

INFORMATION

Dementia support and information in Tameside

Introduction

This leaflet is for people diagnosed with dementia, their family members and/ or supportive person. It provides details on where to access information and advice. It includes details of education sessions, peer support, social groups, healthy living, finance and benefits and other useful information.

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Information for people with dementia

Our groups and services

The Tameside and Glossop Memory Clinic and Pennine Care NHS Foundation Trust deliver some groups and services that you may wish to attend.

Memory Information and Support Group

This informal group is for people diagnosed with dementia by Tameside Memory Clinic or Pennine Care Older People's Mental Health Service. It provides information, peer support and strategies for managing everyday situations.

It is an opportunity to meet people who share similar experiences and develop ways to manage memory problems and understand the causes of dementia.

The groups consist of weekly two hour sessions over 4 weeks for the person with dementia at Age UK Tameside, 131 Katherine Street, Ashton-under-Lyne, OL6 7AW.

- Week 1 Dementia Awareness
- Week 2 Managing memory problems –Goal setting
- Week 3 Tips, Strategies and Memory Aids
- Week 4 Healthier lifestyles – local support

For more information or to book your place, contact Michelle Mccusker
Telephone: 0161 716 3499

Health and Wellbeing College

Our health and well-being college provides various free sessions to people over 18 on all aspects of health and wellbeing, including managing stress, mindfulness, curtains to sleepless nights and much more.

For more information including course details and locations visit the website www.hwcollege.penninecare.nhs.uk or telephone 0161 716 2666.

Be Well Tameside

Advisors offer support, information and direction to achieve healthy lifestyle changes such as smoking cessation, weight loss, reducing isolation, health improvement and more. Ask your clinician for a health improvement leaflet, telephone 0161 716 2000 or email bewelltameside@nhs.net for more information.

Other local groups and services

Alzheimer's Society Dementia Support Worker

A Dementia Support Worker can provide advice and support to the person with dementia and their family member or supportive person. They will visit you at home and provide information, answer questions, offer emotional support, signposting and advice. They can also signpost you to dementia cafés and social groups. Contact the Alzheimer's Society by telephoning 0161 477 6999 or visiting www.alzheimers.org.uk/stockport

Age UK Dementia Support Service

The dementia support service can help people affected by dementia to access information and advice and find out about activities available in their local community. The dementia worker can also support people with dementia and their carers to access other services available from age UK Tameside .To find out more. Telephone 0161 308 5000 or 07833 431 894, alternatively email strettonm@ageuktameside.com

The Shed

The Shed is a larger version of the typical men's shed at the bottom of the garden. They offer a safe, friendly and inclusive workshop, where men (men and women on Fridays) come together to work, share ideas and experiences. More importantly, it's a place where they can make friends and enjoy themselves. A range of activities are available including woodwork, furniture repair, cycle servicing, computers, family history, kitchen garden, gardening, beekeeping ,walking football, walking and cinema club. The shed is run by a team of enthusiastic staff and volunteers. You can stay for a morning or afternoon session or all day.

Monday to Thursday 9am – 3pm (£6 for a half day and £12 full day) men only
Friday 9am – 3pm for both men and women.

Sessions are held at Loxley House, Birch Lane, Dukinfield, SK16 5AU

Mottram Movies

Monthly dementia friendly cinema screenings which includes a Hollywood red carpet entrance and ice-cream interval.

Mottram evangelical church, Stalybridge road, Mottram in Longdendale, Hyde, SK14 6NF

Free entry and refreshments for more information email count me in to movies@mottramec.co.uk or visit their face book page

Live Active

Live Active is for people with long-term health conditions such as diabetes, heart conditions or Chronic Obstructive Pulmonary Disease (COPD). It supports activity, balance and vascular system improvement. A specialist advisor works with the client to devise an individual programme and provides one-on-one support with regular

reviews. You must be referred by your GP. Telephone 0161 366 4860 for further information or visit www.livewelltameside.com

Active Medlock – Droylsden

This involves a social afternoon session providing activities including dance, cooking, gym, walking, swimming and walking football as well as coffee, cake and a chat. Staff are sensitive to the needs of people with dementia and their supportive person. Sessions are on Wednesday from 1pm to 3pm and no registration is required. Sessions cost £3 and are at Active Medlock, Greenfold Way, Droylsden M43 TXU. Telephone: 0161 370 3070 for more information.

