

Gedling & Hucknall Dementia Directory

Winter 2024-5

We try to make this Directory as up to date as possible.

It can be found electronically here:

[Nottshelpyourself | Listings](#)



Here are some other websites to check for resources:

[Gedling Borough Council Homepage](#)

[Home - Ashfield District Council](#)

www.nottshelpyourself.org.uk Local Web directories Information and services all in one place: Search 'Dementia' to find local groups, support and care providers.

www.asklion.co.uk for resources in the City

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This Dementia Directory is a new first edition and might contain some inaccuracies. Please email: Gwynneth.owen@nhs.net with any comments.

We would love to hear your feedback on the directory through this very short questionnaire: [Feedback Questionnaire](#)

Out and About in the Community

Memory Cafés and Social/Support groups

Netherfield:

Last Thursday every month, 2-4pm St George's Centre, Victoria Road NG4 2NN

For more info: 07900 951867 (Martin Curtis) Email: martin.curtis@jigsawhomes.org.uk
Come and share a cuppa and cake and meet other carers. (free of cost)

Gedling (Woodthorpe)

The Good Shepherd Church, Thackerays Lane, Woodthorpe, NG5 4HT, 4th Friday of the month, 1030-1230.

This is a friendly, informal and welcoming place for anyone with dementia and their carers to gain practical information and emotional support. Refreshments are served free of cost. Games and activities including singing are usually available. Call 07881 816465 for information.

Sherwood Memory Café

Sherwood Methodist Church, Devon Drive, NG5 2EN, 2nd Wednesday of month, 1-3pm.

For people with memory issues and their carers/families. Music games and information. Free hot drinks and cake. For more info: Alan Bush 0115 9262232

Mapperley Friends for Life "Aye Up Me Duck!" Dementia Support Group

3rd Thursday every month, 10.30-12.30 Westdale Lane Baptist Church/Community Centre NG3 6ES For more info: 07807 446602 Cynthia Litchfield

The group is for people with dementia and their carers. Activities and refreshments Small donations welcome, towards running the group. Trips out in the summer.

Ravenshead Ravenshead Memory Lane Group

1st Wednesday every month 1.45pm-3:45pm at The Centre, adjacent to St Peters Church, Sheepwalk Lane, Ravenshead NG15 9FD For more info: 07488 320618 Margaret Brook

Ravenshead Friendship Club, Memory Club and Transport Services

Monday – Friday Cornwater Evergreens, Ravens Lodge, Main Road Ravenshead NG15 9GS. For more info: 01623 491159 Susan Ball

Calverton Core Centre Memory Cafe

St John Ambulance Building, Hollinwood Lane, Calverton NG14 6NR
The 1st Monday of the month 10.30-12.30 (Starts April 7th 2025)

A friendly relaxed free session providing support for people with memory issues and their carers.

For more info contact the Core Centre: 0115 8470551/07305 109358
info@calvertoncore.org.uk

Old Basford: Working Age Support Group

Every other Friday 12-2pm at Disability Support, Old Basford Community Centre, Bramble Close NG6 OQG.

Free parking outside, close to David Lane tram stop. For working age/independent people living with dementia who do not need to come with a carer.

Please contact Simon Martin to discuss: simon@ddnottingham.com Tel: 0115 9785095

Core Centre Charity, Calverton

Based at Calverton Working Men's Club, Collyer Road, Calverton, NG14 6JX

Open: Mon – Thurs 9.00am – 3.45pm

A warm, friendly hub offering help and advice to the local community. With over 40 services and activities there is something for everyone. Help with filling out difficult forms such as Attendance Allowance and Blue Badge. Ample parking and disabled access

info@calvertoncore.org.uk [Tel:0115 8470551](tel:01158470551) (M: 07305 109358)

Hucknall: Fountains Dementia Café

Second Tuesday of every month 10.30-12 noon at West Hucknall Baptist Church NG15 6JN. For more info: 0115 963 1433

Singing:

Singing for the Brain

Second Tuesday of month, 11.00-12.30pm

The Good Shepherd Church, Thackerays Lane, Woodthorpe, NG5 4HT

For *Gedling County* residents only, booking required, contact 0115 9343811 or 07718697246

Other singing for the Brain groups in Mansfield, Worksop and Rushcliffe

Exercise and socials

Leisure Centres: Amongst other activities, many Leisure Centres offer a gentle swim slot – contact your local centre to ask about their timetables.

Ashfield Leisure Centres are all Dementia Friendly.

Neuro Walking Football

Welcoming those affected by any neurological impairment from Parkinsons to recovering from a stroke. Dementia Friendly. Every Friday 101m-11am £4 per session. Run by Nottingham Forest Community Trust at Brendon Lawrence Sports centre NG3 4NB.

Day Centres

Joy2Care Day Centre (Carlton, Gedling, Netherfield, Mapperley)

<https://www.joy2care.co.uk/> Tel: 0115 987 1263 Open Tues, Weds, Fri: 9.30 - 3.30pm

Calverton Supreme Day Care Centre (Calverton)

To contact the Day Centre directly call: 0752 817 4556 (Manager: Wendy)

Calverton Supreme Day Centre, Calverton Village Hall, Park Road, Calverton NG14 6SA
Monday – Friday 9-3pm

Heydays Activity Hub CIC (Hucknall)

Mondays, Wednesdays, and Fridays 10am-13.30pm

For socialising, creative activities, gentle chair based exercise and including a light lunch.

For more info contact: 0115 9521421 or 07791 420176

St Johns Church Community Hall, Hucknall NG15 7QN

Sybil Levin Day Centre 0115 8440011 or 0115 9780011

Day Centre run by Age UK. Mondays to Fridays 10am – 3 pm. 577a Nuthall Road, Cinderhill NG8 6AD sybils@ageuknotts.org.uk

A SPECAL-informed specialist dementia day service, which is unique to Nottinghamshire.

Tailored support for people with a range of support needs, including dementia. Includes stimulating activities, home cooked meals and additional services such as assisted bathing. Supported mini-bus transport for some areas.

