

# **LOCAL INFORMATION FOR THOSE WITH DEMENTIA AND THEIR CARERS**

THERE ARE SEVERAL LOCAL AND NATIONAL ORGANISATIONS WHICH CAN HELP WITH INFORMATION AND SUPPORT

## **ALZHEIMER'S SOCIETY BIRMINGHAM AND SOLIHULL DEMENTIA ADVISER SERVICE**

**0121 706 4052 or**

**email: [birminghamandsolihull@alzheimers.org.uk](mailto:birminghamandsolihull@alzheimers.org.uk)**

**NATIONAL HELPLINE: 0300 222 5855 or**

**email: [helpline@alzheimers.org.uk](mailto:helpline@alzheimers.org.uk)**

The Alzheimer's Society run the following local meetings – call Liz Rose on 07827 940 844 for further information or

**email: [Elizabeth.Rose@alzheimers.org.uk](mailto:Elizabeth.Rose@alzheimers.org.uk)**

### **Memory Cafés**

**Sutton Coldfield Methodist Church, South Parade,  
Sutton Coldfield, B72 1QY – 2<sup>nd</sup> Friday of the month  
10.30am – 12.30pm**

**Walmley Café, St John's Church Hall, Walmley Road,  
Sutton Coldfield, B76 1QN – 3<sup>rd</sup> Thursday of the month  
10.30am – 12.30pm**

### **Singing for the Brain**

**Sutton Coldfield Methodist Church (as above) 2<sup>nd</sup>**

**Monday of the month 10.30am – 12.00pm**

**call 0121 706 4052 for further information**

### **CARERS UNITED**

**Our Place Community Hub, Farthing Lane, Sutton Coldfield, B72 1RN – 0121 355 1006 or**

**email: [info@carersunited.org](mailto:info@carersunited.org)**

**Carers United offer advice and information as well as a monthly Carers Café, and also opportunities to take part in trips and outings at a subsidised cost. You will need to register – no charge.**

### **Carers Café**

**United Reformed Church, 1 Brassington Avenue, Sutton Coldfield, B73 6AA – 4<sup>th</sup> Tuesday of the month**

**11.00am – 1.00pm**

### **AGE CONCERN**

**76-78 Boldmere Road, Sutton Coldfield, B73 5TJ**

**0121 362 3650 / 07940 709 314 or**

**email: [t.lovelace@ageconcernbirmingham.org.uk](mailto:t.lovelace@ageconcernbirmingham.org.uk)**

**One to one advice and information on benefits, activities and services available for carers with the opportunity to book respite at well-being day centres.**

### **FRIDAY FRIENDS**

**A group for those who are newly diagnosed with some form of dementia or who have memory problems**

**Contact Kath, Ruth or Liz on 0121 291 4466 / 0121 323 3425 / 0121 354 6463**

**Sutton Coldfield Methodist Church, South Parade, Sutton Coldfield, B72 1QY**

**Every Friday (except 2<sup>nd</sup> week) 10.30am – 12.30 pm**

**A programme of music, exercise, activities, games, outings and carer sessions.**

## **DEMENTIA INFORMATION & SUPPORT FOR CARERS**

### **(DISC)**

**Banners Gate Community Hall, Reay Nadin Drive,  
Sutton Coldfield, B73 6UR – 0121 553 6483 or  
email: [carers@discbirmingham.org](mailto:carers@discbirmingham.org)**

**Monday each week 11.00am – 1.00pm**

**A free support group for carers with a Birmingham  
postcode, who are looking after someone with  
memory issues or a dementia diagnosis. Information,  
advice and the chance to meet other people who are in  
a similar situation. You are welcome to bring along the  
person you care for too.**

## **HOME INSTEAD SENIOR CARE**

**Home Instead Senior Care run the following Memory  
Cafés - for further information call 0121 323 4200 or  
email: [sally.clough@homeinstead.co.uk](mailto:sally.clough@homeinstead.co.uk)**

### **Memory Cafe**

**St James Church Hall, Mere Green Road, Sutton  
Coldfield, B75 7BW - every Monday 1.30pm – 3.30pm  
and Thursday 10.00am – 12.00pm**

**Also from 10<sup>th</sup> April 2018 at Little Aston Church Hall on  
Tuesdays 1.30pm – 3.30pm**

### **CARERS EMERGENCY RESPONSE SERVICE (CERS)**

**CERS supports carers by providing a free back-up service to ensure the person they care for is given support in the case of an emergency for up to 48 hours (72 on Bank Holidays), after which, if necessary, longer term care can be arranged. Carers must be signed up to be able to access the service during an emergency.**

**Contact Carers Emergency Response Service, Midland Mencap, 171 Alcester Road, Moseley, Birmingham, B13 8JR – 0121 442 2960 or email: [info@cers.org.uk](mailto:info@cers.org.uk)**

### **HERE TO HELP TOGETHER DIRECTORY**

**Here to Help Together is an on-line community directory for the Royal Town of Sutton Coldfield. The directory contains non-profit groups or organisations that have a point of contact in the Sutton Coldfield area and direct access for service users including via self-referral.**

**<https://heretohelptgether.wordpress.com/>**

This leaflet has been prepared by the Patient Participation Group (PPG) of the Manor Practice, James Preston Health Centre and Ashfurlong Health Centre. If you would like further information about the PPG there are notice boards in both reception areas or please ask at reception.

March 2018