with dementia to socialise and have fun with games and activities to improve memory and thinking.

Anyone who is feeling lonely and is looking for somewhere they can meet others for a chat and a 'cuppa' is also very welcome to join us.

**Weekly on Thursdays, 2.00 to 3.30 at Stockingford Community Center, Haunchwood road, Nuneaton. CV10 8DY**

Tea, coffee, squash and biscuits provided  
Voluntary contributions gratefully received

For more information contact t Ruth Chauhan  
Dementia/Health & Wellbeing Specialist on  
Tell no 07974 727223 or  
email Ruth on [ruth@amba-uk.org](mailto:ruth@amba-uk.org)

## **Memory Lane**

A free, relaxed, informal drop-in environment.  
We provide support for people with memory difficulties and their carers.

We provide companionship, activities, occasional entertainment and the opportunity to chat.

**Fortnightly on Fridays, 1.30pm to 3.00pm  
All Saints Church, High Street, Bedworth,  
CV12 8NH**

For further details, please contact Jackie on  
07763 908460.



# Dementia Services

## Medicar - transport service to medical appointments & social journeys

### Medical Appointments

Transport service for people living in Nuneaton & Bedworth who need to make medical related journeys and are not able to use public transport due to ill health (short or long term) or disability.

The driver will wait up to 1 ½ hours or drop off and return.

### Social journeys.

For residents of Nuneaton & Bedworth, aged 65 or over who are struggling with their daily social activities due to mobility problems

Our drivers are volunteers, using their own vehicles and giving their time for free. They provide a door to door service.

The cost is 45pence per mile with £3.00 admin charge. The drivers are DBS checked.

For information contact Carole at Volunteer Friends on 02476 315151

## 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 visit:  
<https://www.warwickshire.police.uk/notices/af/herbert-protocol>

# Dementia Services

## Warwickshire Special Care Dental Unit

### Looking After Your Mouth

Good oral health is very important for a person's health and wellbeing. It is really important for someone living with dementia to establish and maintain a good daily dental care routine and attend a dentist for regular dental check ups.

Maintaining good oral health brings benefits for the individual in terms of their self-esteem, dignity, social integration and eating and drinking.

Your usual family dentist will be your first port of call for care, advice and support.

Anyone not yet registered with a dentist can find the General Dental Practices in their area by calling 111 the NHS free helpline.

The Warwickshire Special Care Dental Service provides dental care for people of any age who have additional needs that make it difficult for them to access a family dentist.

There is a specific referral mechanism in place for health professionals in Warwickshire to refer suitable clients.

To find out more about the referral criteria and process please visit :

<http://www.geh.nhs.uk/directory-of-services/specialties-and-services/special-care-dental-service>

## Cherished Dementia Holidays CIO

Cherish was founded 10 years ago to provide assisted holidays for people with dementia and their carers. Since then it has also provided day trips and have monthly lunch meetings.

These activities offer the opportunity to meet with others in similar situations and enjoy the 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. Cherish publish newsletters several times a year which gives full details of their activities. To receive these they have a membership which is FREE.

Details can be obtained by visiting: <https://cherishholidays.webs.com/> or by ringing Sally Mawson, Cherish Co-ordinator on 07718 235720

PLEASE NOTE: THEIR WEBSITE IS CURRENTLY BEING UPDATED.

# Leisure Activities

## Warwickshire Libraries in Nuneaton & Bedworth

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. There are reminiscence books available to share on holidays, jobs, shopping and much more.

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.

Books on Prescription and reminiscence collection titles (Pictures to Share) are only located at council run libraries.

### Council run Libraries

Nuneaton: Church St, Nuneaton CV11 4DR  
Bedworth: High St, Bedworth CV12 8NF

### Community Managed Libraries

Bulkington Community Library, School Road, Bulkington, Nuneaton CV12 9JB . Tel No 02476 491815

Camp Hill Library, 460 Copper Beech Rd, Camp Hill, Nuneaton, CV10 9FE

Keresley Community Library, Bennetts Rd, Coventry CV7 8HX . Tel No: 024 7633 3140

Stockingford Library, St Paul's Road , Stockingford , Nuneaton, CV10 8HW. Tel: 0300 555 8171

Come in to your local library to find out more or visit: [www.warwickshire.gov.uk/Libraries](http://www.warwickshire.gov.uk/Libraries) or call 0300 555 8171

## Leisure Centres

Leisure centres provide a range of activities from exercise to swimming and other sports. They have various concessions so call to find out what is available for carers and cared for people living with dementia. The centres are working towards becoming dementia friendly.

Your leisure centres in Nuneaton and Bedworth are:

- Bedworth Leisure Centre, Coventry Rd, Bedworth CV12 8NN Tel No: 024 7649 9010
- Etone Sports Centre, Leicester Road, Nuneaton CV11 6AD .Tel No: 024 7632 0620
- Jubilee Sports Centre, Greenmoor Rd, Nuneaton CV10 7EZ .Tel No: 024 7634 3688
- Pingles Leisure Centre, Avenue Rd, Nuneaton CV11 4LX Tel No: 024 7632 1200

## Churches

There are a number of churches across Nuneaton and Bedworth. Churches are not only a place of worship so meet spiritual needs but many provide opportunities for luncheon clubs, coffee and chat, craft activities, bingo, quizzes, outings etc. These activities help to provide emotional support, social networks and reduce isolation .

Its worth visiting your local churches to find out what activities they offer.



**Leaflet Produced By Warwickshire County Council**

**Communities & Partnerships Team**

**For the latest information visit**

**[www.warwickshire.gov.uk/dementia](http://www.warwickshire.gov.uk/dementia)**

**<https://www.alzheimers.org.uk>**

**December 2022**

**For information on this leaflet you can contact:**

**Communities & Partnerships Team on  
[connectingcommunities@warwickshire.gov.uk](mailto:connectingcommunities@warwickshire.gov.uk)**