

# Broxtowe Dementia Directory

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# Dementia Advice & Support

## Alzheimer's Society

alzheimers.org.uk

0333 150 3456

The Dementia Wellbeing Service (formerly known as Dementia Connect) is the Alzheimer's Society's personalised support service for those with dementia and their carers, families and friends. It consists of our 1:1 Dementia Support Service, our Carers Information and Support Programme and Cognitive Stimulation Therapy. It's free for service users.

The 1:1 Dementia Support Service puts you in touch with Dementia Advisers who offer support, advice and information. This can include: providing information on dementia and how to live well with it; providing help with legal documents and form completion; signposting to dementia groups and other local community services and access to publications covering a wide range of dementia-related subjects.

The Carer Information and Support Programme (CrISP) aims to improve the knowledge, skills and understanding of those caring for a person with dementia, by providing effective support and up-to-date, relevant and evidence-based information. The programme facilitates peer support and a shared learning experience led by trained Society staff and volunteers.

Cognitive Stimulation Therapy (CST) is for individuals with mild to moderate dementia. It provides meaningful and stimulating activities with the aim of aiding and maintaining memory function. Please note that referrals to CST will only be through the Memory Assessment Service (MAS), Therapeutic Intervention Service (TIS) and the Mental Health for Older People (MHSOP).

To refer yourself or someone you care for, please phone 0333 150 3456

Monday, Tuesday and Wednesday: 9:00am – 8:00pm

Thursday – Friday: 9:00am – 5.00pm

Saturday – Sunday: 10:00am – 4:00pm.

Online support is available 24-Hours a day.

Referral form for receiving support (for professional referrals only):

<https://www.alzheimers.org.uk/dementia-professionals/make-a-referral>

Carers Information Sessions please ring 0115 934 3811 or e-mail [NottsPDSS@alzheimers.org.uk](mailto:NottsPDSS@alzheimers.org.uk).

Search for support Alzheimer's Society has a search facility to identify all kinds of support by where you live: <https://www.alzheimers.org.uk/find-support-near-you>

## General Services

### Citizens' Advice Bureau Broxtowe

Adviceline: 0800 144 8848

Textphone: 0800 144 8884

Help to Claim Universal Credit 0800 144 8444

Phone advice 10-4, Mon-Fri.

Drop -in Council Offices Foster Avenue 10-1 on Monday, Tuesday, Thursday and Friday

Further information can be found at: <https://citizensadvicebroxtowe.org.uk/>

### Nottinghamshire County Council

General benefits advice <https://www.nottinghamshire.gov.uk/care/benefits-finance/benefits>

Single Point of Contact      Notts County Council: Adult Social Care      0300 500 8080

**NHS Primary & Community Care** – All NHS services are accessed through your GP:

**Memory Assessment Service** – diagnosis and short-term treatment with Memory Assessment Groups and Cognitive Stimulation Therap.

**Community Mental Health Team (CMHT)** – long-term support and advice for complex problems.

**Intensive Home Treatment Team** – for urgent treatment that needs a response within 48-72 hours.

This is a short term service for older people with acute mental health difficulties, to prevent psychiatric hospital admission and/or working towards putting in place a package of care/



## Entitlements

Attendance Allowance                      DWP 0800 731 0122

<https://www.gov.uk/attendance-allowance/how-to-claim>

AgeUK offer help to complete this form. You can get Attendance Allowance if you've reached State Pension age and the following apply:

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

Council Tax Reduction                      Broxtowe Borough Council                      0115 917 7777

You need to be in receipt of Attendance Allowance. They will contact your GP who will confirm any dementia diagnosis.

Personal Fall Alarm                      0115 917 3358                      email: [lifeline@broxtowe.gov.uk](mailto:lifeline@broxtowe.gov.uk)

If you'd like peace of mind, you can purchase our Lifeline Service by contacting the Broxtowe Borough Council Dedicated Lifeline Co-ordinator by phone. You can also apply online using the Lifeline Application Form.

Herbert Protocol                      Call main switchboard 101                      <https://www.nottinghamshire.police.uk/>

A national scheme run by the police to gather useful info on one short form, which can be used in the event of a vulnerable person going missing. Find the Herbert protocol form online:  
<https://www.nottinghamshire.police.uk/>

Annual GP review                      Once a person has a diagnosis from Memory Assessment Clinic, they are entitled to an annual medication review from the GP surgery. If there has been a deterioration the GP might refer back to Mental Health Services for Older People (MHSOP) for further assessment to see if any other support or treatment can be offered.

