

## Memory Clinic - Tameside Dementia Information Leaflet

This leaflet provides details on where to access information to enable you to live well with dementia, access education about dementia, peer support, social groups, healthy living, finance and benefits and other useful information

### **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 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](mailto:mobility@bridgewater.nhs.uk)**

### **PERSON WITH DEMENTIA**

#### **MEMORY MANAGEMENT GROUP**

Living well with dementia through information, support and strategies. An opportunity to meet people who share similar experiences and develop ways to manage memory problems and understand the causes of dementia. Groups run up to three times per year, for 90 minutes over 4-weeks

**Contact Michelle** for further information and to book a place **Tel: 0161 716 3449**

## **CARER/FAMILY MEMBER AND THE PERSON WITH DEMENTIA**

### **DEMENTIA SUPPORT WORKER**

They will visit you at your home and provide information, answer questions, offer emotional support, signposting and advice as well as running dementia cafés and social groups. **Contact:** Alzheimer's society **Tel: 0161-477-6999**  
**[www.alzheimers.org.uk/stockport](http://www.alzheimers.org.uk/stockport)**

### **VASCULAR AND MIXED INFORMATION SESSION**

A one off 2-hour education and information session for people diagnosed with vascular or mixed dementia and their carer/supportive person. For newly diagnosed or those who have never accessed support and information in the past. The session includes causes of vascular dementia, memory management, communication, understanding behaviours, reducing vascular risk factors, healthy life styles and support networks in the community. The session will be held once a month at **AGEUK**, 131 Katherine Street, Ashton-Under-Lyne, O16 7AW on the **1st Tuesday of the month 2:00 p.m. – 4:00 p.m.** To book a place contact **Michelle Tel: 0161-716-3449**

### **AGE UK DEMENTIA SUPPORT PROJECT**

Support to access information, advice and make the most of activities available in the community. The Dementia Liaison worker can also support you to access other services available from Age UK Tameside. **Tel: 0161-308-5000** email **[strettonm@ageuktameside](mailto:strettonm@ageuktameside)**

## **INFORMATION FOR THE CARER**

### **CrISP Course (Carer, information, support, and programme)**

A 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 through various locations across the borough, including evenings and are free to attend

Contact: **Maggie Murdoch** from the Alzheimer's Society office **Tel: 0161 477 6999** or **[maggie.murdoch@alzheimers.org.uk](mailto:maggie.murdoch@alzheimers.org.uk)**

## INFORMATION FOR THE CARER

### HEALTH AND WELL BEING TEAM

By law you are entitled to a carer's assessment. The Health and Well-being Advisors provide information, advice on services, equipment, social groups and financial help. 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 the Health and Well-being Service, Hyde Town Hall via Corporation Street, Market Street, Hyde, SK14 1AL, **Drop In Monday – Friday 11:00 a.m. – 2:00 p.m. Tel: 0161-342-3344 [www.tameside.gov.uk/health](http://www.tameside.gov.uk/health)**  
email [healthandwellbeingservice@tameside.gov.uk](mailto:healthandwellbeingservice@tameside.gov.uk)

### CARERS INFORMATION SESSION – AGE UK

Series of monthly information and education sessions for carers, run in partnership with the memory clinic and the Alzheimer's society. Session topics include: behaviours, communication, activities, delirium and healthy lifestyles, legal matters, carers questions and answer forum.

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 or Jo Hughes** at Age UK Tameside **Tel: 0161 308 5000** if you wish to book the activity session.

**Sessions on the 2nd Friday of the month, 1:30 p.m. – 3:00 p.m.** If you wish to go on the mailing list to be informed of the sessions, please contact the memory clinic. There is no need for the carer to book on the session – just turn up **Tel: 0161-716-3449** for more information

## SOCIAL GROUPS /DEMENTIA CAFÉ /PEER SUPPORT

### ALZHEIMER'S SOCIETY DEMENTIA SUPPORT GROUP

Oakland's Hall, Beech View, Hyde, SK14 3DE. Every **Monday except bank holidays 1:00 p.m. – 3:00 p.m.** Activities every week. To book a place **Tel: 0161-477-6999**

## **SOCIAL GROUPS /DEMENTIA CAFÉ /PEER SUPPORT**

### **DENTON DEMENTIA CAFÉ**

\_Denton Pavilion, Market Street, Denton, M34 2AP. Supported by the community dementia team and the Alzheimer's Society, **1st Thursday of the month 9:30a.m – 11:30 a.m. Tel: 0161-716-3400** for further information.