Local Authority Day Centre: Gedling (Earnhale Lea) Day Service,

81a Howbeck Rd, Arnold, Nottingham NG5 8AA Tel: 0115 9674805

To access this, an Adult Social Care Needs Assessment needs to be completed, with Adult Social care (Notts County Council 0300 500 8080)

If you don't mind travelling a little further:

....in the City/wider county

Resources in Rushcliffe Dementia Directory: [Nottshelpyourself | Listings](#)

Resources in Broxtowe Dementia Directory: [Nottshelpyourself | Listings](#)

Forget Me Notts Trent Bridge Community Trust www.trentbridge.co.uk/Trust

07486 327 403 email: olivia.mackie@trentbridge.co.uk

Free Sport and social sessions for people living with Dementia and their Carers. All on Tuesdays 10.30 -12.00pm. Low-impact sporting activities, varied social activities, carer support and signposting and a cuppa.

- Variety of Physical activities (Rushcliffe Arena) 1st and 3rd Tuesdays of the month
- Golf at Edwalton Golf Club 2nd Tuesday of the month
- Café at Trent Bridge Cricket Ground – last Tuesday of the month (10.30-12)

Radford Care Group Call to discuss: 0115 9786133 email: info@radfordcaregroup.org.uk or visit www.radfordcaregroup.org.uk

Friendship Group: a warm and welcoming centre for older people includes activities and midday meal.

Also, a specialist Day Care Service with professional care staff, offering those 50+ living with dementia/memory loss a place to be with others to support independence, reduce isolation, combat loneliness whilst also offering cognitive stimulation. This in turn will give carers a break. All in a modern purpose built day centre. Refreshments and a midday meal; Trips out; Daily activities; Arts, crafts and exercise; Bathing (supported if necessary); Hair salon; and Special dietary needs. Open 4 days a week, 9 - 4.30pm Taster sessions available Prospect Street, Radford NG7 5QE

Trent Dementia Services:

A charity trying to improve the quality of life for People Living with Dementia in the East Midlands and beyond. Phone: 0115 74 84 220 – please leave name and number. Email: contact@TrentDementia.org.uk

Email or phone the charity for more information for each of these following events:

Wednesdays evening craft sessions on Zoom (free kits are posted) led by people affected by dementia and Project Manager & Project workers and volunteers.

Monthly Dementia/Health Walk group: First Thursday of each month for a relaxing stroll, starting at the Pavilion Cafe at Highfields Park at 11:30 AM. (1 min walk from the Uni Tram stop and parking available on campus NG7 2RD) For more information, call 0115 7484220

Monthly Dementia Drop-in: Nottingham City Centre

Cleaves Hall on Castle Gate, NG1 7AS. (5 mins walk from Market Square, Blue Badge parking close by on Stanford Street)

Third Wednesday of each month. 10.30 – 1.30pm. A warm welcome, drinks and cake.

For more info: 07300 657575

Regular craft workshops at Westdale Lane Baptist Church.

Regular short day trips. – by Booking only.

Stonebridge City Farm Health Walks

Tel: 0115 7484220.

Second Thursday of the month, meeting at 11.30 in the café as you enter the farm. For people living with dementia and their carers, Stonebridge Road, NG3 2FR.

Five minutes walk from bus stops, limited free parking at the farm, costs £2.20 to park all day on the road.

Memory Club at The Indian Centre

A relaxed, supportive group for anyone with concerns about their memory.

Every other Tuesday at the Indian Centre Community Association, 99 Hucknall Lane, Nottingham, every other Tuesday, 1300-1500, starting On 7th February.

Organised by the Alzheimers Society and Trent Bridge Community Trust

Willow Tree Memory Café

Mill Water Country Park

Crafts and games or simply relax and socialise in our beautiful surroundings.

For people living with dementia, their friends, families and carers. Held every second and fourth Wednesday of every month between 1-3pm. Free

The Discovery Room, Mill Waters Heritage Centre and Café, Kings Mill Reservoir, Sutton in Ashfield, NG18 5HY Email: millwaters@ashfield.gov.uk Website:

<https://discoverashfield.co.uk/places-to-visit/mill-water>

Hummingbird Memory Group

Tel:07310 655991 (Jassent)

Join us in a culturally sensitive, safe and supportive space for the black Afro-Caribbean community.

Last Monday of every month 10am-12pm, at the Pauleen Davies Centre, Radford Care Group NG7 5QE.

Memory Club

Every Wednesday morning 10.30-12 at the Evolve Hub, Helston Drive NG8 6JZ. Run by Nottingham Forest Community Hub

The Studio, Beeston Tel: 07843 607085 (Justine Schneider)

At the Royal British Legion Hall, 16 Hall Croft NG9 1EL) [HOME | The Studio](#)
(thebeestonstudio.uk)

Various Arts Activities, exercise sessions (yoga and armchair sessions), singing, Carers support group and day care (Mon and Tues)

Stapleford Memory Café Tel: 0779 665 1950 (Jayne Daykin)

Meet every other Wednesday 2-3.30pm. The Equalised Club, Stapleford NG9 8ET

Eastwood Memory Café Tel: 07847 716 759

Meets on the 2nd Tuesday of the month 12.30-3pm at Plumpton Hall in Eastwood NG16 3BS

The Service Tree Socials, West Bridgford Tel: 0115 9455639

Tuesdays 10.30-3pm at Holy Spirit Church Social Centre, Victoria Road, West Bridgford NG2 7NT

Fully supported activities, companionship, entertainment, includes lunch £55

The Day socials are particularly designed to be of benefit for those with dementia and those that would benefit from greater social interaction.

Dementia Support group (Kimberley) Tel: 0115 9384953

For people with dementia and their carers. 2nd Thursday morning of the month 10.30am - 12.30pm.

In the back room at Rumbletums, Address: 2A Victoria Street, Kimberley, NG16 2NH For more information Email: projectmanager.rumbletums@gmail.com.