## Living Well with Dementia at Home

People with dementia should expect and be supported to continue with their usual pursuits and hobbies. Anything that encourages social contact, enjoyable experiences, mental stimulation and physical exercise is beneficial.

### Peer support

Trent Dementia Services 0115 7484220      Email: [contact@TrentDementia.org.uk](mailto:contact@TrentDementia.org.uk)

A charity which aims to improve the quality of care, support and well-being of people living with dementia in the E Mids and beyond -support given to join online events. In person Peer Support Groups and activities for people affected by dementia (Craft evenings, day trips, walking groups and carers evening) [www.trentdementia.org.uk](http://www.trentdementia.org.uk)

Trent Dementia runs a drop-in on the third Wednesday of the month, from 10.30am until 1.30pm at Cleaves Hall on Castle Gate, Nottingham City, NG1 7AS. Further information: [suzanne.osborne@trentdementia.org.uk](mailto:suzanne.osborne@trentdementia.org.uk)

### Brain Training

Brain exercises

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

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

[Brain Workout | Alzheimer's Society \(alzheimers.org.uk\)](http://BrainWorkout|Alzheimer'sSociety(alzheimers.org.uk)) or call 0333 1503456

### Apps to stimulate and entertain

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

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

## Thinkability

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

## Arts4Dementia

Arts Directory for online arts activities to help improve wellbeing and brain health, including “Chatty Wednesdays, also a fantastic resource to see what is on offer in person as many groups are now back to meeting face to face. [www.arts4dementia.org.uk](http://www.arts4dementia.org.uk)

## Reminiscence

Memory Lane Bags                      01623 677 200    Free to borrow from your local Library

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

Activity Collections    Reminiscence collection boxes or sensory bags: [Yvette@activitiestoshare.co.uk](mailto:Yvette@activitiestoshare.co.uk)  
Tel: 01227 362858

## Music

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

Goldies Sing and Smile Charity (words on screen) [Welcome to Golden-Oldies - Home \(golden-oldies.org.uk\)](#) Live weekly online sessions, every Tues and Thurs on FB or Youtube 11-12noon.

BBC Music Memories <https://musicmemories.bbcrewind.co.uk/home>

This website is designed to use music to help people reconnect with their most powerful memories. Evidence shows that music can help people - including those living with dementia - to feel and live better. Create a playlist and then export it to Spotify to listen to your tracks in full.

Playlist for Life                              <https://www.playlistforlife.org.uk/>

How to compile a playlist of personally-meaningful music.

## Music for Dementia

Campaigning group with resources <https://musicfordementia.org.uk/>

## Live Music Now Concert Library

<https://www.youtube.com/playlist?list=PLff9wYQdEudgTx9QteHNile6e8zmuB1tZ>

## Keeping active

Dementia UK

[Meaningful activities part two: Physical exercise - Dementia UK](#)

Love To Move

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

Home-based Exercises and Activities for Older Adults from PRAISED (Promoting Activity, Independence and Stability in Early Dementia) <https://youtu.be/BXNHm9Nj1pk>

## Social activities

### Eastwood Memory Café

07847 716759 <https://eastwoodmemorycafe.co.uk/>

A charitable incorporated organisation helping those affected by dementia and their carers to live well.

### Beeston Memory Cafe

07846 403342 <https://beestonmemorycafe.com>

Beeston Memory Cafe is a safe, friendly venue open to anyone living in the community with dementia together with their supporter. Meets at Middle Street Resource Centre NG9 2AR on Thursdays 2-4pm.

### Stapleford Memory Cafe

0779 6651950 or email: [jayne.daykin@ntlworld.com](mailto:jayne.daykin@ntlworld.com)

Stapleford Memory Cafe is a safe, friendly venue open to anyone living in the Community with Dementia together with their carer. We meet on Wednesdays fortnightly at 2p.m – 3.30p.m at The Equalised Club, Albert Avenue, Stapleford, Nottingham, NG9 8ET.

**Nottingham Forest Community Trust Memory Club** Book: [https://bit.ly/memory\\_cafe](https://bit.ly/memory_cafe)

Meets Wednesdays, 10.30-12 noon at the Strelley Social Club, Helston Drive, Strelley, NG8 6JZ. Please book in advance.

