

This leaflet has been compiled by
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Localities and Partnerships Team in Rugby

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Do you know about any other services or activities for people living with dementia in Rugby Borough?

Please email rugby@warwickshire.gov.uk or call 01788 533656 with any changes.

This leaflet along with all others produced by the team are available to download from: www.warwickshire.gov.uk/rugbyareainformation

Note: We provide the information for you in good faith and make every effort to keep it accurate and up to date but we cannot guarantee this and so it is your responsibility to check the accuracy of the information before use. Some of the information may be provided by a third party or have links to external sites. We are not responsible for this content and, again, you need to satisfy yourself that the information is correct.

Activities and support for people living with dementia



in Rugby Borough

March 2018
First Edition

Dementia Support and Services across Warwickshire:

There are two key services that enable people to access all other post diagnosis dementia support:

Dementia Navigator Service

Face to face service includes:

- Signposting and referral to appropriate post diagnosis support and services, at all stages of dementia
- Advice and emotional support to people with dementia and carers
- Support, advice and information to those with concerns about their memory, and / or through the diagnostic process.

Contact: Alzheimer's Society
01926 888899 / southwarks@alzheimers.org.uk

Warwickshire's Living Well with Dementia website

An online service providing a full range of information about dementia and the support and services available locally in Rugby and across Warwickshire:

www.warwickshire.gov.uk/dementia



Support for Carers

www.warwickshire.gov.uk/carers

Warwickshire Carer Wellbeing Service

This service aims to ensure that carers are supported in every way possible in their caring role, while maintaining their own wellbeing.

Please contact: 024 7610 1040 (option 4) or email:
carerssupport@carerstrusthofe.org.uk or visit:
www.carerstrusthofe.org.uk/warwickshire-carer-wellbeing-service

USEFUL CONTACTS

Living well with Dementia: www.warwickshire.gov.uk/dementia

Alzheimer's Society: www.alzheimers.org.uk/

National Dementia Helpline: 0300 222 11 22

Dementia UK: www.dementiauk.org
Dementia UK Helpline: 0800 888 6678

Dementia Action Alliance: www.dementiaaction.org.uk/

Dementia Friends: www.dementiafriends.org.uk/

Rugby Dementia Support: www.rugbydementiasupport.org.uk
01788 576854

Age UK Warwickshire: www.ageuk.org.uk/warwickshire/

Warwickshire Community and Voluntary Action: www.wcava.org.uk/



Activities and Support

Rugby Borough Council Lifeline Home Alarm Service

Lifeline provides a computerised link between your home and the council's 24-hr control centre. You can raise the alarm by activating the Lifeline unit or pressing the light-weight alarm trigger. You can wear this trigger around your neck or wrist, or attach it to your clothing. Our operator has your name and address and check how you are, call for help or arrange an immediate visit if necessary.

www.rugby.gov.uk/info/20071/supported_and_sheltered_housing/168/lifeline_home_alarm_service

Assistive Technology

Assistive technology is used to describe a wide range of equipment and services that can help people to stay safe, maximise their independence and provide support to carers.

Please visit the Warwickshire County Council website for further information and advice about assistive technology at: www.warwickshire.gov.uk/assistivetechology



It can help you and those you care for :

- Live at home safely with as much independence as possible.
- Stay connected with family, friends and carers.
- Feel confident about getting out and about

There are lots of different suppliers of assistive technology equipment.

Warwickshire County Council works with Millbrook Healthcare (<http://www.millbrook-healthcare.co.uk/>) to provide an equipment shop and demonstration area in Warwickshire called Mi-life, which is open to everyone.

At Mi-life you can view and find out more about how the equipment works and how it might help you. They also offer a home assessment service, helping you to assess your needs and make recommendations for solutions.

Mi-life
Binley Industrial Estate
Progress Close (Progress
Way), Binley, CV3 2TF
Telephone: [0333 777 3690](tel:03337773690)

Activities and Support

Rugby Dementia Support

A small voluntary group providing help to those with dementia and those who care for them. Currently run (at no or minimal charge):

- **Thursday Together**, an evening social event at the Benn Partnership Centre, Railway Terrace, Rugby, CV21 3HR on the second Thursday of the month, 6.30pm to 8.30pm, for those with dementia and their carers
- **First Friday Together** is held at the Claremont Centre, Clifton Road, Rugby, CV21 3QE on the first Friday of the month, 10.30am to noon, for those with dementia and their carers, who then meet separately. This is preceded by a support session for those caring for someone with dementia who are now in residential care, which runs from 9.30am to 10.30am.
- **Bereaved Support Group** at the Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN on the third Friday of the month, 11am to 12.30pm, for people bereaved following caring for someone with dementia

Rugby
Dementia
Support



- **Monthly music sessions** at the Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN on the second and fourth Fridays of the month, 10.15am to 11.45am, for those with dementia and their carers
- **Monthly pub lunches** at various venues in Rugby on the fourth Wednesday of the month, for those with dementia and their carers
- **Cognitive Stimulation (CST)** support, material and information available. Please contact RDS for more details.