Walk and Talk – 30 minutes

The government recommends we exercise for at least 30 minutes a day, five days a week to improve our vascular risk factors and wellbeing. It also helps improve the mood as well as having health benefits. There are a range of led 30 minute walks at various locations in Tameside. Contact Sean Vickers from Active Tameside for more information on 0161 366 4860 or by email at Sean.vickers@activetameside.com

Current session times are as follows:

- Monday from 11am at the car park entrance on Greenside Lane opposite Springfield Road , Droylsden, M43 7SL.
- Tuesday from 10am at Denton Pool, Victoria Street, Denton, M34 3GU.
- Tuesday from 12.30pm at The Antony Seddon Fund Shop, 140 Stamford Street, Ashton-Under-Lyne, OL6 6AD.
- Wednesday from 10.30am at Active Oxford park, Pottinger Street, Ashton-Under-Lyne, OL7 OPW.
- Thursday from 11.00am at Dukinfield Library, Concord way, Dukinfield, SK16 4DB.
- Thursday from 12.30pm at Topaz Café, 216 – 218 Katherine Street, Ashton-under-Lyne, OL6 7AS.

Live well Tameside

Live well Tameside offer a range of activities across the borough of Tameside including Kurling (a mixture of bowling and curling), Aqua relax (dementia inclusive), Tai Chi , Chair based activities ,cycling and walking football. For further details contact the live active office Telephone: 0161 366 4860

Walking for health

A range of led walks around Tameside at various times and locations. For more information contact George Cope by telephoning 0161 320 0430 or 07855 984586 or visit www.walkingforhealth.org.uk

Financial, legal and benefits advice

Benefits

If you have a diagnosis of dementia you may be entitled to attendance allowance or Personal Independence payment- formally known as DLA (if you are under 65) Contact the department of works and pension and ask them to send you a claims pack. Telephone 0345 605 6055

Age UK Tameside

Age UK Tameside can provide help and support with completing forms, such as an application for Attendance Allowance, and will look at maximising your income through a benefits check.

Contact:

Age UK Tameside,
131 Katherine Street,
Ashton-Under-Lyne,
OL6 7AW.

Tel: 0161 308 5000

Email info@ageuktameside.com
www.ageuk.org.uk/tameside

Welfare rights

This organisation provides help and advice on benefits and debt. Sessions are held Monday, Wednesday and Thursday, 9.30am to 12.30pm. Please telephone 08000 749985 for advice or to book an appointment.

Council tax exemption

If you have a diagnosis of dementia you may be entitled to Attendance Allowance or Personal Independence Payment (this is not means- tested). If you are entitled to this benefit you may qualify for council tax exemption. Please contact your local council or the agencies above for further information or visit www.gov.uk/benefits

Power of Attorney

We also advise you to seek information regarding power of attorney and if it will benefit you. Further Information can be sought from the Age UK, Alzheimer's Society, and solicitors. For more information visit www.gov.uk/power-of-attorney

Driving and dementia

If you have a diagnosis of dementia you are required by law to inform the DVLA. You must inform them of your diagnosis, full name and address, date of birth and driving licence number. You also need to inform your insurance company of your diagnosis.

There are lots of skills involved in driving and having dementia may impact on your ability to drive safely, though having a diagnosis does not always mean you have to stop driving. The DVLA will review this once a year.

Your consultant/doctor or nurse/clinician will have discussed driving with you when you were diagnosed. You may be asked to take a driving test or may decide to take a test yourself at one of the national test centres (there is a small charge if you apply yourself). The nearest one to Tameside and Glossop is in Haydock and you should be able to get this information from your doctor, consultant, nurse or clinician. See below for contact details.