Cinema and theatres etc

Cinema visits: CEA Card [Home - CEA Card](#) Tel: 01244 526 016 email:
info@ceacard.co.uk

A scheme set up to make cinema visits more accessible for “disabled guests who might need assistance whilst visiting the cinema” This entitles you to one free ticket for someone to accompany you to the cinema. 90% of cinemas accept this card. Annual fee of £6.

Broadway Cinema,

14-18 Broad Street, Nottingham, NG1 3AL

For more information contact: Adam Byrne or call 0115 952 66 11.

<https://www.broadway.org.uk/your-visit/dementia-friendly-screenings>

Theatre Royal/Concert Hall **Dementia Friendly Information Guide**

[Dementia-Friendly-Information-Guide 2021.pdf \(trch.co.uk\)](#)

Information on what to expect when visiting the TRCH and the additional facilities on offer.

Call 0115 989 5609 (or the Box Office 0115 989 5555) for more information about Access Schemes and Discounts for Carers, Quiet spaces, Familiarisation visits, and show relay facilities.

Nottingham Playhouse

“Patrons who require an assisting companion for their visit will receive the second ticket for free – book via the Box Office 0115 941 9419 or email:

access@nottinghamplayhouse.co.uk

Community Transport:

Voluntary Transport Service for Gedling

If you experience difficulties accessing transport (e.g. due to living in a remote area, lack of public transport, disability, frailty, or ill health – but you are still able to get in/out of a car unaided), this scheme may be for you. Volunteer drivers who use their own car are DBS checked can offer a door-to-door service for passengers.

A registration fee is paid per year (£35 or £45 for couples) and then you just pay for mileage (45p/mile) and a £3 admin fee per single or return journey. You need to book with RCVS at least 2 working days in advance.

For more information, please contact RCVS on 0115 969 9060 for terms and conditions, registration forms and leaflets to be sent to you.

www.rushcliffecvs.org.uk

Easylink

Easylink bus service is an accessible minibus service who support people who find the main bus difficult to use. Easylink is a door-to-door service. Unfortunately they do not cover Burton Joyce. You need to sign up to the scheme contact 0115 9868710

- call to book 0115 969 1801 (08:30 – 12:00 noon Monday to Friday)
- text to book: 07889 66 19 50 (you will receive a text to confirm your booking)
- email: you can also book journeys via email easylink@ct4n.co.uk.
- Fill in the form on the website: CT4N Charitable Trust - EasyLink

Our Centre (based in Kirby but community transport covers Hucknall)

[Tel 01623 753192](tel:01623753192) www.ourcentre.org.uk

They provide a range of services around transport including minibus hire for day trips, ring and ride for wheelchair passengers, shopper buses.

Living Well with Dementia at Home

People with dementia should expect and be supported to continue with their usual pursuits and hobbies. Anything that encourages social contact, enjoyable experiences, mental stimulation and physical exercise is beneficial. Remember – what is good for the heart is good for the brain! Here are some suggestions:

Brain Training (Use it or Lose it) – mental exercise

<https://www.medicalnewstoday.com/articles/brain-exercises>

(meditation, playing games, jigsaws, cards, crosswords, suduko, chess, learning a language/musical instrument, dancing, tai chi, regular exercise, sleep etc)

Brain Workout Monthly Brain Workout puzzles delivered to the door as part of a commitment to a monthly donation to Alzheimer's Society

[Brain Workout | Alzheimer's Society](#) or Call 0333 1503456

Memory Lane Bags Inspire: 01623 677 200

Free to borrow from your local Library -Organised by **Inspire**

Each bag contains a selection of multisensory items that may help trigger forgotten memories. Free to borrow for 3 weeks.

Memories Board Game

Daisy Game – designed and produced from Flintham Museum, based around the 1960s, great for developing conversations and sparking memories.

£30 flintham.museum@googlemail.com or ring Sue Clayton 01636 525641

Art by Post 0207 9604206 artbypost@southbankcentre.co.uk

Monthly Art Postcards sent through the post or can be emailed - series of activities to spark the imagination.

Activity Collections eg reminiscence collection boxes or sensory bags

“Activities to share” Office: [01179 666 761](tel:01179666761) www.activitiestoshare.co.uk

[email: yvette@activitiestoshare.co.uk](mailto:yvette@activitiestoshare.co.uk)

Trent Dementia Services

A charity trying to improve the quality of life for People Living with Dementia in the East Midlands and beyond.

Tel: 0115 7484220 - please leave your name and number

Email: contact@TrentDementia.org.uk

Wednesdays evening craft sessions on Zoom (free kits are posted) led by people affected by dementia and Project Manager & Project workers and volunteers.

Support is provided to join the Zoom craft session.

Applications on tablets and computers include:

Armchair Gallery (by Nottingham City Arts)

A Tablet/phone app with special features for people living with Dementia – brings world class art and culture to the screen (collections from Chatsworth House, The Lowry, Newstead Abbey and others). Interactive and creative activities with full instructions

[Armchair Gallery - City Arts \(Nottingham\) \(city-arts.org.uk\)](http://city-arts.org.uk)

House of Memories

Easy to use, free, app, allows you to explore objects from the past and share memories together. Browse objects, brought to life with sound, music and description. Also has “My Memories” feature, to allow personal photos to be uploaded. It can be used by anyone, but has been designed for, and with, people living with dementia and their carers.

[My House of Memories app | National Museums Liverpool \(liverpoolmuseums.org.uk\)](http://liverpoolmuseums.org.uk)

Thinkability

Based on the evidence for Cognitive Stimulation Therapy, Thinkability is designed to stimulate conversation and engagement between the person with dementia and a friend, carer or family member. It is available on the App store (£4.49) and Google Play (£4.99).

