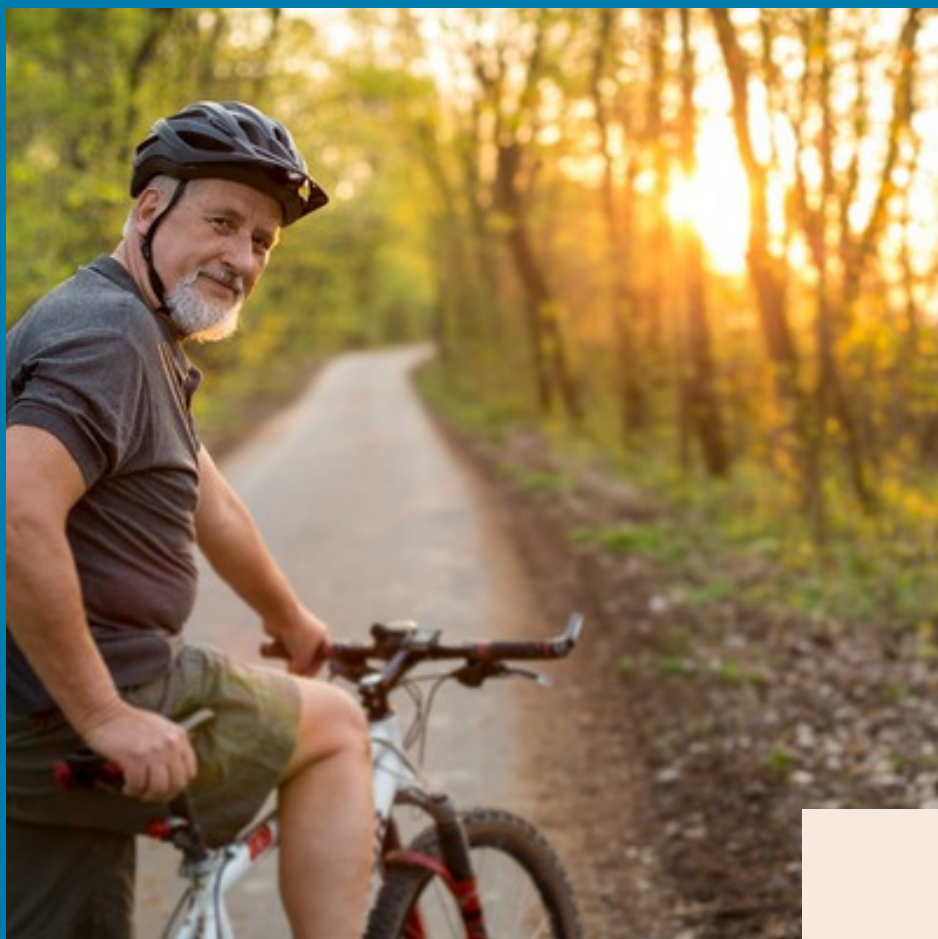




DIRECTORY OF DEMENTIA SERVICES



Worried about memory? **Support and Diagnosis**



When someone has concerns about memory loss the first person involved is the GP, who will normally carry out a few tests. The GP will usually then refer them to a specialist for further assessment, however this is not always the case and GP's are capable of diagnosing Dementia themselves too.

- In Worcestershire this may be the Early Intervention Dementia Service or the Older Adult Community Mental Health Team
- In Herefordshire this may be the Memory Assessment Team, Community Dementia Nurses, the Care Home In-Reach Team or the Older Adult Community Mental Health Team.

'...not all memory loss or difficulty with thinking skills is Dementia.'

Benefits to getting a diagnosis:



You may have access to medical and non-medical treatments.



It gives you time to adjust to your diagnosis.



It's empowering and can help you take control.



Access to advice and support.



You can make better choices and plan for the future.



Access to Group Dementia Support Networks.



It may help you and your family.



Find out about groups, cafés and social activities.

“Orientation” clocks are available which show the time, day and date, and am or pm.

Whiteboards can be a useful way to see the current day’s events.

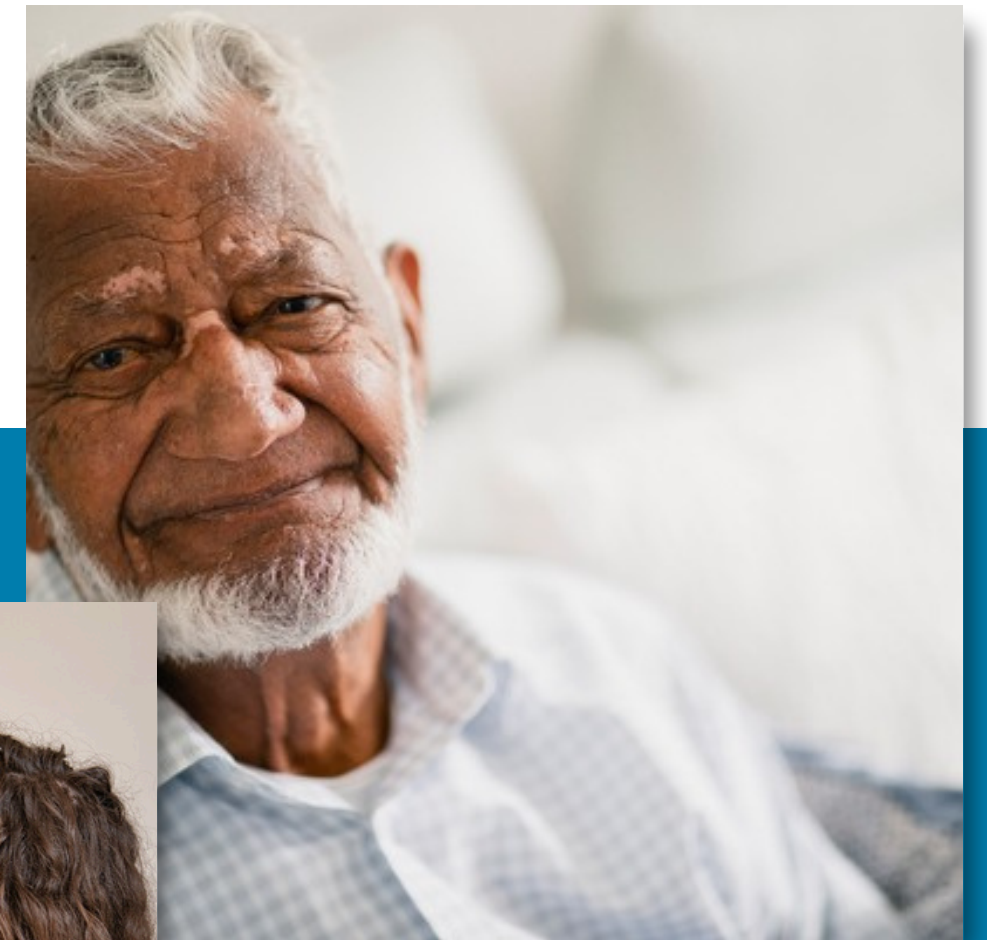
Make a daily to-do list and keep it somewhere visible e.g., on the fridge.

Ask the pharmacist for medication to be provided in a pre-sorted box.

You may find it useful to leave a reminder when popping out, which says where you have gone and when you are due back.

Practical Tips

Dementia is a progressive disease and no two people will experience it in the same way. Here are some practical tips which may be of use, but bear in mind that not all of these will apply to your own situation.





Things you can do to **Stay Well...**

Eat well

Exercise

Drink Plenty, it's important to stay hydrated

Give up smoking

Get your hearing checked



AGE UK H&W

Dementia Wellbeing Service

About the service

The Dementia Wellbeing Service brings together a number of services and activities which offer support, information and guidance. These include Dementia Cafés, specialist support for families and people with Young Onset Dementia and help and advice from experienced Dementia Wellbeing Officers.

How to access the service:

Referrals can be made by a healthcare professional or via self-referral, following a diagnosis from a Worcestershire GP. During your initial conversation with the service, we will organise a home visit appointment from one of our Dementia Wellbeing Officers - they will then be your central point of support.

Phone: 0800 008 6077

Email: referralhub@ageukhw.org.uk

Worcestershire Dementia Cafés

About our Cafés

Age UK Herefordshire and Worcestershire run Dementia Cafés across Worcestershire for people living with dementia, including a specialist café for those living with Young Onset Dementia. The cafés are an excellent opportunity for both carers and those living with dementia to access support, information, and to enjoy a range of social activities.

The cafés are free to attend and run on various days throughout the week. To find your nearest café or for further information, call the Referral Hub on 0800 008 6077 or visit their website, www.ageukhw.org.uk.