### **FOREVER FRIENDSHIP CAFÉ**

Meet other carers and people with dementia for a coffee and chat in a friendly and supportive environment. Tameside Hospital, Volunteers Café, Ground Floor Lady Smith Building, Fountain Street, Ashton-U- Lyne, OL6 9RW. **1st Tuesday of the month 1:00 p.m. – 3:00 p.m. Contact Pam Kehoe** admiral nurse for further information **Tel: 0161-922-4482**

### **ALZHEIMERS DEMENTIA CAFÉ**

Meet other carers and people with dementia for coffee and a chat, supported by the Alzheimer's society. British Home Stores, Crown Point North, Denton M34 3SP. **4th Thursday of the month 2:00 p.m. – 3:00 p.m. Contact the Alzheimer's Society** for further information **Tel: 0161-477-6999**

### **SERAPHINA WELL- BEING CAFE**

Drop in café where you can meet other people affected by dementia. You can also try any holistic therapy at a reduced cost. Supported by AGE UK Tameside at the Seraphina Centre, 117- 119 Stamford Street Ashton U Lyne, OL6 6XN.**Every Tuesday 11.00 a.m. – 2.00 p.m. Contact Muriel Stretton** Age UK Tameside for more information **Tel: 0161-308-5000**

**\*Where possible the memory clinic will attend the Oakland's support group on the 2<sup>nd</sup> Monday of the month and the Alzheimer's Dementia Café at British Home Stores on the last Thursday of the month\***

### THE SHED

Monday – Thursday Men Only

Friday - Men and Women

The Shed is a safe and friendly and inclusive workshop for men to make friends and enjoy themselves. A range of activities are available including woodwork, gardening, beekeeping and walking football. Loxley House. Birch Lane, Dukinfield. If you are living with dementia **Contact** Muriel Stretton Age UK Tameside **Tel: 0161 308 5000** to arrange a visit otherwise **contact** Mike or Bob **Tel: 0161 368 4974** Email. [barlowm@ageuktameside.com](mailto:barlowm@ageuktameside.com)

### STORYBOX CREATIVE CAFE

Creative activities, chat, crafts, fun and conversation for people with dementia and their supportive person **VARIOUS TIMES** and **LOCATIONS** across Tameside **Tel: 07941218435** email: [info@smallthings.org.uk](mailto:info@smallthings.org.uk) \*please get in contact for more information

### HEALTH AND WELL- BEING INFORMATION

#### SELF MANAGEMENT COLLEGE

Various sessions provided free on all aspects of health and well-being, including managing stress, activity, mindfulness, food and mood and much more, see directory for details and location. Self-referral, go online for details. **Tel: 0161-716-3396** email [MHMC.penninecare@nhs.net](mailto:MHMC.penninecare@nhs.net)

#### LIVE ACTIVE SERVICE

For people with long term health conditions such as diabetes, heart conditions COPD. Supports balance improvement, activity, 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. Referral through GP **Tel: 0161-366-4860** for further information

[www.livewelltameside.com](http://www.livewelltameside.com)

## HEALTH AND WELL- BEING INFORMATION

### ACTIVE MEDLOCK - Droylsden

Two social afternoon sessions providing activities including, dance, cooking, gym, swimming, walking, football, coffee cake and chat. Staff are sensitive to the needs of people with dementia and their supportive person. **Tuesday and Wednesday 1:00 p.m. – 3:00 p.m.** no registration required, £3 cost at the time of printing Active Medlock, Greenfold Way, Droylsden M43 TXU **Tel: 0161-370-3070**

### BE WELL

Advisors offer support, information and direction to achieve healthy lifestyle changes. Such as smoking cessation, weight matters, reducing isolation, health improvement and much more. Ask your clinician for a health improvement leaflet and/or **Tel:0161-716-2000** for more information Email: **healthimprovement.penninecare@nhs.net**

### WALK AND TALK – 30 MINUTES

The government recommends we exercise for at least 30 minutes a day over 5 days 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 for more information **Tel: 0161 366 4860** Email **Sean.vickers@activetameside.com**

**Mondays 11.am car park entrance on Greenside lane opposite Springfield road , Droylsden M43 7SL**

**Tuesday 10am Denton Pool, Victoria St, Denton , M34 3GU**

**Tuesday 12.30 pm the Antony Seddon fund shop, 140 Stamford st , Ashton , OL6 6AD**

**Tuesday 1.30 pm Hattersley Hub , Hattersley**

**Wednesady 10.30 am Active Oxford park , Pottinger St , Ashton , OL7 OPW**

**Thursday 11am Dukinfield Library , Concord way , Dukinfield , SK16 4DB**

**Every Other Thursday starting 14<sup>th</sup> April , Topaz Café , 216 – 218 Katherine Street , Ashton , OL6 7AS**

## HEALTH AND WELL- BEING INFORMATION

### WALKING FOR HEALTH

A range of varying led walks around Tameside - Visit the website for further information, locations and times or contact George Cope