DVLA – Driver and vehicle Licensing Agency,
Swansea,
SA99 1TU,
Tel: 0300 790 6806

North West Driving Assessment Service,
Fleet House,
Pye Close,
Haydock,
St. Helens,
WA11 9SJ
Tel: 01942 483713
Email: mobility@bridgewater.nhs.uk

Information for carers

CrISP course (carer information support programme)

This is a 4-5 week programme of education, information and peer support for people who support or care for someone with a diagnosis of dementia. These sessions are run several times a year at various locations across the borough, including evenings and are free to attend. Contact Maggie Murdoch from the Alzheimer's Society by telephoning 0161 477 6999 or emailing maggie.murdoch@alzheimers.org.uk

Tameside Council Carers Service – health and wellbeing team

By law you are entitled to a carer's assessment and support for yourself as a carer. Tameside Council Health and Wellbeing Advisors provide information, advice on services, equipment, social groups and financial help to both you and the person you care for.

They also operate the emergency carer contact form which enables you to put a plan in place should you suddenly become unwell. There are advisors in most areas including a drop-in service in Hyde. Contact:

Health and Wellbeing Service,
Hyde Town Hall
via Corporation Street, Market Street,
Hyde,
SK14 1AL.

Drop-in sessions run Monday to Friday from 11.00am to 2.00pm. For more information telephone 0161 342 3344, visit www.tameside.gov.uk/carers/centre or email carerscentre@tameside.gov.uk

Carer information sessions

The Memory Clinic runs a series of monthly information and education sessions for carers which are run in partnership with Age UK and the Alzheimer's Society. Session topics include: behaviours, communication, activities, delirium and legal matters.

An activity for the person with dementia is also available which will run concurrently in a different room at a **cost of £5**. Contact Muriel Stretton at Age UK Tameside Tel: 0161 308 5000 if you wish to book the activity session.

Sessions are held on the second Friday of the month from 1.30pm to 3pm. If you wish to go on the mailing list to be informed of the sessions, please contact the Memory Clinic. There is no need to book on the carer's session – just turn up, though we advise you telephone prior to attending. Telephone 0161 716 3449 for more information.

Social groups, dementia cafes and peer support

Alzheimer's Society Dementia Support Group

This is a weekly support and activity group for people living with dementia and their carers or supportive person. It is held every Monday in Tameside, except for bank holidays, from 1pm to 3pm. For more information and to book a place telephone 0161 477 6999.

Forget me not buddies

This is a social group for people with dementia and their carer's. They usually meet once a month at a prearranged event such as bowling or just going out for a meal and socialising. For more information contact Carol 07525 822874 or Roy 07787 907087

Denton Dementia Café

Supported by Pennine Care Community Dementia Team and the Alzheimer's Society, the café is held on the first Thursday of the month from 9.30am to 11.30am at Denton Pavilion, Market Street, Denton, M34 2AP. For further information, telephone 0161 716 3400.

Forever Friendship Café

This is a chance to meet other carers and people with dementia for a coffee and chat in a friendly and supportive environment. The café is at Tameside General Hospital, Volunteers Café, Ground Floor, Lady Smith Building, Fountain Street, Ashton-under-Lyne, OL6 9RW.

The café runs on the first Tuesday of the month from 1.00pm to 3.00pm. Contact Pam Kehoe, admiral nurse, for further information on: 0161 922 4482.

Dementia Well Being Group

Age UK Tameside 'weekly Dementia Wellbeing group offers a supportive place for people with dementia, their carer's, family and friends to get together, socialise and have some fun. The group enjoys a varied timetable of activities and regular trips out.

No- one can support someone affected by dementia quite like others facing similar challenges. The group is a good place to get that kind of support, somewhere you can talk about shared experiences with other people who really understand.

The group is held on Tuesdays from 1pm to 3pm at Age UK Tameside, 131 Katherine Street, Ashton-under-Lyne, OL6 7AW. If you would like more information contact Muriel Stretton, Age UK Tameside's Dementia Liaison worker Tel : 0161 308 5000 07833 431 894

Willow Wood Hospice Dementia Support Café

The café is for past and present carers of people living with dementia and those they care for. It is held at Willow Wood Hospice, Willow Wood Close, Mellor Road, Ashton-under-Lyne, OL6 6SL, on the third Friday of each month.