Worcestershire Dementia Cafés Information

Café	Where?	When?	Contact Details
 Worcester	St Peters Baptist Church, Eden Cl, Worcester. WR5 3TZ	Every 1st Friday of the month 12pm – 2pm	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
 Malvern	Barnards Green Cricket Club, North End La, Malvern. WR14 2ET	Every 2nd Tuesday of the month 2pm – 4pm	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
 Redditch	Oasis Christian Centre, 4 Plymouth Rd, Redditch. B97 4QB	Every 1st Wednesday of the month 10:30am – 12:30pm	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
 Tenbury Wells	The Library, 24 Teme St, Tenbury Wells. WR15 8AA	Every 1st Thursday of the month 10:30am – 12:30pm	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
 Upton on Severn	Upton Baptist Church, Old St, Upton upon Severn, Worcester. WR8 0HN	Every 3rd Monday of the month 2pm – 3:30pm	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
 Bromsgrove	Bromsgrove Rugby Football Club, Finstall Road, Bromsgrove, B603DH	Every 2nd Wednesday of the month 10.30am – 12.30pm	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk

Worcestershire Dementia Cafés Information

Café	Where?	When?	Contact Details
 Kidderminster	Evangelical Church, Greatfield Rd, Kidderminster. DY11 6PP	Every 3rd Friday of each month, 10:30am-12:30pm	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
 Pershore	Pershore Civic Centre, Queen Elizabeth Drive, Pershore, WR10 1PT	Every 3rd Tuesday of each month, 10:30am -12:30pm	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
 YOD Cafe, Worcester (Young Onset Dementia)	The Studio, The Hive, Sawmill Walk, The Butts, Worcester, WR1 3PD	Every 3rd Wednesday of the month 2pm – 4pm	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
Admiral's Café- Colwall	Colwall Village Hall, Mill Lane, Colwall, Nr Malvern, Worcestershire. WR13 6EQ	First Thursday of the month 11am - 1pm	01684 540 658
Chaddesley Dementia Café	Chaddesley Village Hall, Chaddesley Corbett, Kidderminster. DY10 4QA	Every 2nd Wednesday 2pm – 3:30pm	Diane Dolley: 01562 777 841 Yvonne Scriven: 01299 777 976

Worcestershire Dementia Cafés Information

Café	Where?	When?	Contact Details
Dementia Sports Café	Worcester Rugby Club, Hindlip, Worcester. WR3 8TR	Every Wednesday 10.30am - 12.00pm	Harry Smith 01905 964940
Evesham Dementia Café	Willow Bank Residential Home, Tilesford Park, Persore, Worcestershire. WR10 2LA	Every second Wednesday.	Samantha Cope: 01386 556 844

Worcestershire Dementia Cafés Information

Café	Where?	When?	Contact Details
Stourport Dementia Café	St Michael's Church, Church Dr, Stourport-on-Severn. DY13 9DD	1st and 3rd Tuesday of the month 2pm – 4pm	Liz Bloomer: 01299 825 009
Tea and Support Coffee Morning	Lyppard Hub, Ankerage Green, Warndon Villages, Worcester. WR4 0DZ	Every Tuesday 11.00am - 12:30pm	Carolyn Yates 01905 616841
The Tea Service	All Saints Church, Market Place, Evesham, Worcestershire. WR11 4RW	Every Friday 2pm – 3pm	01386 442 213
Today's Our Day	United Reform Church Hall, 77 High Street, Broadway, Worcestershire. WR12 7AL	Every Thursday 2pm – 4pm	Mark: 07949 296 738

Worcestershire Dementia Cafés Information

Café	Where?	When?	Contact Details
W&E Dementia Café	Longdon Village Hall, Bear Lane, Longdon, Tewkesbury, GL20 6AZ	First and Third Wednesday every month 2pm – 3:30pm	Sandra: 01684 833 636
With You In Mind Dementia Friendly Café	St Peters Church, Inkberrow, Worcestershire. WR7 4DZ	4th Thursday every month 11.00 – 12.30 hrs	Melanie Hart melanie@cofe- inkberrow.org.uk
The Dementia Cafe	Severn House Worcester WR1 2NE	Every Monday 10:30-12:00	Isobel Brick 01905 459329

Worcestershire **Events and Activities**

Worcestershire Events and Activities Information

Event/Activity	Where?	When?	Contact Details
 Allotment Gardening Group	Pershore	All Year Round.	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
Avenbury Care Farm	Avenbury Care Farm, Rhea Farm, Bishops Frome, Worcestershire. WR6 5BQ	9:30am - 3:30pm, five days per week.	07393 148 343
Conquest Art Malvern	Church Hall (rear entrance), Malvern Link United Reformed Church, Worcester Road, Malvern, Worcestershire. WR14 1SS	2nd and 4th Thursday each month From 2:15pm to 4:15pm	Janet Bingham: 01684 562 188
Creativity Parcels	Anytime to use at home. If you would like to order a parcel, they cost just £6 and the deadline for ordering is the 15th of each month.		Sarah: 07894 715 680
Dementia Support Group	Riverside Elim Church, Dog Lane, Bewdley. DY12 2EF	Every Tuesday - Free! 10:30am - 12.00pm Community drop in, Dog friendly	01299 405 535

Worcestershire Events and Activities Information

Event/Activity	Where?	When?	Contact Details
 Digital Activities	We run Computer Cafés and one-to-one support from several venues across Worcestershire and Herefordshire.		Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
Garage Art Group	58 Bridge Street, Town Centre, Evesham, Worcestershire. WR11 4RY	Contact the team for session times.	01386 442 696
 Walking Friends	Contact the Referral Hub for further details.		Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
 Lower Wick Walking Group	Malvern Gate, Bromwich Road, Worcester. WR2 4BN	Every Monday 10:15am for a 10:30am start	Referral Hub: 080 0008 6077 referralhub@ageukhw.org.uk
Singing for the Brain, Redditch	Windmill Centre, Rye Grass Lane, Redditch B97 5YE	Weekly on a Tuesday 10:30am - 12:00pm	01432 371 137

Worcestershire Events and Activities Information

Event/Activity	Where?	When?	Contact Details
Singing for the brain, Kidderminster	Trinity Methodist Church, Churchfields, Kidderminster. DY10 2JL	Weekly on a Tuesday 1pm -2:30pm	01432 371 137
 The Big Knit	Drop off at Malvern Gate, Bromwich Road, Worcester, WR2 4BN	Anytime from the comfort of your own home	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
Strong and Steady Exercise Classes	For the exercise class schedule and locations please contact Rachael. Open to those with disabilities including dementia (as long as the person can still follow instructions). Please note attendees will need to complete a short referral form before they can join a class.		Rachael Trickey: 07717 422 188
Wick Care Farm	Wick Grange Farm, Owletts Lane, Wick, Pershore, Worcestershire, WR10 3PB	Open every day. There is a charge for this service.	Isobel: 07967 173 740
 Walking Football	King George V Playing Field, Ash Avenue, Worcester. WR4 9TL (free parking available).	Every Friday 11.00am – 12.30pm First session is FREE and £4 per session thereafter.	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
 Age UK WMH Music Group	Elgar Court, 35 St Andrews Rd, Malvern WR14 3PT.	Alternate Fridays 10am - 12pm £10 per son includes refreshments	Contact - Mark 01684 560666

Worcestershire Events and Activities Information

Event/Activity	Where?	When?	Contact Details
Community Coffee Morning	Breme Residential Care Home, Bromsgrove. B61 8EF	First Tuesday of every month 10:30- 12:00	Rebekah 07483 431 551
Carers Support Afternoon Tea	Heathlands Residential Care Home, Persore. WR10 1NG	Last Thursday of every month 3pm -4:30pm	Rebekah 07483 431 551
Maintenance Cognitive Stimulation Therapy (MCST) - Worcester 	Age UK HW, Malvern Gate Office, Bromwich Road, Worcester WR2 4BN	Every Thursday 10.00am-12.00pm For mild/moderate dementia	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
Maintenance Cognitive Stimulation Therapy (MCST) - Stourport 	Age UK HW, The Coach House, Ravenhurst, Lickhill Road, Stourport on Severn DY13 8RU	Every Tuesday 10.00am-12.00pm For mild/moderate dementia	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
Maintenance Cognitive Stimulation Therapy (MCST) - Evesham 	Wallace House, Oat Street, Evesham, WR11 4PJ	Every Friday 10.00am-12.00pm For mild/moderate dementia	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
Young Onset Dementia Pub Club Worcester	Home Instead, Toby Carvery, Bath Rd, Broomhall, Worcester WR5 3HW	Every 1st Wednesday of the month except for December	pauline.goodman@homeinstead.co.uk 01905 420404

Worcestershire Dementia Meeting Centres

About Meeting Centres

A Meeting Centre is a person centred social club where people with mild to moderate dementia and their families meet to make friends, enjoy different stimulating activities and have fun!

