

INFORMATION

Dementia support and information in Glossop

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 four 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 More tips and Strategies - Healthier lifestyles

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

Health and Wellbeing College

Our Wealth 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.

Other local groups and information

Derbyshire dementia support service (making space)

Making space provides personalised one-to-one support and information on a wide range of issues as well as running various groups throughout

For more information contact making space telephone: 01246 592010 or email: derbyshiredementia.service@makingspace.co.uk

Musical Memories

This group uses singing to bring people living with dementia and their carer together in a friendly, safe, fun and social environment. This session takes place on the 1st Wednesday of the month, from 10.30am – 12.30 pm, at Central Methodist church, chapel street, Glossop, SK13 8AT.

For more information contact making space by telephoning 01246 592010

Age UK Derbyshire

For information on services and support provided by Age UK in and around the peak district telephone: 01773768240 or visit their website www.ageuk.org.uk/derbyandderbyshire

Wellfit Glossop

Well fit are running the following weekly sessions in Glossop and the High Peak. They are all socially inclusive and suitable for people with dementia their family member or supportive person.

For further information please contact Mick Owen by telephoning: 07944 605508 or emailing: mickowen@talktalk.net. You can also visit the website: www.wellfitglossop.com

Stroll and Natter

The programme has two walks each week categorised as 'very easy' by the Walks for Health scheme and led by trained walk leaders.

- 1st and 3rd Tuesday of each month, at 10.00am from the Platt Street car park, Hadfield, SK13 1AH
- 2nd and 4th Tuesday of each month , at 10.00am, from Hadfield Youth Centre, Newshaw Lane , Glossop, SK13 2AT
- Every Thursday morning at 10.00am from the Jericho Cafe, Winster Mews, Gamesley, SK13 0LU.

For further information telephone: 07944 605508

Jazz hands and feet

This is a chair-based exercise class to music, which has an accent on fun and working at your own pace. The sessions are popular with men and women.

- Monday at 10.00am at Hadfield Youth Centre, Newshaw Lane, Hadfield, SK13 2AT
- Tuesday at 11.30 am at The Bluebell Wood ,Glossop, Road Gamesley, SK13 6EL

For further information please telephone: 07944 605508

Walking Football

This is football with all the dashing about taken out. While the sessions attract mainly men of a certain age they are open to anyone. All you need is loose clothing and a pair of trainers.

- Thursdays at 2pm at Glossopdale Community College, Newshaw Lane, Hadfield, SK13 2AT
- Wednesday at 2pm Memorial park MUGA off Macclesfield road , Whalley bridge
- Every other day of the week they have sessions in Tameside

For further information and to find out about various other sessions in Derbyshire and Tameside telephone Mick Owen on: 07944 605508

Monthly Tea Dance

This takes place every 2nd Tuesday of the month from 2.00pm to 3.30pm at Hadfield Youth Centre, Hadfield Youth Centre, Newshaw Lane, Hadfield, SK13 2AT. Telephone: 07944 605508

Live Life Better Derbyshire

Get Active

This service offers two free activity sessions each week for 12 weeks for people with existing health conditions such as those listed below:

- High blood pressure
- Heart disease
- Joint or mobility problems
- Mild to moderate mental health conditions
- Diabetes
- Pulmonary disease problems

A referral is needed from your GP. For further information please telephone: 08000852299 or visit www.livelifebetterderbyshire.org.uk

Wellbeing Service

Wellbeing workers provide information and support specific to your needs to improve your general health and wellbeing. Some examples of support might be: weight matters, alcohol advice, being more active, isolation and loneliness, debt and housing issues. A referral is needed from your GP so please discuss this on your next visit.

For further information telephone: 08000852299 or visit www.livelifebetterderbyshire.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 if you are under 65 (formally known as DLA) contact the department of works and pension and ask them to send you a claims pack. Telephone 0345 605 6055

Citizens Advice Bureau

They can provide advice and information on a wide range of issues including attendance allowance, pension credit, housing benefit. Appointments are available every Wednesday at the Glossop advice centre, Bradbury house, 12 Market St, Glossop SK13 8AR. Telephone 0300 456 8390

Welfare benefits information and advice team

Offer free advice on benefits such as claiming attendance allowance and personal independence payment. Contact the benefits helpline from Monday to Friday, 11am to 4.30pm, on 0845 120 2985 or 01629 531535. You can also email welfarebenefits@derbyshire.gov.uk

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, citizen's advice bureau and a solicitors: 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

Derbyshire Dementia Support Service Carers Support Group Making Space

This group provides a friendly and supportive environment to talk to others who understand what caring for someone with a dementia involves.