For further information contact Willow Wood on 0161 330 1100

Forget me not buddies

This is a social group for people with dementia and their carer's. They usually meet once a month at a prearranged event such as bowling or just going out for a meal and socialising. For more information contact Carol 07525 822874 or Roy 07787 907087

Other useful information

Age UK Tameside

Provides a range of services to people aged 50+. Services include Information and advice, falls groups, activities, independent living – respite day support and lots more. Contact: Age UK Tameside, 131 Katherine Street, Ashton-Under-Lyne, OL6 7A, telephone: 0161 308 5000, email info@ageuktameside.com or visit www.ageuk.org.uk/tameside

Affordable helpful home signs

Forget me not buddies can provide you with signs and pictures for around the home at affordable prices. This can be useful for the person with dementia to recognise more easily places within the home. Money raised from this goes into the forget me not buddies social club for people with dementia and their carer's. For more information contact Roy Telephone: 0161 366 8550

Alzheimer's Society National Dementia Helpline

For anyone affected by dementia or worried about their memory.
Telephone: 0300 222 1122.

Books on prescription

Your local library has a selection of books about dementia for carers and the person with dementia.

Community Response

Provides information on products, monitors, devices and telecare, which aims to reduce risk and support people to live in their home as long as they can. Contact: Tameside Community Response Service, Dukinfield Town Hall, King Street, Dukinfield, SK16 4LA. Telephone: 0161 342 5100
Email: communityresponse@tameside.gov.uk

Dementia UK admiral nurse direct help line

For anyone affected by dementia or worried about their memory. Telephone: 0800 888 6678.

Dementia Connect

Dementia connect is the Alzheimer's society's comprehensive and easy to use online services directory for anyone affected by dementia. Through a simple location search, people affected by dementia can find voluntary, statutory and private services, nearest and most relevant to them.
www.alzheimers.org.uk/dementiaconnect

Join Dementia Research

There are lots of studies and research projects, joining enables you to see what studies are taking place and you can take part in studies that interest you and maybe local to you. Telephone: 0300 111 5 111 www.joindementiaresearch.nihr.ac.uk

Disabled Living Centre

Disabled Living is a charity which provides impartial information about equipment (assistive technology) and other products that may enable people to live more independently in their own home. Based in Worsley, they have a permanent display of equipment for you to try. For an appointment call 0161 607 8200 or email info@disabledliving.co.uk

Glorious opportunity

This is a useful website started by a GP who has Alzheimer's disease. It is for people with dementia and their supportive person or carer. The website contains lots of useful information and resources as well as having a series of nine short videos which help people to understand what it is like to live with dementia and provides lots of helpful tips and strategies. Visit the website at www.gloriousopportunity.org

Meals on Wheels

Icare provides a hot meal and a desert at lunchtime, including Christmas Day. Other services are available at an extra cost. Contact: 0161 339 3090

Radar Keys

Radar Key (Royal Association of Disability and Rehabilitation) can be purchased by anyone with a disability (no proof of disability required). Purchase a key by visiting Tameside Council Customer Services Centre opposite Barclays bank , Stamford street Ashton u Lyne and at Tameside Library or online at www.tameside.gov.uk/disabilities/radarkey Telephone: 0161 342 8355.

Social services

Provides needs assessment for those needing support at home. In addition, provides needs assessment for respite day care and 24-hour care Tel: 0161 342 2400 or 0161 342 4299.

The Storybox Project: At Home

A ground breaking activities programme for people with dementia and their carer's that people can use in their own home. It provides themed activities, workshops and other resources which uses imagination and creativity as a starting point. To find out more about the programme please email info@smallthings.org.uk or call 07941 218 435

Talking Point

Online discussion forum for people affected by dementia: www.alzheimers.org.uk

Useful websites for assistive technology/daily living aids/legal matters and benefits

www.shop.alzheimers.org.uk

www.atdementia.org.uk

www.asksara.dlf.org.uk

www.gloriousopportunity.org
www.ageukmobilityaids.co.uk
www.unforgettable.org
www.nhs.uk/choices
www.gov.uk/power-of-attorney
www.gov.uk/benefits