Meeting Centres are based on research evidence of what helps people to cope well in adjusting to living with the symptoms and changes that dementia brings.



Worcestershire Meeting Centres Information

Meeting Centre	Where?	When?	Contact Details
 Droitwich Spa	Droitwich Spa Football Club, King Georges Fields, Brial Mill, Droitwich Spa. WR9 0RZ	Every Wednesday, Thursday and Friday 10:30am - 3:30pm New Members: £30.00	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
 Hartlebury	Hartlebury Castle, Hartlebury. DY11 7XZ	Every Thursday and Friday 10:30am - 3:30pm £30.00 Per Session (Refreshments Included, Members can bring their own lunch).	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
 Stourport	Church House, Areley Kings, Rectory Lane, Stourport-on-Severn DY13 0TB	Every Tuesday and Wednesday 10:30am - 3:30pm £30.00 Per Session (Refreshments Included, Members can bring their own lunch).	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk

Worcestershire Meeting Centres Information

Meeting Centre	Where?	When?	Contact Details
 <p>Redditch</p> <p>For Young Onset Dementia</p>	<p>Batchley Community Centre Cherry Tree Walk B97 6PB</p>	<p>Every Monday 10:30am - 3:30pm £30.00 Per Session (Refreshments Included, Members can bring their own lunch).</p>	<p>Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk</p>
 <p>Bromsgrove</p>	<p>Crabtree Court, Parkwood Road, Bromsgrove. B61 8UG</p>	<p>Every Tuesday 10:30am - 3:30pm £30.00 Per Session (Refreshments Included, Members can bring their own lunch).</p>	<p>Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk</p>
<p>Evesham and District Meeting Centre</p>	<p>Church St Hub, 20 Church Street, Evesham, Worcestershire. WR11 1DS</p>	<p>Weekly: Tuesday, Wednesday and Thursday. 10:00am -3:00pm £35 for the day. Tea, coffee and biscuits available. Bring own lunch.</p>	<p>Sally Dance: 01386 429 454</p>
 <p>Worcester Chelmsford Court Meeting Centre</p>	<p>Chelmsford Court, Chelmsford Drive, Worcester, WR5 1RD</p>	<p>Every Monday 10:00am – 3:00pm £25 for the day</p>	<p>01905 724 294</p>

Worcestershire Meeting Centres Information

Meeting Centre	Where?	When?	Contact Details
Malvern Church of Ascension Meeting Centre	Church of Ascension, Somers Park Avenue, Malvern, WR14 1XA	Every Tuesday 10:00am – 3:00pm £25 for the day	Cowleigh Church - James - Williamscurate@mlwc.church
 Worcester Chantry House Meeting Centre	Chantry House, Glebe Close, St John's, Worcester. WR2 5AX	Every Thursday 10:00am – 3:00pm £25 for the day	01905 724 294
 Malvern Hills Meeting Centre	Nora Parsons Centre, Venn Lane, Wichenford. WR6 6XY	Every Friday 10:00am – 3:00pm £25 for the day	01905 724 294

Worcestershire **Dementia Day Care Centres**

Worcestershire Day Centres Information

Day Centre	Where?	When?	Contact Details
Kyrebroke Day Care Centre (Tenbury Wells)	Unit B Clarkes Meadow, Tenbury Business Park, Bromyard Road, Tenbury Wells. WR15 8FA	Monday – Friday 9am – 3:00pm £39 per day plus £6 lunch and refreshments. Transport maybe available from within the local area. Price TBD.	Ria Baxter: 01584 318 030
STARS Day Care Centre (Worcester)	Horizon Centre, Stanley Road, Worcester. WR5 1BE	Tuesday - Friday 9am - 3:00pm Fee - £55 a day with/without lunch, Morning or PM Session with/without lunch £40. Drop and shop (max 2 hours during core hours only) £20, extended hours (Tuesday, Wednesday and Thursday) £85.	Helena or Catriona: 01905 355995
Valuing Individual People Day Centre (Bromsgrove)	Amphlett Hall, Crown Close, Bromsgrove. B61 8DW	Monday - Friday 9am – 5pm £10 hour and £3 for lunch (Min 4 hrs per day).	Ashleigh Coffin: 01527 375015

Worcestershire Day Centres Information

Meeting Centre	Where?	When?	Contact Details
Valuing Individual People Day Care Redditch	The Barn, Winyates Craft Centre, Winyates, Redditch. B98 0LA	Monday - Friday 9am – 5pm £10 and £3 for lunch. (Minimum 4 hrs per day).	Karen Fidler: 01527 375 014
Friends Of The Elderly Day Centre Kidderminster	The Fred Bennett Centre, George Street, Kidderminster. DY10 1PX	Monday – Friday 9:30am - 3:30pm Fee £44-£60 for a day covering breakfast, lunch, afternoon tea and all activities.	Jeanette: 01562 825 490
Friends of the Elderly Day Centre Malvern	The Lodge, 148 Graham Road, Malvern. WR14 2JW	Monday – Friday 9:30am - 3:30pm Fee £44-£60 for a day covering breakfast, lunch, afternoon tea and all activities.	Julie/Shirley: 01684 218 281
Stonebow House Day Care	Stonebow House Residential Care Home Worcester Road Persore, WR10 2DY	Tuesday, Thursday, Friday Full or half days 10am-5pm	Tel: 01905 840245

Directory of Services



Independence at Home

We can support adults in Worcestershire to improve their independence, health and wellbeing at home, while reducing the need for non medical health and care support. We can also offer a home-from-hospital support service.

Phone: 0800 008 6077 or Email: referralhub@ageukhw.org.uk

Training Solutions

Age UK Herefordshire & Worcestershire's Training Solutions team is a specialist health and social care training provider. Our team provides skills training tailored to suit your individual needs, including Dementia Awareness and Arts & Dementia training courses. You will meet with professional dementia trainers who have the backing of Age UK H&W's 25 years of experience and knowledge.

Phone: 0800 008 6077 or Email: referralhub@ageukhw.org.uk

Directory of Services



Dementia Community Support

The Worcestershire dementia community support service can connect you with one of our volunteers, offering friendship and understanding. They will be able to provide you with the opportunity to carry on doing the things that you enjoy within the community and at home.

What can our service offer?

- Regular visits or a telephone call for a friendly chat, to share an interest, an activity and to reminisce.

Support with attending community activities if you no longer feel confident enough to attend on your own.

Access to Online Meeting Points and informal support networks.

Age UK Worcester and Malvern Hills, Phone: 01905 724 294

Age UK Bromsgrove, Redditch and Wyre Forest, Phone: 01527 570 490

Directory of Services



Community Travel Worcestershire

In all parts of the UK, on every day of the year, thousands of community transport staff and volunteers help people to stay independent, participate in their communities and access vital public services and employment. Community Transport Schemes can help get you around. If you need transport, for medical appointments, shopping, social clubs etc., a scheme near you may be able to help.

As all schemes rely on volunteers giving of their time, pre-booking is essential with a minimum of 48 hours notice. Minibuses, Cars and MPVs (Multi-Purpose Vehicles) are available and many can accommodate wheelchair users. Phone: 0300 330 1399

Home Instead Companionship Service

Our Care professionals are trained with a specialist City and Guilds qualification, backed by a team trained up to degree and Masters level by the Dementia Studies department at the University of Worcester. Our Care professionals can provide regular companionship at home or are all fully insured for their own cars to take clients out to appointments or social gatherings, theatre, etc. They do not wear uniform and we ensure continuity of companions to build up trust and, we hope, friendship. Anyone who would like more details of our services can call us on 01905 420404 or look at our website at homeinstead.co.uk/worcester

Directory of Services



Hereford and Worcester Fire and Rescue Service

Hereford & Worcester Fire and Rescue Service is closely involved with dementia charities and works in close partnership with the Alzheimer's Society and Age UK. For more information on fire safety advice visit their website. www.hwfire.org.uk