For more information, please visit: www.rugbydementiasupport.org.uk or contact Jane on: 01788 576854

Activities and Support

Age UK Warwickshire

Dementia Day Opportunities

For anyone with a dementia diagnosis and able to participate in activities and interact with fellow group members. Activities include reminiscence therapy, music and movement, arts and crafts and run Monday to Thursday from 9.15am to 3.15pm. Cost is £36 inclusive of lunch and refreshments (£10 for those financially assisted by Warwickshire County Council). www.ageuk.org.uk/warwickshire/our-services/dementia-day-opportunities/
01788 552543

Musical Memories Café

A free weekly café for anyone living with dementia. Runs on the second Monday of every month (except bank holidays) at the Bull Inn, 33-35 Main Street, Clifton upon Dunsmore, Rugby from 10:00am - 12:00pm.

www.ageuk.org.uk/warwickshire/our-services/musical-memories/
01788 552540



Rugby Forget-Me-Not Friends



Rugby Dementia Support and Age UK Warwickshire are working together to offer the Rugby Forget-me-not Friends Befriending Service. This provides home visits for couples living with dementia, who are no longer able to access activities in the community. We can also provide a Resource Directory to individuals and families, which details both local and national sources of information and support on how to live well with dementia, as well as interest, social and activity groups. For more information, contact Alice on [01788 552545](tel:01788552545) or at RFF@ageukwarks.org.uk

Rugby Art Gallery and Museum

Good Times Project

The Good Times project are Dementia Friendly Craft sessions which run on the last Friday of each month, 1.00 – 3.00pm. These are free, therefore please book your place on: 01788 533201.



www.ragm.co.uk/ragm/homepage/60/the_good_times

Activities and Support

Coventry and Warwickshire Partnership NHS Trust

Community Dementia Service

Specialist support for people who have a diagnosis of dementia and their families and carers.

Memory Assessment Services

Provides assessments for the identification of memory problems and post diagnosis support.

For more information, please call: 01788 513712 or visit: www.covwarkpt.nhs.uk

Warwickshire Community and Voluntary Action

ConnectWELL



Supports adults in Rugby Borough to improve your life, your way, by signposting you to the groups, activities and services that can help you. Including: advice and information services, community groups, leisure activities, lunch clubs, self-help groups, sporting activities and lots, lots more. Additional help can be provided by Health Buddy volunteers, who can go along with you the first few times, while you are settling in.



For further details, please call 01788 539572 or see www.wcava.org.uk/connectwell

Warwickshire Libraries

Books on Prescription (BOP)

Books on Prescription can help you manage your health and wellbeing with self-help books, eBooks and CDs. Reading Well BOP Dementia has titles for people who have dementia, are caring for someone with dementia or want to find out more information about dementia. If you are already a library member, BOP books are available to borrow without a prescription. If you are not a library member, health and social care professionals can prescribe the BOP service:

There are 3 libraries in Rugby:

- Rugby Library and Information Centre
- Dunchurch Community Library
- Wolston Library and Information Centre

For more information, please visit:

www.warwickshire.gov.uk/booksonprescription



Activities and Support

Rugby Dementia Café

The café is an opportunity for people with dementia, their family and friends to meet in an informal social setting. Staff will be available to give you support and provide you with information. The café takes place at the United Reformed Church, Hillmorton Road on the 1st Tuesday of every month from 10.30am to 12.30pm.

For further information, please call Charmaine on: 01926 888899 or email: charmaine.bird@alzheimers.org.uk

Wolston Leisure Centre

Dementia Exercise Class

Exercise class led by a specialist fitness instructor who meets the needs and capabilities of each individual person.

Wednesdays and Fridays: call in between 1pm and 3pm

For more information please contact: Debbie Wilson on 07852 826375 or sport@wolstonlcc.f9.co.uk

Queen's Diamond Jubilee Leisure Centre

Better Mind Exercise Group

Runs every Thursday 2-3pm at the QDJLC. This class is ideal for those looking to stimulate their mind through regular low intensity exercise, improve your health and wellbeing and meet new people.