Arts4Dementia

“Empowerment through artistic stimulation” A fantastic online resource Directory to see the art opportunities on offer in the local community. Emphasis on stimulating people affected by dementia and recognising role of art for good brain health. Includes online as well as face to face events.

www.arts4dementia.org.uk

Exercise at Home

1. [Meaningful activities part two: Physical exercise - Dementia UK](#)
2. **Love To Move** : age and dementia friendly seated gymnastics programme (online)

(A paper booklet can be sent for and printed off.)

Britishgymnasticsfoundation.org [Love to Move | British Gymnastics Foundation](#)

3. YouTube video Home Based Exercises and Activities for Older Adults from PRAISED (Promoting Activity, Independence and Stability in Early Dementia)

<https://youtu.be/BXNHm9Nj1pk>

4. **“We Are Undefeatable”** a campaign that supports people with a range of long term health conditions including dementia. It has been developed by 15 leading health and social care charities including Alzheimer’s Society. Lots of resources and videos for mini- workouts in daily life.

[How To Get More Active When You Have Dementia](#)

Online Music:

Music for Dementia – Musical map [Musical Map for Dementia](#) online music groups

Goldies Sing and smile charity (words on screen similar to Musicworks)

[Welcome to Golden-Oldies - Home \(golden-oldies.org.uk\)](http://golden-oldies.org.uk)

Live weekly online sessions, every Tues and Thurs on FB or Youtube 11-12noon

Advice /Support:

Dementia Wellbeing Service



Nottingham Alzheimer's Society 0333 150 3456

www.alzheimers.org.uk

<https://www.alzheimers.org.uk/get-support>

Call and speak to a Support Worker who can refer you onto their free wellbeing service.

Whether it's at point of diagnosis, or someone needs support further along in their dementia journey, the Dementia Advisor should be in contact within a week for a full assessment. On the phone support, online and face to face.

- Advice on how to cope and live with dementia
- Tips for making a home dementia-friendly
- Support with everyday living such as government benefits
- Help navigating social services
- Advice on legal documents and Lasting Power of Attorney
- Connection to dementia groups within local communities

Phone support is also available:

Monday, Tuesday and Wednesday 9am – 8pm

Thursday -Friday: 9am -5pm

Saturday-Sunday: 10am-4pm

Online support is available 24-hours a day.

Benefits and Entitlements:

Notts County Council Offer: Adult Social Care 0300 500 8080

- Ask for their Welfare Dept for general benefits advice
<https://www.nottinghamshire.gov.uk/care/benefits-finance/benefits>
- Ask for a Care Needs Assessment [Blank Fact Sheet Template \(B&W\)](#) (nottinghamshire.gov.uk) This might mean you can access more formal care and support. This is free, irrespective of your income. If you are eligible for support from the council, there will be a financial assessment element to see if you are eligible for support via a Personal Budget which may allow you to buy in your own support.
- Emergency Duty Team (EDT) (after 5pm – to 8.30am): 0300 456 4546 – for anyone who feels they are in crisis.
- 24 Hour Emergency Home Care Response Service: access for occasional emergency home care support via a lifeline/telecare sensor (see below*) Care staff will typically respond within 45 mins, to assist eg with cleaning up accidents, wandering/confusion. For use, no more than approx. x1 weekly call outs. You will need a keysafe in place. £10.57 weekly charge.

Attendance Allowance

To order a form call: DWP 0800 731 0122

You can get Attendance Allowance if you've reached State Pension age and the following apply:

1. you have a physical disability (including sensory disability, for example blindness), a mental disability (including dementia), or both
2. your disability is severe enough for you to need help caring for yourself or someone to supervise you, for your own or someone else's safety
3. you have needed that help for at least 6 months (unless you might have 6 months or less to live)

You can get help to complete this form in various ways:

Age UK Connect:

01623 488217 email: connect@ageuknotts.org.uk (over the phone support as well as home visits)

Disability Support Nottingham Old Basford Community Centre

Support with all Benefit enquiries and completing claims, including face to face appointments. They will also support with Tribunal's.

www.ddnottingham.com For Nottingham and County

Call 0115 978 5095 **Phone lines open: Mon- Friday 9.30-12.30, 1.30- 4pm**
Email info@ddnottingham.com

The Ark Gedling Community Care, Help and Advice Centre

The Ark is a community meeting place and advice centre. They provide advice on a wide range of issues including welfare benefits, housing, eviction, employment, general life skills and community issues. You will need to phone them for a face-to-face appointment.

Please browse the website and if you don't find what you are looking for here contact us on 0115 8599556. Advice sessions with our advice worker are by appointment only and need to be booked in advance.

www.thearkgedling.org.uk

DWP visiting team will provide home visits to people who are housebound. You will need to complete the DWP home visiting form to book appointments.



DWP home visit
form.docx

Council Tax Reduction:

You need to be in receipt of Attendance Allowance. The Borough Council will contact your GP who will confirm any Dementia Diagnosis.

For support with Council Tax reduction for Gedling residents follow the links below

<https://www.gedling.gov.uk/media/SMI.pdf>

<https://www.nottinghamcity.gov.uk/media/olbin5vj/smi-disregard-form.pdf>

Personal Fall Alarm/Lifelines:

Nottingham On Call 0115 7469101 <https://www.nottinghamoncall.com/>

Life Line pendant alarms and other Assistive Technology Equipment for Gedling, contact Adult Social Care on 0300 500 8080

Radar Key – also known as National Key Scheme (NKS) a key to open disabled toilets.

[The official and only genuine Radar Key – Disability Rights UK](#)

Herbert Protocol Main switchboard 101

A national scheme to gather useful info on one short form, which can be used in the event of a vulnerable person going missing. Call main switchboard or download form: [Herbert Protocol for people with dementia at risk of going missing | Nottinghamshire Police](#)

Pegasus Scheme Main switchboard 101

Pegasus is a secure PIN number database that immediately provides the emergency services with key details about the caller when calling on the phone or requesting help in person with an emergency or non-emergency situation. The data base is operated by Nottinghamshire Police and used by Fire and Rescue, and the Ambulance Service. It is free to join. To register, apply in writing to Nottinghamshire Police Headquarters, Pegasus NG5 8PP or email: pegasus@notts.police.uk

[Pegasus scheme | Nottinghamshire Police](#)

WaterSure Scheme – help with paying water bills.