Life Stories

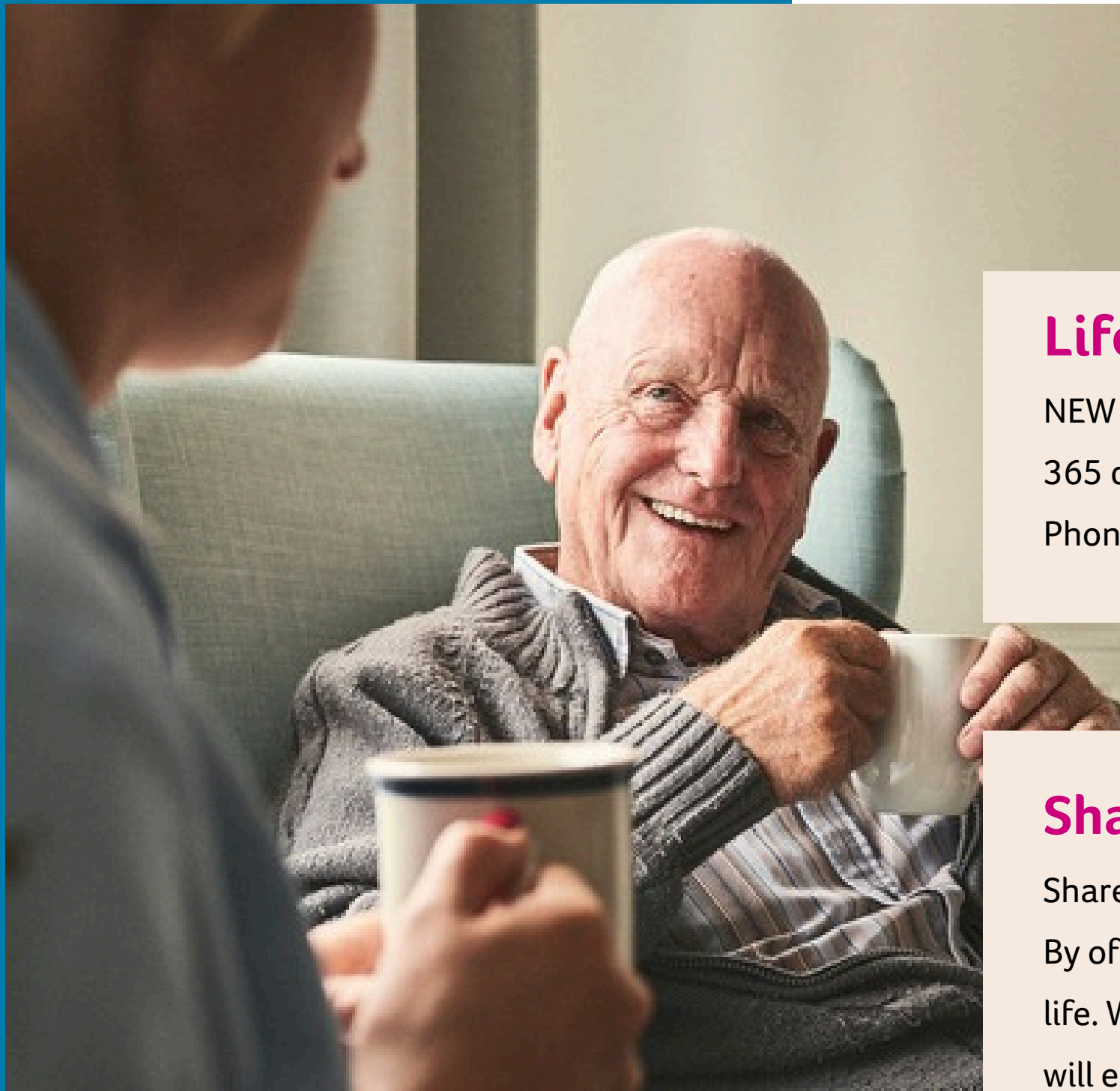
A digital life story book, specially designed for ease of use and recording what is important to you. Create books, add photos and share with family or friends.

To access this software, go to life-stories.hacw.nhs.uk/

H&W Health and Care NHS Trust

Early Intervention Dementia Services are for patients of any age and works towards providing a timely diagnosis of dementia.

Directory of Services



Lifeline Scheme

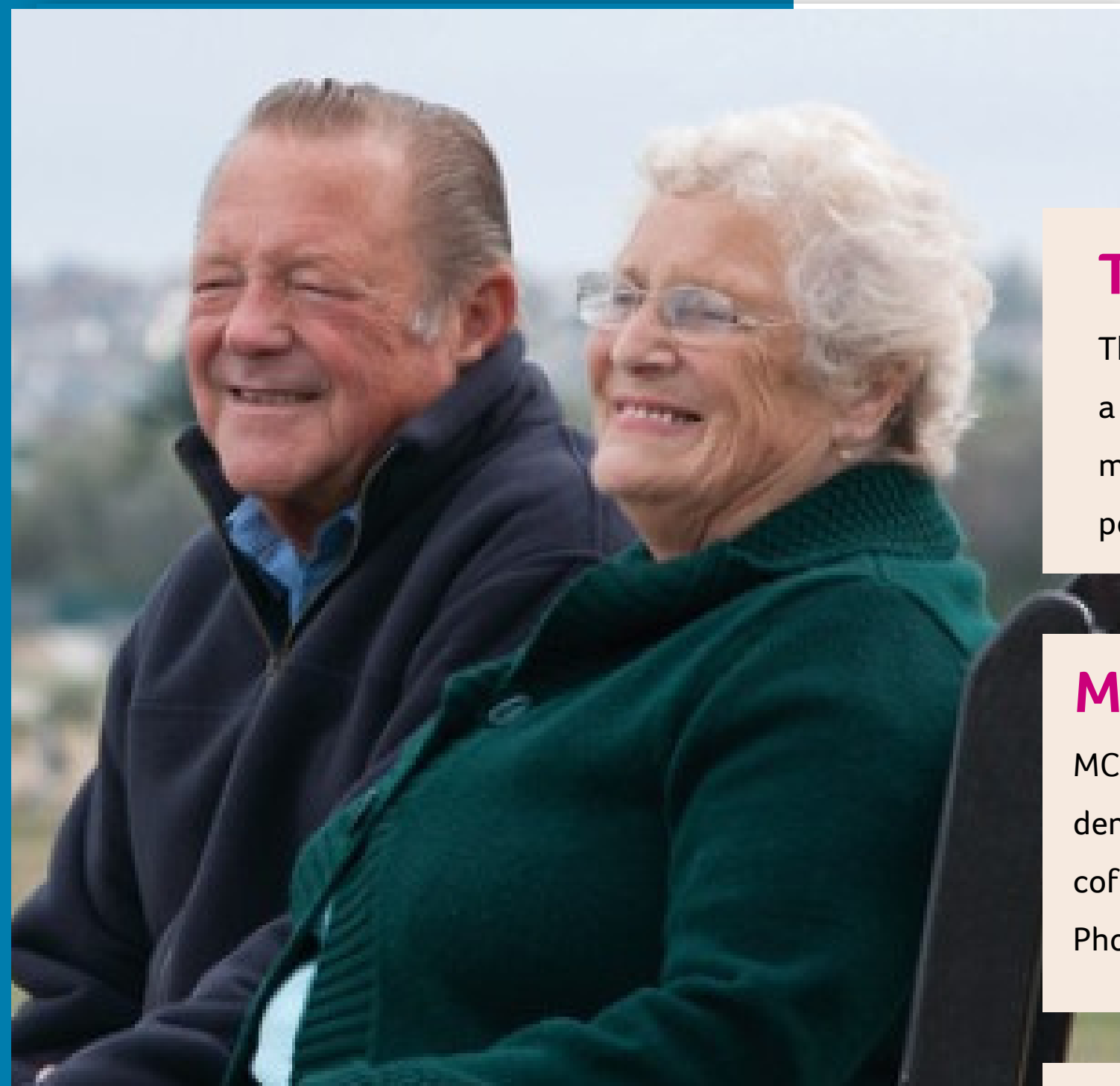
NEW Lifeline scheme is a community alarm service which provides peace of mind 24 hours per day, 365 days per year to vulnerable people in Bromsgrove District and Redditch Borough. NEW Lifeline Phone: 01527 534 060. Email: lifeline@bromsgroveandredditch.gov.uk

Shared Days

Shared Days provides support for people living with memory problems or dementia. By offering the right kind of support we can help people to remain as active as possible and get more out of life. We spend time getting to know the person so that we can choose activities together which the person will enjoy. This may range from reminiscing quietly at home to attending a football match. We encourage people to do what they can for themselves, so our service is for people who would like someone to do things with them rather than for them.

Phone: 01905 937 866 or Email: gills@sharedays.co.uk

Directory of Services



The 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.

