

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



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 9.00am to 3.00pm

Pallet Drive Club

NCF (Nuneaton Christian Fellowship Church) Church Building

Pallet Drive

Nuneaton. CV11 6LT

Tuesdays 9.00am to 3.00pm

Poets Corner Club

20 Drayton Road

Bedworth. CV12 9EY

Wednesday & Thursday 9.00am to 3.00pm

The Mews Club

3 Manor Court Road

Nuneaton. CV11 5HU

Friday Friends

Friday Friends is run by donations by enthusiastic volunteers, and has been running successfully since 2015.

We use a large sunny room in **Bulkington Village Conference Centre, CV12 9JB** (Behind Bulkington Library). No need to book just come along but maybe check the dates with us to make sure. If you would like a programme of dates and events get in touch by phone or email. Entrance is free but £1 is asked for unlimited refreshments.

Come along and join us on **the First and Third Fridays of each month** (except Bank Holidays) **1.30pm - 3.30pm** in an informal atmosphere for refreshments, social support, entertainment, talks and activities and occasional trips out.

The First Friday of the month we often have talks and entertainment along with light refreshments in our cafe area.

The Third Friday of the month we have our usual cafe area, dancing, games, arts and crafts and reminiscence sessions. Join in with whatever activity you choose, but there is no pressure.

We have a trained activity coordinator who has put together a varied and interesting calendar for the year and we would love you to join us.

Carers are welcome to come with or without the person with dementia, but we are not able to take the person with dementia without a friend or family carer for support.

If you would like a programme of dates and events or any further details call Bulkington Surgery on 024 7673 3020

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

Alzheimer's Society Dementia Cafe (Bedworth)

People with dementia often say that following the diagnosis they lose the confidence to socialise. Family members often feel left out and experience social isolation, due to the impact that the caring role has on their time and relationships.

Dementia cafés are drop-in centres offering a friendly and safe environment, where people living with dementia, their family and friends, can come to meet others, have a chat over a cup of coffee, share experiences and information, and learn about support available to them in their local communities.

The Alzheimer's Society Dementia Café - Bedworth, takes place monthly on the 4th Friday of each month, 1pm - 3pm. At All Saints Church, High Street, Bedworth, CV12 8NH

It's an informal social event for people with dementia, their family and friends. Staff from Alzheimer's Society will be on hand to give support and provide information.

They have a range of fun activities including singing and playing games from the past. The cafés can also provide sessions with speakers from a range of organisations covering a variety of topics that help to support individuals living with dementia, their spouses, partners or children.

For more information call 01926 888899

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 Fridays, 10.30am to 3.30 pm. They meet at Ambleside Sports Club, Ambleside Way, Nuneaton. CV11 6AT.

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

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.

They meet monthly on the First Monday of each month, 11.30am to 1.30 pm at Hatters Space, Upper Abbey Street, Nuneaton. CV11 5DN.

For details contact Veronica Hartopp on 024 7632 9692

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

SWANS—Nuneaton

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

SWANS meet weekly on Tuesdays mornings and afternoons 10am to 12 noon at St Nicholas Church Centre. Vicarage Street, Nuneaton. CV11 4AZ

AND

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

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 £2.00 admin charge. The drivers are DBS checked.

For information contact Mel at Volunteer Friends on 02476 315151

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 visit: www.carerstrusthofe.org.uk or telephone 024 76 10 10 40 option 4

Escape Arts

Who I am

A free 4 week creative arts project designed to inspire conversations and capture memories about you and your family and friends. This is for the person with diagnosis along with their family or carer.

For information contact Corinne on 07792 053757

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

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

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.dementia.warwickshire.gov.uk

Assistive Technology

Assistive Technology refers to pieces of equipment / technology designed to enable people with day to day tasks in their environment, to live as safely and independently and well as possible e.g prompting devices, dementia clocks, dementia friendly labels, adapting the home etc.

Assistive Technology in Warwickshire is currently being reviewed by WCC Integrated Community Equipment. Further information and guidance support and self-help can be found at:

<https://asksara.dlf.org.uk/>
<https://www.alzheimers.org.uk/info/20030/staying-independent/30/assistive-technology/7>.
<https://www.dementiauk.org/understanding-dementia/advice-and-information-2/making-the-home-dementia-friendly-and-safe/>

If you require further advice or support you can contact your local Alzheimer's society support, or Warwickshire County Council Customer Contact Centre on 01926 410410

Dementia Services

Alzheimer's Society

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 visit www.dementiafriends.org.uk

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. They offer information and guidance including information about diagnosis, all aspects of living with dementia, legal rights, welfare benefits, signposting, practical support to help 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.

Referrals can be by health or social care professionals but also self referrals by calling on 01926 888899

Supporting people to live well with dementia through participation in Physical Activity on Referral

People with a diagnosis of dementia (in the early-mid stage) can benefit from the Physical Activity/ Healthy Lifestyles on Referral Service.

The service offers a 12 week programme of physical activity at various venues across Warwickshire. There is a choice of a combination of activities at a variety of settings, including sessions at local leisure facilities, personalised sessions at home or in a community venue and/or group activities in the local community e.g. walking groups.

Support is provided by a Physical Activity Specialist who will develop the programme and offer support and encouragement to become more active. There is a cost to the programme which is discounted where possible.

Physicla Activity on referral (cont)

Carers may also be able to participate in a physical activity programme alongside the person they support or they can go along to sessions to offer support with the person they care for.

Referrals must be made by healthcare or social care professionals.

For further information please contact Fitter Futures Warwickshire. Telephone: 02476 400 594 E-mail: fitterfutures@nbleisuretrust.org Website: www.fitterfutureswarwickshire.co.uk

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/article/20156/The-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>

Fitter Futures

Fitter Futures is a 12 week physical activity programmes for young people aged 12-16 and adults aged 16+.

Referrals can be :

- Mental health condition
- Respiratory or muscular-skeletal condition
- Overweight/obese
- Dementia
- Osteo/rheumatoid arthritis/osteoporosis
- Hypertension

For more information visit www.fitterfutureswarwickshire.co.uk or call 02476 400594

Cherished Dementia Holiday Trusts

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: www.cherisheddementiaholidaytrust.co.uk or by ringing Janet Wright on 01827 768569

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

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

The Chess Centre, 460 Cedar Rd, Nuneaton CV10 9DN . Tel No: 024 7675 7100

Come in to your local library to find out more or visit: 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 support and reduce isolation .

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

**Leaflet Produced By Warwickshire County Council
Localities team in partnership with the Nuneaton and
Bedworth Dementia Action Alliance**

**Email: northernareateam@warwickshire.gov.uk
or phone 01926 737765**

**For the latest information visit
www.warwickshire.gov.uk/dementia
www.alzheimerssociety.org.uk**

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DAA Dementia
Action Alliance

Nuneaton and Bedworth