WaterSure is a scheme which helps some people with their water bills. To apply for the scheme you must be on benefits and need to use a lot of water for medical reasons. You will apply by filling out a form from your water company and supply evidence that you qualify such as your medical condition eg incontinence. For more info : [WaterSure scheme – help with paying water bills - Citizens Advice](#)

Nottinghamshire Fire and Rescue: Safe and Well Checks

Home visits can be set up to look at preventing accidents eg reducing fires, and risks of falls and how to keep warm. Advice line: 0115 838 8100 or email: enquiries@nott-fire.gov.uk

Similar advice with regards energy efficiency and heating is also available via “**Warm and Wise**” (Age UK Notts) 0115 8599 209

Energy providers: Priority Services Register

You'll normally be able to get priority services if your energy companies class you as “vulnerable” You could be classed as vulnerable if you're disabled or have a long term health condition. This includes hearing, sight and mental health conditions. Contact your supplier and ask them to add you to their register. Be prepared to give them as much detail as possible about your needs.

Debit Card Sibstar

Helping families living with dementia, safely manage their everyday spending. A debit card and app, either for yourself or for someone who is supporting you. In collaboration with Alzheimer's Society. (as seen on Dragons Den)

[Sibstar Debit Card](#) email: hello@sibstar.co.uk Call: 01962 676 080

Dementia Guidance www.dementiaguidance.co.uk

A simplified list of suggested actions to consider post diagnosis, eg benefits, legal advice, respite, contingency plans etc

Dementia Adventure www.dementiaadventure.org.uk Tel:01245237548

Offering a range of support from free training, to supported holidays to support people with dementia to live well by connecting to nature and meaningful outdoor activity.

Information and Factsheets

Radford Care Group 0115 9786133 email: info@radfordcaregroup.org.uk
www.radfordcaregroup.org.uk

- **Dementia Information Programme (DIP)** -7 sessions
Held at various venues across Notts at different times of the year – see Carers Section for more details
- Friendship Group
- Respite Provision for over 50s – see Carers Section later
- Day centre, activities and outings

Dementia UK- Factsheets/Admiral Nurses 0800 8886678

<https://www.dementiauk.org/>

A specialist dementia nursing charity, for the whole family. They provide Dementia Specialist Nurses called Admiral Nurses in some areas. Anyone can book a Virtual Clinic Appointment with an Admiral Nurse by phone or zoom. Appts last 45 mins and can be booked at [dementia.org/closer-to-home](https://www.dementiauk.org/closer-to-home). General Helpline 0800 8886678 (Mon-Fri 9am-9pm Sat and Sun between 9am-5pm) and lots of free advice leaflets.

Starting Aug 2024, there is now the offer of face to face 45 mins appointments at Nationwide Branches (Long Eaton, Nottingham and Mansfield) These are free and must be booked one month in advance [In partnership with Nationwide Building Society - Dementia UK](#)

Dementia: what next? A free online programme by Dementia UK, for people affected by dementia. On zoom, on the first 3 Fridays of every month. Topics covered include types of dementia, financial and legal advice as well as planning for the future. [Dementia: what next? - Dementia UK](#)

Dementia Film

“The World Turned Upside Down” A film about Dementia and communication. Available on the Alzheimer’s Society website:

[Watch ‘The World Turned Upside Down’: A film about dementia and communication | Alzheimer's Society \(alzheimers.org.uk\)](#)

Dementia Books-

“Reading Well Books on Prescription” – a selection of books recommended by health professionals and tried and tested by people with experience of dementia. A list is available at your local library where you can borrow the book for free or reserve it.

Also recommended:

“Somebody I Used to Know” and “What I wish people knew about Dementia” both by Wendy Mitchell “Dementia from the Inside” by Dr Jennifer Bute “Keeper” by Andrea Gillies “Contented Dementia” by Oliver James

Age UK Guides/Factsheets: 0800 169 6565 www.ageuk.org.uk

Call and ask for these guides to be sent: “Caring for Someone with Dementia”; “Living with early-stage Dementia”; “At home with Dementia”

Independent Age: 0800 319 6789 [Independent Age | Services to support older people to live fulfilled and independent lives](#) Helpline, free Info guides and advice leaflets

Next Steps Dementia Change Action Network

Information whilst waiting for a Memory Assessment. [NextSteps | By DCAN](#)

Online contact for information plus downloadable/printable booklets

Personal Care in Dementia booklet

Booklet with ideas and tips for Carers assisting with Personal Care. The booklet was produced in 2022 as part of a research programme at East Anglia University and funded by The Alzheimer's Society. It is for both family carers and care home staff. It has been developed as tips and ideas that people may find worth trying.

Hard copies available by emailing: tamara.backhouse@uea.ac.uk

Sunflower Lanyard to show a Hidden Disability

The Hidden Disabilities Sunflower is a simple tool for you to voluntarily share that you have a hidden disability or condition that may not be immediately apparent – and that you may need a helping hand, understanding or more time in shops, at work, on transport or in public spaces. You can buy your Sunflower lanyard here : [Hidden Disabilities Sunflower \(hdsunflower.com\)](http://HiddenDisabilitiesSunflower(hdsunflower.com)) These may be available free of charge from certain major stores (eg Asda, Morrisons and Sainsburys - ask at Customer Service Desk).

You can then choose to add in more information eg a Medical Alert Badge/ carer contact details if you wish. These can be bought (approx. £8) at this website: [Dementia I.C.E. Card - The Badge Centre ®](http://DementiaI.C.E.Card-TheBadgeCentre®) At the checkout, also ask for a plastic holder to attach the card to the lanyard.