Maintenance Cognitive Stimulation Therapy (MCST)

MCST is a programme of mentally stimulating activities which is proven to help slow the speed of progression of dementia. With members also having the opportunity to make friends and learn new skills, and enjoy a cup of coffee and biscuits!

Phone: 0800 008 6077 or Email: referralhub@ageukhw.org.uk

Travel Wallet Scheme

The Worcestershire Travel Wallet is a scheme to support people with various disabilities to make best use of public transport by helping overcome some of the communication barriers that they can face on a daily basis. To request a Travel Wallet contact: 01905 768 053 or socialcare@worcestershire.gov.uk

Directory of Services



Worcestershire Admiral Nurse Service

Admiral Nurses are registered nurses who specialise in dementia. Admiral Nurses provide carers with the knowledge to understand the condition and its effects, the skills and tools to improve communication, and offer emotional and psychological support to help family carers sustain their caring role.

Admiral Nurses are supported professionally by the charity Dementia UK, who work in partnership with Herefordshire & Worcestershire Health and Care NHS Trust.

Anyone who provides care and support to a person with dementia can be referred to the Admiral Nurses, provided that:

1. The person with dementia has already received a diagnosis. If no diagnosis has been given, contact with the G.P. may be the best way forward initially.
2. The family member(s) have given consent for a referral (we are unable to progress referrals without consent).
3. The person living with a dementia is a resident of Worcestershire and pays Council Tax to Worcestershire County Council and/or is registered with a Worcestershire GP

Please go to www.hacw.nhs.uk/services/service/admiral-nurses-31/ to complete the 'Get in touch' form. Alternatively, contact us on 0300 123 1734

Directory of Services

Worcestershire Association of Carers

Worcestershire Association of Carers is a registered charity that was founded in 1997 providing an independent source of information, advice and support for unpaid adult carers in Worcestershire. We provide representation for carers at a local and national level and support carers to have a voice in decisions that affect them. We understand the role of unpaid carers and the huge contribution they make to the community.

Phone: 0300 012 4272

Directory of Services



Community Housing Tech

Living with dementia and memory loss can be worrying and overwhelming but there are some simple devices that can help you or a loved one to live well with dementia. Our life enhancing range of alarms and sensors can help with

- Planning and carrying out tasks, including those with multiple steps
- Communication by improving speech and hearing • Mobility and keeping safe inside and outside your home
- Keeping a sense of independence, confidence and the ability to carry on with the things you enjoy doing.

Please contact 0345 130 1469 or email tecs@communityhousing.co.uk

Herefordshire Dementia Cafés

About our Cafés

Age UK Herefordshire and Worcestershire run Dementia Cafés across Worcestershire for people living with dementia, including a specialist café for those living with Young Onset Dementia. The cafés are an excellent opportunity for both carers and those living with dementia to access support, information, and to enjoy a range of social activities. The cafés are free to attend and run on various days throughout the week. To find your nearest café or for further information, call the Referral Hub on 0800 008 6077 or visit their website www.ageukhw.org.uk

Herefordshire Dementia Cafés Information

Café	Where?	When?	Contact Details
Admiral's Café (Hereford)	Spires Restaurant, Hereford County Hospital, Stonebow Road, Hereford. HR1 2ER	Last Monday of the month 2:30pm – 4:30pm	Admiral.herefordshire@nhs.net
Memory Café Hereford	St Martin's Church Hall, 89 Ross Road, Hereford. HR2 7RJ	Every 4th Thursday of the month 12pm – 2pm £1.00 towards tea and biscuits	01432 371 137
Open House Friendship Café	Challenge Community Church, Belmont Road, Hereford. HR2 7JW	Every Thursday 10am – 12pm Open to all, is dementia friendly	01432 277 676
The Swan's Café Muse	A music café for armed forces veterans living with dementia The Courtyard Hereford	Every Wednesday 11am – 3pm	01789 267 567

Herefordshire Dementia Cafés Information

Café	Where?	When?	Contact Details
Ross Memory Cafe	Larruperz Centre, Grammar School Cl, Ross-on-Wye, HR9 7QD	First Tuesday of each month, 11:30 am - 1:30 pm £5 per couple to include refreshments	Elaine Leney rossmeetingcentre@gmail.com 07506 992971
Young Dementia Support Group	The Garden Room at St Michael's Hospice, Bartestree, Hereford HR1 4HA	last Thursday of every month from 10am - 12pm (excluding December)	01432 852080

Herefordshire Events and Activities

Herefordshire Events and Activities Information

Event/Activity	Where?	When?	Contact Details
Chapel Creatives CIC	Baptist Church at 18 Crofts Lane, Ross-On-Wye. HR9 7AD	The service is currently between venues, so we are running a weekly Craft & Coffee morning Thursday from 10am to 12pm	Mary Deaville: 07828 007 257
Crafts @ Challenge	Challenge Community Church, Belmont Road, Hereford HR2 7JW	Every Thursday 13.00 – 15.00 hrs	01432 277 676
 Digital Activites	We run computer café and one-to-one support from several venues in the two counties with new courses planned in the near future.		Referral Hub: 0800 008 6077
EveryBody Dance	Everybody Dance Offer a variety of movement based projects from cross-generational tea dances to walking in nature.		07870 429 528
Haygrove Community Garden	Old Gloucester Road, Ross-on-Wye. HR9 5PB	Tuesday – Friday There is a fee for this service.	07972 624 378

Herefordshire Events and Activities Information

Event/Activity	Where?	When?	Contact Details
Hereford Community Farm	Hereford Community Farm, Warham Court, Breinton, Hereford. HR4 7PF Transport can be provided for a small fee.	Monday – Friday £40.00 a day Bring a packed lunch.	Julie Milsom: 07971 423 817
Herefordshire Football Association	Football activities are currently not in place for people in the community who have dementia but the FA would like anyone who wishes to take part to make contact in order to start a new inclusive programme.		Scott Russell: 01432 342 179
Herefordshire Growing Point	The Holme Lacy Campus, Holme Lacy, Hereford. HR2 6LL	Weekly, contact for full details. £3.00 per hour for the individual.	07816 257 983
Queenswood Wellbeing Forest Garden	Dinmore Hill, Leominster. HR6 0PY	Open Mondays from 10am – 2pm Free and open to all.	01432 630 088
Singing for Health and Happiness	St Martins Church, Ross Road, Hereford. HR2 7RJ	2nd and 4th Friday each month 10am – 12pm £3.00 per session.	Roger: 07974 834 072

Herefordshire Events and Activities Information


Event/Activity	Where?	When?	Contact Details
Singing for Health and Happiness (Tupsley)	United Reform Church, Hampton Dene Road, Hereford. HR1 1UJ	Fortnightly on a Friday each month 10am – 12pm £3.00 per session.	Roger: 07974 834 072
Singing for the Brain (Hereford)	Saxon Hall, Putson Community Centre, Hoarwithy Road, Hereford. HR2 6HE	January - 10, 17, 24, 31 February - 14, 21, 28 March - 6, 13, 20 10.30am - 12pm Voluntary Donation: £2	denise.wood@alzheimers.org.uk 01432 371 137
Young Dementia Herefordshire Support Group	The Court Yard, Edgar Street, Hereford, Herefordshire. HR4 9JR	Last Thursday of the month at 10:30am onwards however please telephone to check.	07922 042 434
Singing for the Brain (Ross on Wye)	Tudorville & District Community Centre, Walford Avenue, Ross-on-Wye. Herefordshire, HR9 5PZ	January - 10, 17, 24, 31 February - 14, 21, 28 March - 6, 13, 20 Time: 2:00 pm-3.30pm Voluntary Donation: £2	07756 771134 denise.wood@alzheimers.org.uk

Herefordshire Dementia Meeting Centres

About Meeting Centres

A Meeting Centre is a person centred social club where people with mild to moderate dementia and their families meet to make friends, enjoy different stimulating activities and have fun! Meeting Centres are based on research evidence of what helps people to cope well in adjusting to living with the symptoms and changes that dementia brings.