## Community singing

**Musicworks** 0115 9145879 [www.Musicworksnet.co.uk](http://www.Musicworksnet.co.uk)

Heron Music Café – singing for wellbeing (based in WB) Well-known songs with lyrics to sing along to. Poppy and Pint Pub, Lady Bay 10.30 start (but flexible and welcoming start!) until 12 noon (Can also access videos via their YouTube channel by clicking website link or via their FB page)

**Singing for the Brain** – various face to face groups meeting regularly around the county provided by the Alzheimer’s Society and others. <https://www.alzheimers.org.uk/find-support-near-you>  
Singing for the Brain in Clifton Methodist Church 07718 697246 Email: Angela.O’Neill@alzheimers.org.uk

**Beeston Open Voices** 0115 958 9312 email: [admin@music-for-everyone.org](mailto:admin@music-for-everyone.org)  
Every Tuesday Morning at Middle Street Resource Centre NG9 2AR 0115 958 9312. Vol donation £2.

## Dementia Friendly Cinema

**Tuesday Talkie** Contact Sandra 07966171 261 Second Tuesday of the month 2pm at West Bridgford Methodist Church NG2 7PQ. Films shown with subtitles, low lighting and volume reduced. Wheelchair accessible. Refreshments on arrival and choc ices served in the interval. £2 donation welcome.

**ARC Cinema, Beeston Silver Screen.** £5 for over 65s, carers go for free. Complimentary hot drinks. Every Thursday 1pm <https://beeston.arccinema.co.uk/silverscreen.php>

## Sports and Exercise

**Forget Me Notts** Dementia Programme 0115 9823000 (Ian Richardson)

(Trent Bridge Community Trust) [trentbridge.co.uk/Trust](http://trentbridge.co.uk/Trust) Free Sporting Activities and Social Interaction sessions for those living with Dementia and their Carers. All on Tuesdays, 10.30 -11.30am

Variety of Physical activities (Rushcliffe Arena) 1st and 3rd Tuesdays of the month

- Golf at Edwalton Golf Club 2nd Tuesday of the month
- Café at Trent Bridge Cricket Ground – last Tuesday of the month

**Move More** @ Clifton Leisure Centre A morning of social activity welcoming those living with Dementia and their carers. £5 Clifton Leisure Centre Wednesdays 10.30-12.30 to include access to swim for health, sports hall activities and tea/coffee

**Sporting Memories** Games, reminiscence and conversation about people’s sporting passions. FREE, Tuesdays 2-4pm at The Studio, Beeston, 16 Hall Croft, NG9 1EL.

## Staffed day care

**The Service Tree Socials** Tel 0115 9455639

Tuesdays 11-3pm at Holy Spirit Church Social Centre, West Bridgford

Fully supported activities, companionship, entertainment, includes lunch £47.50. The Day socials are particularly designed to be of benefit for those with dementia and those that would benefit from greater social interaction.

**Radford Care Group** Call Nora to discuss 0115 9786133

Purpose built day care centre, open 5 days a week, 9 - 4.30pm. Taster sessions available

**The Studio** Tel: 07543 534336 (Justine Schneider) <https://www.thebeestonstudio.uk/>

**Creative daycare** activities, exercise sessions to music, singing as part of creative day care sessions on Mon afternoon (1-4) and Tues morning (10-1) at the Royal British Legion Hall, 16 Hall Croft, Beeston NG9 1EL. [www.thebeestonstudio.uk](http://www.thebeestonstudio.uk)

**Couples support groups** on Wednesdays 11-12.30 or 1.30-3. Contact 07543534336

**Carers’ group** Monday morning 10.45-12.15 Contact 07543 534336.

**Sybil Levin Day Centre** 0115 8440011 or 0115 9780011 [sybils@ageuknotts.org.uk](mailto:sybils@ageuknotts.org.uk) 577a  
Nuthall Road, Cinderhill NG8 6AD

Newly re-furbished Day Centre run by Age UK- re-opening as a SPECAL-informed specialist dementia day service, which is unique to Nottinghamshire. Operating Mondays to Fridays 10 am – 3 pm. Two-course lunch and in some instances, assistance with minibus transport.