Legal Advice:

Legal Advice Age UK Notts 0115 844 0011 email: info@ageuknotts.org.uk

A free, professional and confidential legal advice service via a local solicitor eg Wills, Lasting Powers Of Attorney, Care Home fees etc

Call the main switchboard and ask to be booked in for a 20 min free advice session with one of their nominated solicitors: Actons and RotheraSharp)

Lasting Power of Attorney

A legal process appointing one or more trusted people to make decisions on some else's behalf if they lose mental capacity. Apply directly online (£82): [Make, register or end a lasting power of attorney: Overview - GOV.UK \(www.gov.uk\)](http://Make,registerorendalastingpowerofattorney:Overview-GOV.UK(www.gov.uk)) or telephone the Office of the Public Guardian: 0300 456 0300
customerservices@publicguardian.gov.uk

[Information also on the Alzheimers Society website: Lasting power of attorney for people with dementia | Alzheimer's Society \(alzheimers.org.uk\)](http://InformationalsoontheAlzheimersSocietywebsite:Lastingpowerofattorneyforpeoplewithdementia|Alzheimer'sSociety(alzheimers.org.uk))

Equipment:

Personal Tracking devices: Alzheimer's Society Leaflet (download / order 0333 150 3456) www.alzheimers.org.uk and see information below about equipment.

Different Independent Companies for equipment:

eg for alarms, sensors, memory aids, personalised prompts on Electronic Tablets (MemRabel), dispensers, trackers etc (like the CPR Guardian tracker watch)

The Lifestyle Centre (TLC) Bridgeway Centre, Meadows NG2 2JD (joint project between Age UK and Advantage Mobility) www.advantagemobility.co.uk 0115 697 6409	TechSilver (<i>gadgets etc</i>) 0330 010 1418 TechSilver Best Technology Products For Dementia & Elderly TechSilver
Premiere Community Carlton Unit 2, 305 Carlton Hill NG4 1GL 0800 368 9923 care@premiercommunity.co.uk	AlzProducts Dementia Shop Dementia Aids & Products Dementia Equipment AlzProducts Dementia specialist shop
Living Made Easy (used to be DLA Disabled Living Foundation) www.livingmadeeasy.org.uk 0300 999 0004	Independent Living www.independentliving.co.uk sign up for free weekly newsletter
Arnold Shopmobility Croft Road Car Park NG5 7DX Tel 0115 966 1331 They offer shopmobility scheme: hire scooters to go around Arnold. Plus sales, rentals and dvcie on mobility equipment.	

Digital/IT advice and support Ability Net 0300 180 0028

Email: enquiries@abilitynet.org.uk <https://abilitynet.org.uk/at-home>; [A digital world accessible to all. | AbilityNet](#)

A national charity that offers over the phone support as well as free home visits to support the use of technology in the home (eg accessing smart phones/Tablets). Help to access technology for practical day to day living eg memory prompts but also hobbies/activities. Guidance over accessing apps and devices to help structure daily activities.

Or

Notts County Council: Adult Social Care 0300 500 8080

First, you'll need to ask for a Care Needs Assessment with regards to potentially providing equipment. Part of this could then potentially include a referral to the dept: **Technology Enabled Care**

Even if you are a self-funding patient, advice can be given.

General Pathway

for anyone beginning to show slight cognitive deterioration:

1. See your GP with memory issues, for a brief cognitive assessment and history taking.
2. Depending on the results and patient preference, GP may watch and wait (monitored annually) (Based around 6 month decline in memory)
3. If considering a referral to **MAS (Memory Assessment Service)**, the GP will need blood tests to rule other causes out. This is classed as a physical health screening.
4. You will potentially be referred to MAS at Hazelwood House. Expect a letter within 3-4 weeks (currently a face to face appt but option of a video or telephone if not wishing to attend)
5. MAS Clinic appt – full history taken including carer/family concerns, further memory tests, depending on history and test results then might be sent for CT scan, or possibly further assessment by another member of team.
6. CT Scan if required, at QMC. Usually, a 2 month wait for this. Called back to MAS Clinic to discuss results and diagnosis. Discussion about the future and signposted to Alzheimer's Society Dementia Support Service. Depending on type of dementia, treatment (including possible medication) may be considered to help slow progression.
7. At MAS Clinic, patients will also be offered a referral to **Therapeutic Intervention Service (TIS)** – Dementia post diagnosis groups for people under 65 and over 65. (During this time of education, it might be appropriate to access support from Family Peer Support Worker)
8. Following from this, if appropriate, there might be a referral to **Cognitive Stimulation Therapy groups (CST)** run by the Alzheimer's Society in the community (activities to keep brain working and slow down decline).

Once a patient has a diagnosis from Memory Assessment Clinic, they are entitled to an annual dementia review via the GP. Sometimes if there has been a deterioration/change in behaviour, the GP might refer back to Hazelwood House for further assessment to see if any other support or treatment can be offered. (eg being assigned a CPN (Community Psychiatric Nurse)).

Also under **Community Mental Health Team (CMHT)**, If you are requiring more urgent treatment and need a response within 48-72 hours, you can be referred to **IHTT (Intensive Home Treatment Team)** This is a short term service for older people with acute mental health difficulties. The Team might typically work intensively (up to 4 times a day) for up to 8 weeks with a patient and family. This might provide specialist treatment, support, therapy and the opportunity for recovery, to prevent psychiatric hospital admission and/or working towards putting in place a package of care going forwards. Rushcliffe Team 0115 9529491

(The CMHT has support workers, physios and occupational therapists but these can only be accessed by internal referrals by the CMHT team and when a patient requires intervention due to a mental health need)

Dementia Friendly Care Agencies

(There will be others but these are a few that have been mentioned by our residents in Arnold and Gedling)

Joy2Care (Carlton, Gedling, Netherfield, Mapperley)

<https://www.joy2care.co.uk/> 0115 987 1263

Also has Day Centre open 3 days per week (Tues, Weds, Fri) 9.30 - 3.30

Access to Care (Carlton, Gedling, Mapperley)

<https://www.access2care.co.uk/> 0115 859 6074

Assured Homecare (Carlton area) 07974 685094

Involved Care (Carlton, Arnold, Mapperley, Netherfield)

involvedcarelimited@gmail.com 0115 783 7561

Respectful Care (All areas)

[Home Care in Nottingham North | Respectful Care](#) 0115 920 4317

Home Instead (All areas)

<https://www.homeinstead.co.uk/nottingham/> 0115 922 6116

Calverton Supreme (Calverton and surrounding villages)

<https://calvertonsupreme.co.uk/> 01159120196

Leymar Care (Ravenshead)

<https://leymarhealthcare.co.uk/> 01623 360 193

Cedars Care (Burton Joyce, Stoke Bardolph, Lambley)

<https://www.cedarscareltd.co.uk/> 0115 8470534

Support For Carers

Advice and support for anyone in caring role:

Nottinghamshire Carers Hub Service

Information, signposting and advice for carers.