Herefordshire Meeting Centres Information

Meeting Centre	Where?	When?	Contact Details
 Hereford Veterans Meeting Centre	Drybridge House Day Centre, St Martin's Street, Hereford. HR2 7SG	Every Monday 10:30am - 3:30pm With lunch included at a cost of £25 per person.	Referral Hub: 0800 008 6077 referralhub@ageukhw.org.uk
Leominster Meeting Centre	The Old Priory (behind the Priory Church) Leominster, Herefordshire. HR6 8EQ	Tuesday to Friday 9am - 3pm Fee: Full day with lunch £50, without £45. Half day (am or pm) with lunch £35, without £34.	Joy Vallanti: 01568 368 180
Ross Meeting Centre	Tudorville and District Community Centre, Walford Avenue, Ross on Wye, HR9 5PZ	Thursday 11am - 3pm We provide a simple lunch as well and all for the price of £12.00 (for member and carer).	Elaine Leney 07506 992971 rossmeetingcentre@gmail.com

Herefordshire Dementia Day Care Centres

Herefordshire Day Centres Information

Meeting Centre	Where?	When?	Contact Details
The Garden Room Daycare Service	The Garden Room, Gruneison Street, Hereford. HR4 0DZ	<p>The Garden Room offers a flexible adult day care facility allowing carers the opportunity for those they care for to be cared for, by fully trained carers, in a comfortable, accessible, purpose-built facility whilst the carer takes some time out for their own needs either on a planned basis.</p> <p>Half day 9am – 12:30pm £35 with Lunch.</p> <p>Full day 9am – 4pm with lunch £50.</p>	01432 278 435
The Garth Day Care Service	The Garth, The Square, Kington, HR5 3BA	<p>The Garth is providing Day time opportunities on Mondays and Wednesdays. From 9:30am till 3pm, the cost of the full day is £35.00 with a half day £17.50. Transport is available but this is limited to Kington and the local area.</p>	Pat Prior: 01544 230 502

Herefordshire Day Centres Information

Meeting Centre	Where?	When?	Contact Details
Field Farmhouse Residential Home	Field Farmhouse Residential Home, Hampton Bishop, Hereford. HR1 4JP	Field Farmhouse offers all day, overnight and even weekend care for loved ones allowing carers some essential time for themselves. Support can be made available for shorter periods as required. An assessment will be made to ensure that individual needs can be met before a placement is made available. Contact for up-to-date charges.	01432 273 064
Whitchurch House Day Care Service	Whitchurch House Residential Home, Ross on Wye. HR9 6BZ	Whitchurch House provide day care/day ops for over 65s (includes dementia) £40 per day, lunch included.	01600 890 655

Herefordshire Day Centres Information

Meeting Centre	Where?	When?	Contact Details
Orchard House Day Care	Orchard House, The Walk, Withington, Hereford, HR1 3PR	We offer daycare service for people living with Dementia. We have activity programmes to promote healthy minds and wellbeing and will adapt programmes based on the feedback of individuals to promote creativity and enjoyment. The charge is £16.58 per day for Council commissioned and £34.07 for self-funders (All referrals to go through Adults and Communities assessment process).	Margaret Young: 01432 850 671
Mortimer Care Day Care Centre	Mortimer Homecare Ltd, 5A Broad Street, Leominster, Herefordshire. HR6 8BT	We welcome older people for a day of freedom and joy where they can engage in stimulating & varied daily activities. We have daily newspapers - a well stocked Library - Computing - Selection of magazines - Cooking and baking - Outings - Arts and Crafts - Jigsaws & puzzles - Knitting and embroidery - TV & Films - Flower arranging - Exercise classes - 9:45am - 10am. Arrival for welcome drinks with toast & pastries - 10am - 12 noon. Daily activities programme - 12 noon. A fresh Light lunch - 1pm - 2pm. Daily activities programme - 2 pm. Traditional Afternoon Tea - 2:45pm - 3pm. Departure Home - open on Tuesdays, Wednesdays and Thursdays, 9:45am until 3pm - £45.00 per person and this includes all food and refreshments. Transport costs and arrangements are to be met by the client.	Leigh-Anne Stanik: 01568 600 526



Directory of Services

Companion Line

The Companion Line is here to support people who may benefit from a regular call from one of our volunteers. Not having someone to talk to regularly can be lonely, particularly if you are used to sharing your home and time with others. This service is for anyone over the age of 18, living in Herefordshire or Worcestershire.

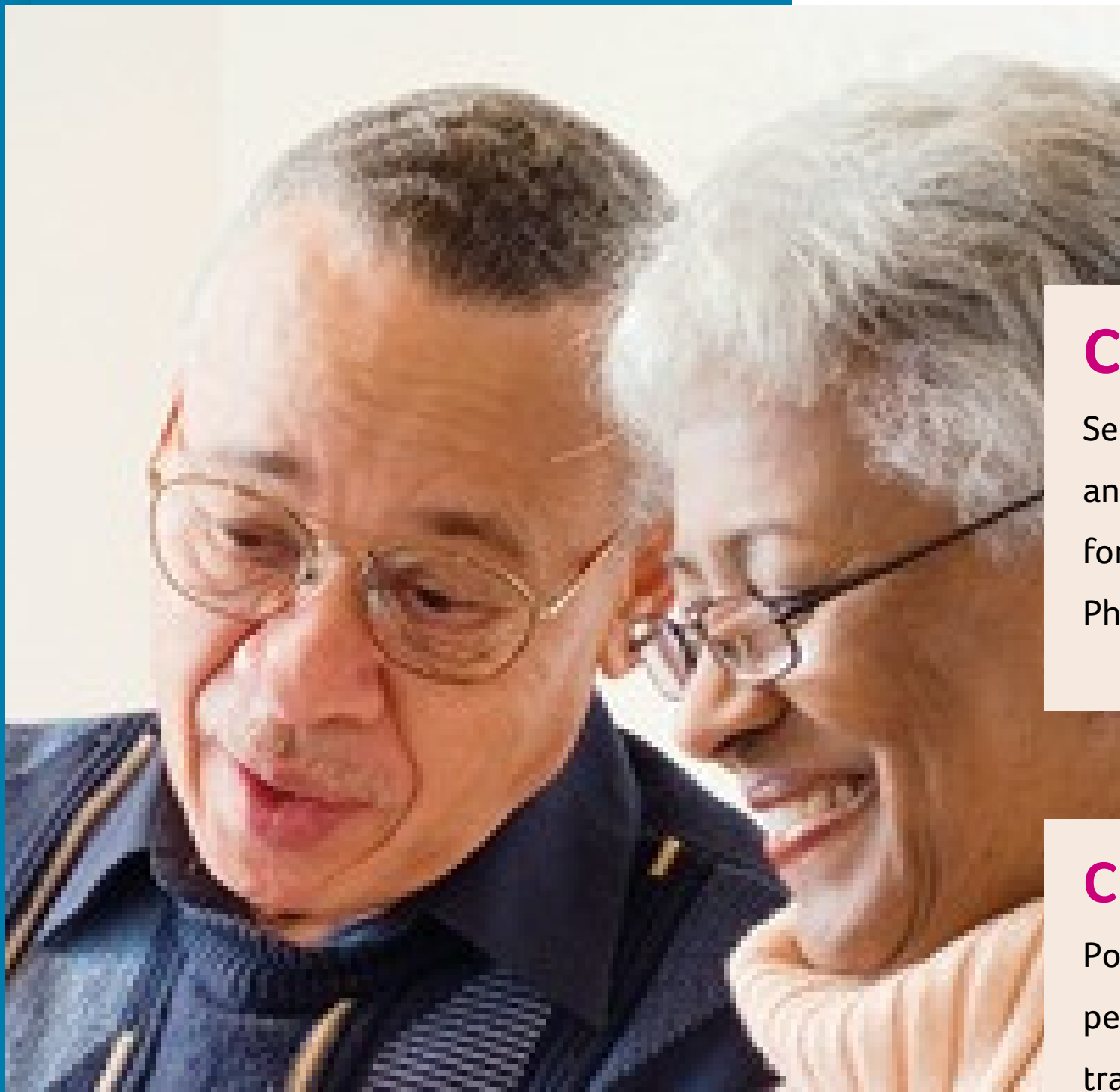
Phone: 0800 008 6077 or Email: referralhub@ageukhw.org.uk

Training Solutions

Age UK Herefordshire & Worcestershire's Training Solutions team is a specialist health and social care training provider. Our team provides skills training tailored to suit your individual needs, including Dementia Awareness and Arts & Dementia training courses. You will meet with professional dementia trainers who have the backing of Age UK H&W's 25 years of experience and knowledge.

Phone: 0800 008 6077 or Email: referralhub@ageukhw.org.uk

Directory of Services



CarerLinks

Service Supporting Unpaid Carers. In Herefordshire, Crossroads Together provide an information and advice service called CarerLinks to support individuals, who are new to caring for someone or for existing carers who need additional support.

