



Birmingham and Solihull
Clinical Commissioning Group

Support if you are living with, or caring for a person with dementia in Birmingham and Solihull

We know this is a difficult time for everyone so we would like to reassure you there are services available providing practical and emotional support to you throughout the coronavirus outbreak.



Dementia Connect in Birmingham and Solihull

Is a free support and advice service available to anyone with dementia, their carers, family and friends. Providing practical and emotional support, a listening ear, suggestions on coping through these difficult times and advice about other services that might also be able to help.

Telephone

Mon/Tues/Wed: 9.00am - 8.00pm Thurs/Fri: 9.00am - 5.00pm

Sat/Sun: 10.00am - 4.00pm

T: 0333 150 3456 (charged at standard rate)

Online

Email: dementia.connect@alzheimers.org.uk

Website: <https://www.alzheimers.org.uk/dementiacconnect>

Dementia Talking Point: Alzheimer's Society 24/7 online community where people affected by dementia can receive support from people in similar situations.



Support available in Birmingham

Birmingham Carers Hub (in partnership with Age Concern Birmingham)	T: 0333 006 9711 E: info@birminghamcarershub.org.uk W: https://forwardcarers.org.uk/local-services/birmingham/ (Information, advice, carers assessments)
Carer Emergency Back-Up Service - CERS (In partnership with Midland Mencap)	T: 0121 442 2960 E: info@cers.org.uk W: https://forwardcarers.org.uk/construction/cers/ (Emergency carer support, sitting service)
Caring for Carers Dementia Groups (In partnership with Crossroads)	T: 0121 803 1065 W: www.sandwellcrossroads.org FB: https://www.facebook.com/CrossroadsCaringforCarers/ (Support/advice for carers of people with memory problems/dementia)
Social Care and Health	T: 0121 303 1234 E: acap@birmingham.gov.uk W: www.birmingham.gov.uk/ (Social care, community services, day care, respite, long term care, occupational therapy, safeguarding) W: https://www.mycareinbirmingham.org.uk/ (Social care, education and family services information and advice)
Independent Age	T: 0800 319 6789 (free helpline) E: advice@independentage.org W: https://www.independentage.org/ (Advice, support, information guides, volunteer calls and visits)

Support available in Solihull

Solihull Social Care and Health	T: 0121 704 8007 (One Front Door) T: 0121 605 6060 (out of hours) W: http://solihull.mylifeportal.co.uk/home/ (Information on help, advice and services)
Solihull Connect (Council Services)	T: 0121 704 8001/6000 W: http://www.solihull.gov.uk/connect (Information about Council services)
Solihull Independent Living (adaptations aids)	T: 0121 717 1517/ 0121 717 1515 (Assistive technology) W: http://www.solihullcommunityhousing.org.uk/ (Information about adaptations if you have mobility issues at home)
Solihull Carers Centre	T: 0121 788 1143 E: centre@solihullcarers.org W: https://www.solihullcarers.org/ (Support, information, carer's assessments)

Please note: All events and activities, group support work, peer mentoring and befriending, well-being groups and carers groups have been suspended for the foreseeable future.

Solihull Council local information and advice:

<https://www.solihull.gov.uk/Resident/socialservicesandhealth/Coronavirus/Here2Help>

Unsure if you have COVID-19? Visit www.uhb.nhs.uk/ask for guidance from your local NHS COVID-19 Care Assistant.



Additional support across Birmingham and Solihull

Every Mind Matters: A digital platform, including expert-led videos and create your own action plan to help look after your mental health

W: <https://www.nhs.uk/oneyou/every-mind-matters/>

Admiral Nurse Service: Information advice and support in caring or supporting a person with dementia, **Monday to Friday** 9am - 5pm

T: 0121 301 5830

E: bsmhft.admiralnursingservice@nhs.net

W: <http://www.bsmhft.nhs.uk/>

Admiral Nurse Dementia helpline: Free helpline offering information advice and support in caring or supporting a person with dementia.

T: 0800 888 6678 (free phone number)

Monday to Friday 9am - 9pm

Sunday 9am - 5pm

Learning Disability & Dementia Support Service:

A dedicated worker providing information, advice, care navigation and wellbeing support to families who have a relative with a learning disability living with dementia.

T: 0121 442 2944 (ask for Family Carers 'Duty Worker')

E: families@midlandmencap.org.uk

Birmingham and Solihull Specialist Older People's Mental Health Service:

Support and information for mental health and wellbeing, feeling low, anxious or stressed, coping with caring for someone, socially isolated and, referrals to the Single Point of Access.

T: 0121 301 4000, **Monday to Friday** 9am - 5pm

T: 0121 301 5500, Crisis contact (outside of the hours above)

Care Companion: A free online resource developed by carers for carers.

W: www.carecompanion.org.uk