It takes place on the 1st Friday of the month, from 1pm to 3pm at the Volunteer centre, Howard Town House, High Street East, SK13 8DA.
Telephone: 01246592010 for more information.

Carer's information session

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.

Glossop Carers Support Group

For all carers, the group is run by Derbyshire carers association every second Tuesday of the month from 1.30pm to 3pm at Central Methodist Church, Chapel Street, Glossop, SK13 8AT. For further information Telephone: 01457 858383

Social Groups, dementia cafes and peer support

Glossop Dementia Café- Derbyshire dementia support service.

The group offers a chance for people with dementia to share experiences and take part in activities with their peers and carers.

It takes place at Central Methodist Church, Chapel Street, Glossop, SK13 8AT on the 2nd Wednesday of the month from 11.00am - 13.00pm. For further information please telephone 01246592010 or email: derbyshiredementia.service@makingspace.co.uk

Glossop dementia café

There are drop in information sessions in partnership with Glossop social services and Pennine Care NHS Foundation Trust community dementia team. They are for people with dementia and their carer or supportive person. The group has different speakers each month, mainly from local community services. It is held at Central Methodist Church, Chapel Street, Glossop, SK13 8AT on the first Wednesday of the month from 11am to 1pm. Please telephone 0161 716 3400 for more information.

Forever Friendship Café

Meet other carers and people with dementia for a coffee and chat in a friendly and supportive environment at the Volunteers café at Tameside Hospital, Ground Floor Lady Smith Building, Fountain Street, Ashton-under-Lyne, OL6 9RW. It is held on the first Tuesday of the month from 1.00 pm to 3.00 pm. Please contact Pam Kehoe, admiral nurse, for further information on 0161 922 4482.

Forget me not buddies

This is a peer support and social group for people with dementia and their carers. 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 on 07525822874 or Roy on 07787907087
Facebook forget me not buddies (Tameside)

Dementia Friendly Matinee Screenings

For people living with dementia their family and friends. Cost £2 which includes refreshments. The person with dementia may bring along one carer, friend or family

member for free. It is held at Central Methodist church, chapel street, Glossop, SK13 8AT. Films start at 1.30pm please book in advance and Email matineederbyshire@gmail.com or Telephone: 07449732322 for dates of up and coming films.

Other useful information

Alzheimer's Society National Dementia Helpline

For anyone affected by dementia or worried about their memory. Lines open Monday – Wednesday 9am-8pm, Thursday- Friday 9am – 5pm, Saturday – Sunday 10am – 4pm Telephone: 0300 222 1122.

Books on Prescription

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

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/dementiacconnect

Dementia UK admiral nurse direct helpline

For anyone affected by dementia or worried about their memory lines open Monday – Sunday 9am – 5pm , Wednesday and Thursday evening 6pm – 9pm Telephone: 0800 888 6678

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 telephone: 0161 607 8200 or email: info@disabledliving.co.uk

Glorious opportunity

This is a 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 as well as providing lots of helpful tips and strategies. Visit the website at www.gloriousopportunity.org

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 and are local to you. Telephone: 0300 111 5 111 or visit www.joindementiaresearch.nihr.ac.uk

Radar Keys

Radar Key for disabled toilets can be purchased by anyone with a disability (no proof of disability required). Radar keys can be purchased from RADAR (Royal Association of Disability and Rehabilitation). The cost is £3.00 at time of printing. Telephone: 0207 250 3222 for more information or contact your local council or library as you may be able to purchase the key locally.

Social services

Provide needs assessment for those needing support at home. In addition, provides needs assessment for respite day care and 24-hour care as well as signposting to other services. Telephone 01629 533190 for more information.

Talking Point

Talking Point is an online discussion forum for people affected by dementia. Visit www.alzheimers.org.uk

Telecare Solutions

This service offers a range of non-intrusive tele care sensors and technology to manage risks and enable people to live independently in their own home for as long as possible. Call 01629 533190 for more information.

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.ageukmobilityaids.co.uk

www.gloriousopportunity.org

www.unforgettable.org

www.nhs.uk/choices

www.gov.uk/power-of-attorney

www.gov.uk/benefits