Call: 0808 802 1777 WhatsApp or Text: 07814 678 460 9-5pm, Monday – Friday

Website: adultcarershub.carersfederation.co.uk

Email: carershubinfo@carersfederation.co.uk

Carer Support Groups:

Gedling Carer Support Group

Run by the Carers Hub (Carers Federation) Gedling Road Methodist Church NG4 3EX

Tuesdays 10.30-12.30 Contact Carers Hub: 0808 802 1777

2nd Tuesday of the month.(also other Carers Hub Support Groups across the county (Broxtowe, Bulwell, Ashfield, Newark etc) [Support Groups - Nottingham / Nottinghamshire Carers Hub Service \(carersfederation.co.uk\)](http://Support Groups - Nottingham / Nottinghamshire Carers Hub Service (carersfederation.co.uk))

Carers in Hucknall

1:30-3:30 pm, every 1st and 3rd Tuesday of every month

Tel: 0115 953 0746 Email: carersinhucknall@yahoo.co.uk

Website: <https://carersinhucknall.wordpress.com/dates/>

Address: The John Godber Centre, Ogle Street, Hucknall, Nottingham NG15 7FQ

Forget Me Notts Trent Bridge Community Trust www.trentbridge.co.uk/Trust

07486 327 403 email: olivia.mackie@trentbridge.co.uk

Free Sport and social sessions for people living with Dementia and their Carers. All on Tuesdays 10.30 -12.00pm. Low-impact sporting activities, varied social activities, carer support and signposting and a cuppa.

- Variety of Physical activities (Rushcliffe Arena) 1st and 3rd Tuesdays of the month
- Golf at Edwalton Golf Club 2nd Tuesday of the month
- Café at Trent Bridge Cricket Ground – last Tuesday of the month (10.30-12)
Specific “break out” group for peer carer support.

Carer Training /Support:

Radford Care Group: training/support “**Making Sense of Dementia**”,

A free 7-week programme available whether you live in city or county. This is offered at different locations across Nottinghamshire at various times of the year. Help with respite care on site may be available (subject to suitability)

Next one is in Bulwell: 30th April -11th June 1.30-3.30pm (and also Rushcliffe on Tuesdays)

Booking is required. For more info or to reserve a place, please contact Sue on 0115 9786133 or 07513856647 Email sue.cain@radfordcaregroup.org.uk

Alzheimer’s Society

4 week Carer Information Sessions (known as **CrISP**)

1) Face to Face

In various locations across the city and county

Please contact the local office for more information: 0115 9343811

2) Virtual/online (zoom):

The Alzheimer’s Society also offer virtual Information Programmes for family, friends and carers of people living with dementia. These involve 4 sessions, held on zoom and all details are sent in advance of the sessions. Please ensure you can attend all sessions. Call 0115 9343811 to find out more and book a place.

nottspdss@alzheimers.org.uk

Dementia UK- <https://www.dementiauk.org/> “**Dementia: what next?** “

A free online programme by Dementia UK (specialist nursing charity for people affected by dementia) This is held on zoom, on the first 3 Fridays of every month. Topics covered include types of dementia, financial and legal advice as well as planning for the future.

[Dementia: what next? - Dementia UK](#)

Dementia UK also provide Dementia Specialist Nurses called Admiral Nurses in some areas. Anyone can book a Virtual Clinic Appointment with an Admiral Nurse by phone or zoom. Appts last 45 mins and can be booked at [dementia.org/closer-to-home](https://www.dementia.org/closer-to-home). General Helpline 0800 8886678 (Mon-Fri 9am-9pm Sat and Sun between 9am-5pm) and lots of free advice leaflets.

Carers Assessment through Notts County Council: Adult Social Care (ASC)

Call: 0300 500 8080 option 1

Anyone who provides or intends to provide, regular unpaid support to someone who could not manage without, has the right to their own care needs assessment. Adult Social Care will work with you to develop an Individual Support Plan to identify the kind of support you might need as a carer.

You will be signposted to **Nottinghamshire Adult Carers Hub** who will be able to offer lots of information and advice to you as a carer.

For example: If you want to access respite (next section)

Respite: Respite can be organised in a variety of ways:

1) Privately –

If you are a self funder (with savings over £23,500) and wish to set up and pay for your own respite, you can approach private Care Agencies (see local list page 20) and discuss their availability/prices.

Or employ a Personal Assistant (use Directory on Notts CC website) [Personal Assistant Directory | Notts Help Yourself](#)

Or approach some of your local Care Homes, either Nursing or Residential, to see what they offer on a daily basis or for a short break, or a day centre.

There is a Nottinghamshire Care Services Directory publication which can be accessed online [Nottinghamshire Adult Social Care Directory | Care Choices](#) or ask for a paper copy to be sent to you: Call Care Choices 01223 207770

Or via...

2) Adult Social Care: 0300 500 8080

Request a Carers Assessment (see earlier) and then this will determine if you are entitled to support/ funding in the form of NHS Carers Break (**between £600- £1,200**) (some money comes from NHS then topped up by ASC).