## What Family Carers Need to Know

**Register as a carer with GP** Ask to be registered at your surgery as a carer – this can lead to getting appts more easily and access to regular reviews, vaccinations, double appts etc. Most surgeries have a Carers Champion who can signpost you to information/support.

**Carer Assessment** Anyone caring for someone with dementia should request a Carer Assessment from their local authority.

Nottinghamshire County Council Adult Social Care (ASC): 0300 500 8080.

Nottingham City General Enquiries: 0115 915 5555

**Carers Hub Service** 0808 802 1777 WhatsApp or Text: 07814 678 460 Nottingham City and Nottinghamshire County [carersfederation.co.uk](http://carersfederation.co.uk)

Email referrals: [Carershubreferrals@carersfederation.co.uk](mailto:Carershubreferrals@carersfederation.co.uk)

General email: [carershubinfo@carersfederation.co.uk](mailto:carershubinfo@carersfederation.co.uk)

Address: 21-23 Pelham Street, Sherwood Rise NG5 1AP

**Tu Vida** 0115 824 8824 Young Carers Service [youngcarers@tuvida.org](mailto:youngcarers@tuvida.org)

Provides support groups, signposting, info, advice for young carers.

**Carers Cards** hold details of the cared for and contacts, to be used as reference if you as a carer, have an emergency. (This can be applied for separately or as part of a Carers Assessment with Adult Social care – see later)

## Dementia Carers Count

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

A range of free services that give family carers the opportunity to understand more about dementia and to connect with others in a similar situation.

Online courses and a telephone line Mon-Fri 9am to 5pm for support and advice – 0800 652 1102.

## Dementia UK

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

0800 888 6678

Dementia UK is a charity that provides Admiral Nurses for families affected by dementia. Call our Dementia Helpline to find out how we can support you: 0800 888 6678.

## AgeUK

<https://www.ageuk.org.uk/notts/our-services/>

0115 844 0011

## Information and Training Courses for Carers

**Dementia Information Programme** provided by Radford Care Group. Various dates and locations throughout the year. Respite may be available whilst carer attends. Free 7-week programme. Booking required. Call 0115 9786133 or email [info@radfordcaregroup.org.uk](mailto:info@radfordcaregroup.org.uk) or Bev Pearson 07745 956880

**Carer Information Sessions (CrISP)** run by the Alzheimer Society in various locations throughout the year. No respite provided. 0115 9343811. [nottspdss@alzheimers.org.uk](mailto:nottspdss@alzheimers.org.uk)

**Virtual Information Programme** for family, friends and carers of people living with dementia provided by the Alzheimer's Society. Call 0115 9343811 to find out more and book place.

**Foundations in Dementia Awareness & Care** – online course developed at the University of Nottingham Centre for Dementia, free on Futurelearn platform:

<https://www.futurelearn.com/courses/dementia-awareness-training>



## Respite for Carers

This is accessed via the Carers' Hub Service – see above.

Carefree Breaks <https://carefreespace.org/take-a-break/> offers some places to go.

### Further information about respite payments for carers

Carers Break (between £600- £1,200) is organised with Adult Social Care (ASC) following a Carer's Assessment (0300 500 8080). Typically the person being cared for would stay in a care home or dedicated Unit, or you can engage private individuals to come to your home. To arrange respite you need to give at least 10 days' notice, provisionally book your break/Care Agency, then ring ASC to access funding. The person you care for must have had a Needs Assessment from ASC.

In an emergency something can be put in place straight away – this eventually will be means tested and back tracked for payment.

Privately paid respite – approach local Nursing/Residential Homes to see what they offer or use private Care Agencies – or a Personal Assistant (use directory on NottsCC website) [Personal Assistant Directory | Notts Help Yourself](#)

Planned Short Breaks – these are available for the person with dementia who will need to be assessed by Adult Social Care to attend a Council run Day Unit. They can also be arranged in a private Residential or Nursing homes which have space. There is a Directory of Homes with listing of places available from ASC or your GP/Social Prescriber.

Home First Response Service (HFRS) (for the cared for, if you as the carer suddenly unavailable) A short term rapid response service (usually within 2 hours) if you need social care support to remain at home. This is accessed through Adult Social Care 0300 500 8080 (emergency duty team 0300 456 4546)

### Carers Space Notts

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

<https://www.carersspacenotts.com/>

## Dementia Friendly Care Agencies

Right At Home      0115 8800911

[Right at Home UK - Homecare Assistance | National Provider](#)

Dementia specialist home care/companionship services, based in WB.