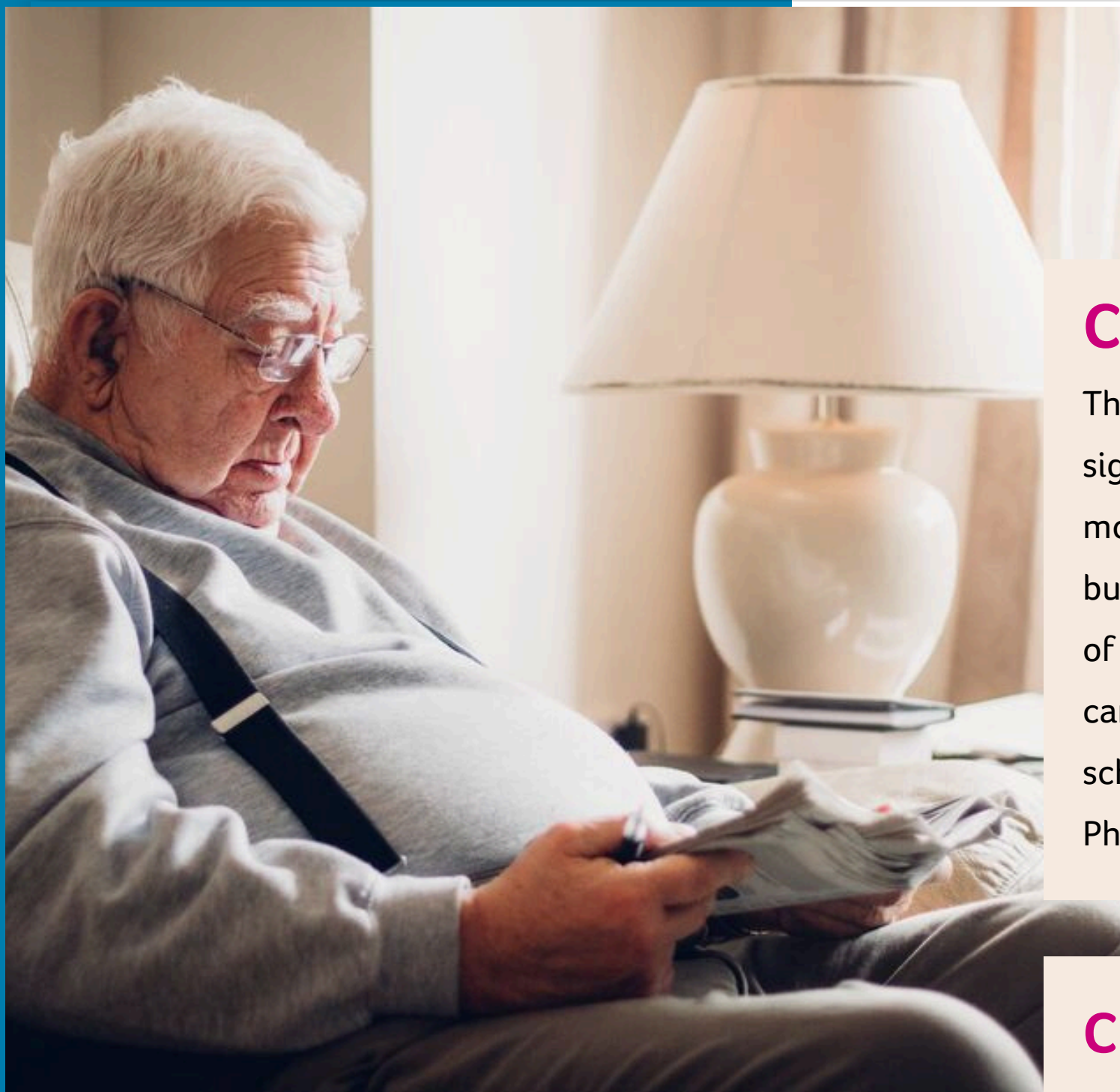
Phone: 01432 663 057 or Email: herefordshire@crossroadstogether.org.uk

C.A.R.E Village Link Scheme

Post Office enterprise trading for the community based in Pontrilas. Dementia friendly café. Links people with their neighbours to support with picking up prescriptions from Ewyas Harold GP, transport to Ewyas Harold GP, shopping etc. Covers: Pontrilas, Ewyas Harold, Longtown, Abbey Dore, Bacton, Orcop, Kentchurch, Kilpeck, Didley.

Phone: 01981 240 235

Directory of Services



Courtyard Top-Up Card

The Courtyard Top-up Card makes your visits to The Courtyard easier and more enjoyable. You can sign up to have your own money card. You or a designated caregiver can keep the card topped up with money specifically for events booked through the Box Office. All you need to do when you arrive to buy your tickets is present the card and tell us what you want to see, the sales assistant will take care of everything else from there. Please note Courtyard Top-Up Cards are for Box Office events only and cannot be used at The Courtyard Café Bar. If you're interested in signing up to the Top Up card scheme contact me on:

Phone: 01432 340 555 or Email: robyn.barratt@courtyard.org.uk

Creative Ageing at the Courtyard Hereford

Creative Ageing provides an annual programme of activities and events to support people affected by dementia.

Phone: 01432 340 555 or Email: boxoffice@courtyard.org.uk

Directory of Services



Dementia Advisor Service (Alzheimers Society)

Dementia Adviser service offers information about all aspects of living with dementia and supports you to access services. People with dementia, carers or people who are worried about their memory can contact the dementia advisers whenever you need further information or support to find other services.

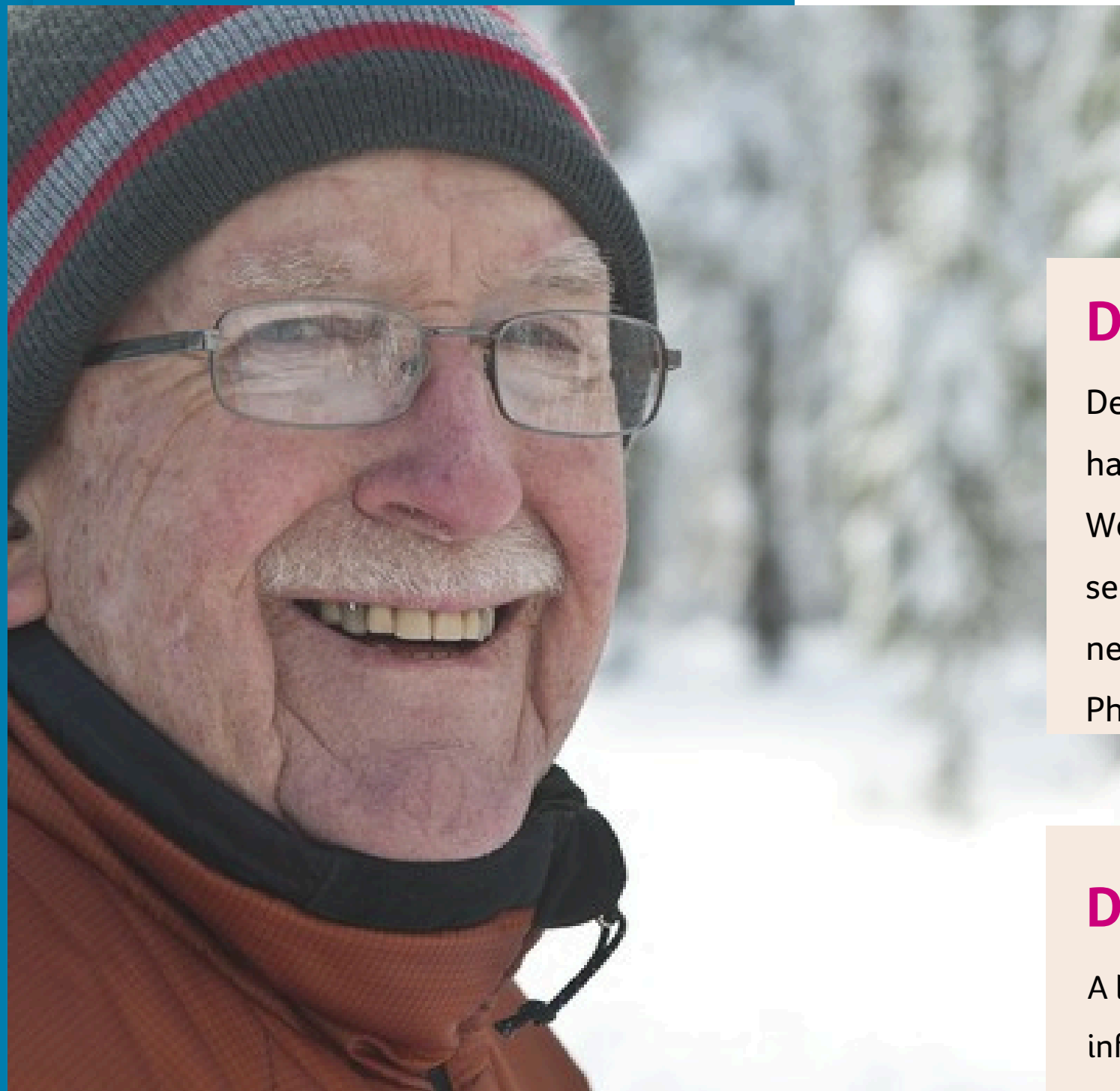
Phone: 01432 371 137 or Email: herefordshire@alzheimers.org.uk

Dementia Advice and Support

Experienced professional advice and personal support. Susanna looks to assist and advise on various problems including: poor appetite and sleep, navigating the home, delusions and hallucinations, general confusion, communication difficulties and aggressive outbursts and boredom. Susanna looks at emotionally supporting the main carer and increasing their 'understanding' and knowledge of dementia. Susanna holds BTEC Level 3 in Awareness of Dementia (QCF), Dementia Link Worker Status; BSc (Hons), Dementia Counselling. Please note: the consultation fee for this service is £60.00 to which a mileage cost may be added.