You can spend this money creatively as a carer but this must be planned in advance eg “the person being cared for” would go to a care home or dedicated Unit or you can approach private individuals who offer sitting services/companionship.

To arrange this, you need to give at least 10 days notice, provisionally book your break/Care Agency, then ring ASC to access funding

The person you care for, needs to have had a Needs Assessment from Adult Social Care and their need for a sitting service might well be built into their Package of Care (POC)

If an emergency – something can be put in place straight away eg a stressful situation. (This eventually will be means tested and back tracked for payment if appropriate)

Or...

3) Respite Service (short term)

Once you have registered with Nottinghamshire Adult Carers Hub (see earlier) you may be eligible for up to 12 hours of respite over an 8 week period. Free and available 7 days a week 7am-10pm

(The actual provider of this respite care is Tu Vida (0115 8824)

Home First Response Service (HFRS)

If short term crisis for carer:

Accessed through Adult Social Care 0300 500 8080

A short-term rapid response service (usually within 2 hours) if you as the carer need social care support to remain at home.

Anyone can refer, they can offer up to 4 calls a day eg personal care, meds, meals, wellbeing.

This is a temporary service (non means tested) – short term (1-7 days), no charge. eg if you need help to stay at home/short term crisis or are in hospital and ready to be discharged. This includes situations where the carer is unable to care eg ill health/accident.

Emergency Duty Service: 0300 456 4546 (Mon– Fri: from 5pm – 8.30am, and then 24 hrs at the weekend)) for anyone in Nottinghamshire who feels they are in a crisis.

Planned Short Breaks – these are available for the “cared for” (who will need to be assessed by Adult Social Care) and for places in a Council run Day Unit (Bingham).

This can also be arranged in a private Residential or Nursing home if they have capacity. There is a Directory of Homes with listing of places available (available from Adult Social Care or your Social Prescriber)

Respite Provision at the Pauleen Davies Centre (Radford Care Group)

Sessions available from 3 hours to a full day for people living in the county and city. Call 0115 9786133 or email info@radfordcaregroup.org.uk www.radfordcaregroup.org.uk

Holidays/ Carers Breaks – “donated” holiday accommodation for carer (fulltime: 30+hrs) and a companion [Take a break - Carefree \(carefreespace.org\)](http://Take a break - Carefree (carefreespace.org))

Dementia Adventure – www.dementiaadventure.org.uk Tel:01245237548

Offering supported holidays for people living with dementia and their carers, with a focus on connecting with nature and meaningful outdoor activity.

Carers Space Notts (CSN)

A new initiative by NHS, Notts CC, Notts Carers Association and unpaid carers. It is a strategy group to bring expertise/experiences/insight together in monthly meetings, a place for equal voices, to help shape policies/service design. New website and online monthly meetings available to all.

[Carers Space Notts - Home](#) call 01773 833833

At Your GP Surgery

Ask to be registered as a Carer – this can lead to getting appts more easily and access to regular reviews, vaccinations, double appts etc

Most surgeries have a **Carers Champion** who can signpost you to information / support.

Dementia Carers Count

www.dementiacarers.org.uk

Dementia Carers Count is a national charity which provides support to people caring for someone living with dementia. Alongside carers, they campaign for changes and support needed to stop dementia carers feeling overwhelmed, invisible, and alone.

- Information about dementia and practical tips you can use every day, in our **online information**
- A place to get things off your chest and talk to others in the same situation online groups.
- Our friendly team offers free counselling, benefits advice and practical support to unpaid carers feeling alone, overwhelmed, or worried about money. We're here to listen when you just need someone to help with confidential one-to-one advice. **Call our Carer Support Line in 0800 652 1102** Mon-Fri 9am to 5pm

Finding the right care

- **How to Find a Carehome**- A free service, helping you to make the right choice; for self-funders and those being funded by Social Services and NHS. For either a Care Home or day to day care at home.
Tel:0800 193 0443 email: enquiries@howtofindacarehome.uk
 - **CHS Healthcare**- A leading UK specialist in helping people find the right care. Free and Independent advice to service users and their families. Help through an experienced adviser, to find a home care package and/or a care home.
 - **Care Home/Respite**
Email commplacements@chshealthcare.co.uk - Telephone 0808-175-3609
 - **Domiciliary Care/Live in Care**
Email homecareadmin@chshealthcare.co.uk - Telephone 0808-175-3609
- Website: [Find Care Home Availability and Local CQC Registered Home Carers \(carehomedselection.co.uk\)](http://FindCareHomeAvailabilityandLocalCQCRegisteredHomeCarers(carehomedselection.co.uk))

Research Opportunities

JDR -Join Dementia Research

[Join dementia research - register your interest in dementia research : Home \(nih.ac.uk\)](#)

A place to register your interest in taking part in vital dementia research. (an opportunity to be matched up with studies both local/national and virtual)

DCAN- Dementia Change Action Network

“DCAN harnesses the power of networks to tackle key challenges for people living with dementia together. We do this through #DementiaCan Enquiries which unite us around priorities for personalised care and you can get involved. Sign up to this online”

[DCAN | Dementia Change Action Network](#)

Carers Space Notts (CSN)

An initiative by NHS, Notts County Council, Notts Carers Association and unpaid carers. It is a strategy group to bring expertise/experiences/insight together in monthly meetings, a place for equal voices, to help shape policies/service design. New website and online monthly meetings available to all.

Join by accessing online: [Carers Space Notts - Home](#) or call 01773 833833

Alzheimer’s Society – Dementia Voice

“Do you have 1st-hand experience of dementia? Help shape our work through Dementia Voice and use your experience to ensure everything we do reflects the needs of people affected by dementia”

[Dementia Voice | Alzheimer's Society \(alzheimers.org.uk\)](#)

Preside – Singing Research Project

Researchers from Nottm Uni are looking into benefits of community singing for people with dementia and their carers. You need to be happy to travel as this is in Mansfield!

Call for more info: 0115 7484315 or email: preside.research@nottingham.ac.uk