Contact Philip.Hanrahan@gll.org for more information or call 01788 435585.

Anya Court

Dementia Support Café

A regular dementia support café to encourage carers and those who live with dementia to get together and support each other. The drop in café has evolved to not only offer support but also invites knowledgeable guest speakers to share advice. They take place on the second Tuesday of every month at 2.30pm at Anya Court, 286 Dunchurch Road, CV22 6JA

Sing Along Memory Café

An opportunity to make music, have fun and share experiences at the Monthly Sing Along Memory Café on the third Monday of every month from 10.30am – 12pm at Anya Court Care Home, 286 Dunchurch Road, CV22 6JA

Please call Karen on 01788 811976 or email anycourt@hallmarkcarehomes.co.uk for more information.

Activities and Support

Alzheimer's Society

www.alzheimers.org.uk/ Warwickshire Dementia Navigators Service

Single point of access to information and advice for anyone diagnosed with dementia, people seeking a diagnosis, and their families in Warwickshire. This is provided by the Alzheimer's Society Warwickshire and is open Monday to Friday, 9am to 5pm. Tel: 01926 888899 or email: southwarks@alzheimers.org.uk



Dementia UK

Dementia UK provides specialist dementia support for families through its Admiral Nurse Service. www.dementiauk.org

Dementia UK Helpline

0800 888 6678

Open weekdays: 9am – 9pm
Weekends: 9am – 5pm
helpline@dementiauk.org

Coventry and Rugby Admiral Nurse Service

This service is available to people living in Coventry and Rugby who are providing care and support for a person with a diagnosis or likely diagnosis of dementia. To access the service, you must be registered with a Coventry or Rugby GP. Referrals will be accepted from GPs and Arden Memory Services or people can self refer.

For more information please contact Coventry and Rugby Admiral Nurse Service on: 0300 303 3131 or email: CRCCG.CRGPAadmiralnurses@hs.net

Dementia Friends

Aims to give people a better understanding of dementia. The small things we can all do to make a difference to the lives of people affected by dementia. www.dementiafriends.org.uk/



Coventry and Warwickshire Dementia Action Alliance

The Coventry and Warwickshire Dementia Action Alliance (DDA) is made up of organisations in Coventry and Warwickshire which are working towards creating dementia friendly communities to improve the lives of people living with dementia and their carers.

www.dementiaaction.org.uk/local_alliances/

Tips for Living Well with Dementia

Tips for Living Well with Dementia

- ✓ Eat a healthy mixed diet
- ✓ Keep active – physically, mentally and socially
- ✓ Enjoy positive social contacts and meaningful activity



Being physically active can improve your wellbeing at all stages of dementia. The benefits of physical activity may include:

- Keeping your independence
- Improved strength and mobility
- Helping to keep bones strong
- Reducing the risk of falls
- Reducing feelings of isolation
- Increased confidence
- Improved mood and sense of wellbeing

(Source: Alzheimer's Society, 2015)

Tips when supporting people living with dementia

- ✓ Take time, adjust your pace and expectations
- ✓ Try to see the world from a different point of view
 - ✓ Listen carefully
 - ✓ Be welcoming – smile



Fitter Futures Warwickshire

Physical Activity / Healthy Lifestyles on Referral Service

Being physically active can help you to maintain independence and live well with dementia. If you have a diagnosis of dementia (in the early-mid stage) you can benefit from the Physical Activity/ Healthy Lifestyles on Referral Service.

- The service offers a 12 week programme of physical activity at various venues across Warwickshire.
- You can choose from a combination of activities at a variety of settings:
 - sessions at a local leisure facility
 - personalised sessions at home or in a community venue
 - group activities in your local community e.g. walking groups
- You will be supported by a Physical Activity Specialist who will develop the programme for you and offer support and encouragement to help you become more active.
- There is a cost to the programme which is discounted where possible.
- You can come along to sessions by yourself or with a carer. Carers may also be able to participate - please ask the person who refers you for more details

For more information about the Physical Activity/ Healthy Lifestyles on Referral Service please contact Fitter Futures Warwickshire:
Telephone: 02476 400 594 E-mail: fitterfutures@nbleisuretrust.org
Website: www.fitterfutureswarwickshire.co.uk

Please ask your GP practice, pharmacy, healthcare or social care professional to refer you to the service.