The Service Tree      0115 9455 639

[Dementia Care & Domiciliary Care In Nottingham \(theservicetree.co.uk\)](#)

Dementia specialist home care/companionship services, based in WB.

Home Instead      0115 922 6116

[High Quality Elderly Home Care with HomeInstead](#)

Personal care/companionship/household tasks, based in Beeston

### Care Homes, Personal Assistants and Home Care

Local providers can be found by searching the Notts Help Yourself directory here:

<https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/home.page>

## Paying for care

### Needs assessment

A formal needs assessment of the person requiring care must be done before local authorities assume financial costs. Contact your local authority for a needs assessment.

Independent Age Guide to Needs Assessment <https://www.independentage.org/care-needs-assessment-guide>

Free Helpline 0800 319 6789

### Local Authority Contact Numbers

Nottinghamshire County Council 0300 500 8080

Nottingham City Council 0115 915 5555

### Who pays?

If you have social care needs and savings less than £23,250 the council should pay for care to meet those needs. A useful guide to paying for care: <https://www.nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/self-funders-guide>

There is more information online: <https://www.nottinghamshire.gov.uk/care/adult-social-care/paying-for-care>

For people living in Nottingham City

<https://www.nottinghamcity.gov.uk/information-for-residents/health-and-social-care/adult-social-care/financial-and-legal-support/>

## Holidays

Mind For You [www.mindforyou.co.uk](http://www.mindforyou.co.uk) 01509 351008

Supported holidays, digital services, activity packs

Based in Loughborough, offering supported holidays for people with dementia, along with their carers/relatives to enjoy together.

Dementia Adventure <https://dementiaadventure.org> 01245 237548

Dementia-friendly holidays and supported group holidays.

Equipment and technology

Call Notts County Council Adult Social Care (0300 500 8080) to ask for a Care Needs assessment with regard to potentially providing equipment. They would be able to put in a referral to Technology Enabled Care (0115 8040023 Rob Lewis)

Even if you are self-funding, advice can be given with respect to: alarms, sensors, memory aids, personalised prompts on Electronic Tablets (MemRabel), meds dispensers, trackers etc.

## Research and Networking Opportunities

### JDR -Join Dementia Research

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

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

### Dementia Change Action Network (DCAN)

DCAN harnesses the power of networks to tackle key challenges for people living with dementia together. We do this through #DementiaCan Enquiries which unite us around priorities for personalised care and you can get involved. [DCAN | Dementia Change Action Network](#)

### Alzheimer's Society – Dementia Voice

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

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

## Appendix: Dementia Diagnosis Pathway

If someone is concerned about cognitive deterioration:

1. See your GP for a brief cognitive assessment and history taking.
2. Depending on the results and patient preference, GP may watch and wait (monitored annually).
3. If considering a referral to MAS (Memory Assessment Service), the GP will need blood tests to rule other causes out. This is classed as a physical health screening.
4. You will potentially be referred to MAS at Stapleford. Expect a letter within 3-4 weeks (currently face to appt but option of a video or telephone if not wishing to attend)
5. MAS Clinic appt – full history taken including carer/family concerns, further memory tests, depending on history and test results then might be sent for CT scan, or possibly further assessment by another member of team.
6. CT Scan if required, at QMC. Usually a long wait (6 months or more)
7. Called back to MAS Clinic to discuss results and diagnosis. If dementia diagnosis confirmed, then signposted to Alzheimer’s Society Dementia Connect Service. Depending on type of dementia, treatment (including possible medication) may be considered to help slow progression.
8. People with confirmed dementia will also be offered a referral to Therapeutic Intervention Service (TIS). This is an eight- week Education Programme, 2 hr sessions for the person with dementia.
9. Following from this, the person with dementia might want to access further Cognitive Stimulation Therapy (CST) sessions, run by the Alzheimer’s Society in the community. CST provides activities to keep brain working and slow down decline.

This directory was based on work by Gwynneth Owen. With grateful thanks. If you have amendments to the information contained here, please email: [TheStudio@imagineartsdem.co.uk](mailto:TheStudio@imagineartsdem.co.uk)