[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk) Tel: **0161-320-0430** mobile: **07855 984586**

### FREEDOM TO DANCE/WALKING FOOTBALL

A great way to stay active and can help maintain strength and balance. For the latest sessions and locations Tel: **0161 308 5000**

Email [info@ageuktameside.com](mailto:info@ageuktameside.com)

## FINANCIAL, LEGAL AND BENEFITS ADVICE

### AGE UK TAMESIDE

Provides help and support completing forms such as Attendance Allowance and will look at maximising your income through a benefits check. **Contact:** AGEUK Tameside, 131 Katherine Street, Ashton-Under-Lyne, Ol6 7AW Tel: **0161-308-5000** or email [info@ageuktamseside.com](mailto:info@ageuktamseside.com) [www.ageuk.org.uk/tameside](http://www.ageuk.org.uk/tameside)

### WELFARE RIGHTS

Provides help and advice on benefits and debt Monday – Wednesday- Thursday **9:30am – 12:30pm.** Tel: 08000 749985

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 qualify for this benefit you will not have to pay council tax. Please contact the agencies above for further information or visit [www.gov.uk/benefits](http://www.gov.uk/benefits)

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, Solicitors and you can also **visit [www.gov.uk/power-of-attorney](http://www.gov.uk/power-of-attorney)**

## USEFUL INFORMATION

**AGE UK TAMESIDE** - Provides a range of services to people aged 50 +. Services include, buddy scheme, groups and activities, The Shed , independent living – respite day support, handy man service , falls group and lots more. **Contact: AGE UK Tameside**, 131 Katherine Street, Ashton-Under-Lyne, OL6 7AW **Tel: 0161-308-5000** or email [info@ageuktameside.com](mailto:info@ageuktameside.com) [www.ageuk.org.uk/tameside](http://www.ageuk.org.uk/tameside)

**THE HUB AGE UK TAMESIDE** - a one stop shop where people can access information and find out more about support services in the area, 26 Warrington Street, A-u-L, **Tel: 0161 308 5000**

**ALZHEIMERS SOCIETY NATIONAL DEMENTIA HELPLINE** – For anyone affected by dementia or worried about their memory **Tel: 0300 222 1122**

**COMMUNITY RESPONSE** - Provide information on products, monitors , devices and telecare which aim 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. **Tel: 0161 342 5100** Email [Communityresponse@tameside.gov.uk](mailto:Communityresponse@tameside.gov.uk)

**BOOKS ON PRESCRIPTION** - Your local library has a selection of books about dementia for carers and the person with dementia

**DEMENTIA UK SUPPORT LINE**-For anyone affected by dementia or worried about their memory-**Tel: 0800 888 6678**

**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. **Tel: 0300 111 5 111**  
[www.joindementiaresearch.nihr.ac.uk](http://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 **Tel: 0161 607 8200** Email: [info@disabledliving.co.uk](mailto:info@disabledliving.co.uk)



## USEFUL INFORMATION

**MEALS ON WHEELS** -Icare provides hot meal and a desert at lunchtime including Christmas Day. Other services are available at an extra cost. **Contact: Tel: 0161 343 3056**

**RADAR KEY**- Radar Key (disabled toilet) the key can be purchased by anyone with a disability (no proof of disability required). Purchase a key by visiting Tameside Council Customer Services Centre at Tameside Library or online Contact: **[www.tameside.gov.uk/disabilities/radarkey](http://www.tameside.gov.uk/disabilities/radarkey) Tel: 0161 342 8355**

**SOCIAL SERVICES**- Provide 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**

**TALKING POINT** –Online discussion forum for people affected Dementia  
**[www.alzheimers.org.uk](http://www.alzheimers.org.uk)**

### **Assistive Technology /Daily Living Aids/legal matters and Benefits web address**

[www.shop.alzheimers.org.uk](http://www.shop.alzheimers.org.uk)

[www.atdementia.org.uk](http://www.atdementia.org.uk)

[www.asksara.dlf.org.uk](http://www.asksara.dlf.org.uk)

[www.ageukmobilityaids.co.uk](http://www.ageukmobilityaids.co.uk)

[www.unforgettable.org](http://www.unforgettable.org)

[www.gov.uk/power-of-attorney](http://www.gov.uk/power-of-attorney)

[www.gov.uk/benefits](http://www.gov.uk/benefits)

There is a wealth of information to support people with dementia and their carer's and this list is not exhaustive. Useful Information points are

Public libraries, Alzheimer's society, Carers centre, Age Uk, Health Improvement service Penninecare, Dementia UK, Patient Information Shop, Hartshead North Tameside Hospital

**\*We endeavour to ensure the information we provide is up to date and current. However please contact the providers listed above for up to date information \***