Phone: 07813 178 314 or Email: susannahbirkett@gmail.com

Directory of Services



Dementia Matters Herefordshire

Dementia Matters is a Herefordshire wide independent charity that supports people who may already have memory difficulties or are worried about their or a loved one's memory, their carers and family. We can also support and advise you through the diagnosis process if necessary. We offer a range of services including advice, Memory Cafés, one-to-one support, carers support and fortnightly newsletters.

Phone: 01432 804 480 or Email: dementiamattershere@gmail.com

Dementia Matters- Powys

A list of support options and services from all across Powys. Check out website or contact for further information. Day ops and groups.

Phone: 01597 822 477 or Email: info@dmip.org.uk

Directory of Services



Dementia Carer Wellbeing Course

Designed to empower and support caregivers of individuals living with dementia, this 8-week course provides invaluable practical advice and essential information to navigate the challenges of the caregiving role.

When: Running for 8 weeks on Monday 15th January | 29th January | 12th February | 26th February | 11th March | 25th March | 8th April | 22nd April

Venue: St Michael's Hospice, Bartestree, Hereford HR1 4HA

Cost: FREE. Places are limited

How to join: Call the St Michael's Hub to secure your place on: 01432 852080 or scan the QR code below

Directory of Services

Herefordshire Carers

Herefordshire Carers supports unpaid Carers, family members and friends who are caring for a spouse, partner, relative or friend who is ill, elderly or has a disability and is unable to manage without their help. You can also apply for an Emergency Carers Card.

Email: infohfd@carersworcs.org.uk

Hereford and Worcester Fire and Rescue Service

Hereford & Worcester Fire and Rescue Service is closely involved with dementia charities and works in close partnership with the Alzheimer's Society and Age UK. For more information on fire safety advice visit their website: www.hwfire.org.uk

Directory of Services

Older Adult Community Mental Health Services

Older Adult Community Mental Health Services provided by Herefordshire and Worcestershire Health and Care NHS Trust, they offer a range of services to support older people living with dementia and their carers including:

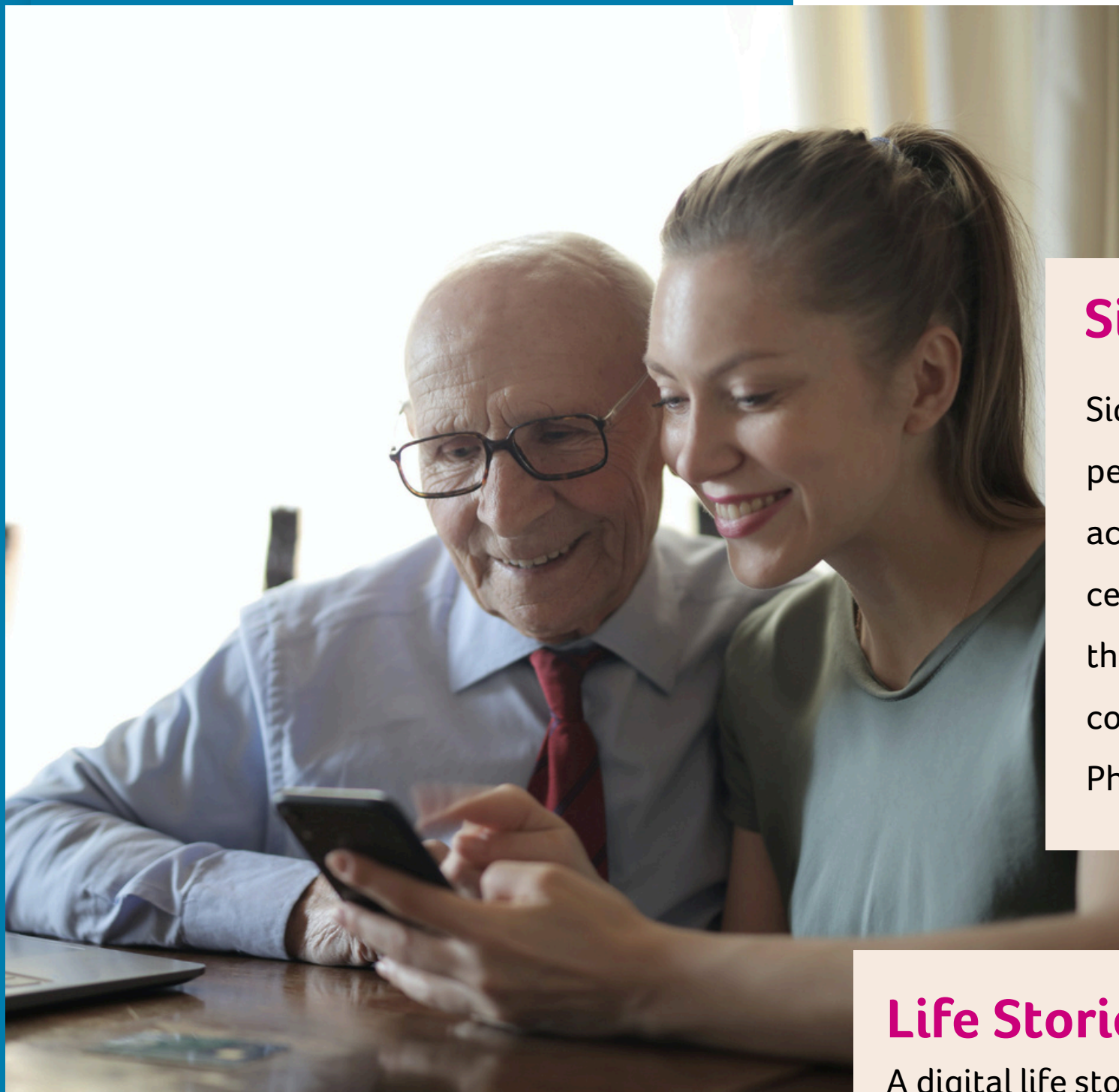
1. Memory Assessment Service
2. Community Dementia Nurses
3. Care Home In-Reach Team
4. Older Adult Community Mental Health Team

Talk Community Directory

Talk Community is a website provided by Herefordshire Council. It provides information including local services and events to support the health and wellbeing of all adults, children young people and families across Herefordshire. www.talkcommunitydirectory.org



Directory of Services



Side by Side Buddying Service

Side by Side pairs fully trained and DBS (Disclosure and Barring Service) checked volunteers with people with new or recent dementia diagnoses, in order to support them in accessing a meaningful activity in the community. This can be anything from a cycle ride to a cinema trip to a visit to a garden centre, the sessions are entirely focused on the customers own interests. This is a free service, with the customer only paying their own costs. Suitability is based on an initial assessment with the service co-ordinator.

Phone: 07885 228 890 or Email: janet.neate@alzheimers.org.uk to make a referral.

Life Stories

A digital life story book, specially designed for ease of use and recording what is important to you. Create books, add photos and share with family or friends.

To access this software, go to life-stories.hacw.nhs.uk/

Directory of Services



Herefordshire Admiral Nurse Service

Admiral Nurses are registered nurses who specialise in dementia. Admiral Nurses provide carers with the knowledge to understand the condition and its effects, the skills and tools to improve communication, and offer emotional and psychological support to help family carers sustain their caring role.

Admiral Nurses are supported professionally by the charity Dementia UK, who work in partnership with Herefordshire & Worcestershire Health and Care NHS Trust.

At this time referrals to the Admiral Nurse Service must come from professionals within the Older Adult Mental Health Service provided by Herefordshire and Worcestershire Health and Care Trust.