

The Pam Britton Trust  
for Dementia



The Little Pocket  
book of support

**WARWICKSHIRE COMMUNITY AND VOLUN-  
TARY ACTION**  
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Outside Cover

**THE LITTLE POCKET BOOK OF LOCAL SUPPORT**

This pocket booklet is designed to give carers or those living with a dementia, current information on support services and social activities in the South Warwickshire area. Many of the charities and agencies involved have contributed to it's content and our intention is to update and release further versions as and when there is significant change.

There are specific sections planned to give you easy access to the information relevant to your needs, along with some essential phone numbers for reference, a calendar, a monthly planner for the groups you choose to attend, and pages for your notes.

**February 2018**

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

**March 2018**

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**April 2018**

M	T	W	T	F	S	S
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

**May 2018**

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**June 2018**

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

**July 2018**

M	T	W	T	F	S	S
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

**August 2017**

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**September 2017**

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

**October 2017**

M	T	W	T	F	S	S
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**November 2017**

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

**December 2017**

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**January 2018**

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**Contents**

- Emergency Numbers
- Yellow section - Services for carers
- Red section - Cafés and activities
- Notes pages
- Monthly planner
- Calendar

<p><b>Emergency Numbers</b></p> <p><b>Hospitals</b></p> <p><b>Warwick - 01926 495321</b></p> <p><b>St Michael's - 01926 406789</b></p> <p><b>Heathcote - 01926 317700</b></p> <p><b>Stratford - 01789 205831</b></p> <p><b>University Coventry - 02476 964000</b></p> <p><b>Out of Hours GP - 111</b></p>
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**Community Services**

**Leamington Police - 01926 451111**

**Non-Emergency Police - 101**

**Older Persons Mental Health Team - 01788 513712**

**Warwickshire Council - 01926 410410**

**District Nurses - 01926 600818**

**Citizen's Advice - 01926 421515**

**Age UK - 01926 883118**

**Mental Health Matters - 0800616171**

**Samaritans - 08457 116123**

**Coventry & Warwickshire Partnership NHS Trust - Central Booking Service - 0300 200 0011 (Out of hours - 01926 406 741)**

**Clinical Commissioning Group - 01926 353 700**

**Healthwatch Warwickshire - 01926 422823**

**Monthly Planner**

	Week 3	Week 4
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

## Monthly Planner

	Week 1	Week 2
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Every effort has been made to ensure information printed is correct. No responsibility can be accepted or liability undertaken for any error or omission in respect of any information contained in this publication. Correct at time of print.

### **The Pam Britton Trust for Dementia**

Tony Britton

07867698073

anthony.britton1@btopenworld.com

Local support for those living with a dementia and/or their family carer/s

Support for those wishing to set up further groups within South Warwickshire

**Admiral Nurses**

Specialist dementia nurses who give practical, clinical and emotional support to carers and family members

KENILWORTH SERVICE Contact –01926 852365

Louise Gillard-Owen

National helpline, 0800 888 6678 or

**Age UK—Warwickshire**

Dementia Carers' Service

General support, links to community and residential services, help accessing benefits and legal services.

Contact - Mary Haire 07881824468

mary.haire@ageukwarks.org.uk

Age UK, Clemens Street, Leamington Spa

**NOTES**

**Waverley Carers**

Carers Group  
Waverley Centre, Kenilworth  
3rd Saturday 10.30 - 12.30

Contact - Rosemary Jones  
01926 858433

**Alzheimer's Society Warwickshire**

Dementia Navigator Service

Contact - Sarah Monahan  
01926 888899  
sarah.monahan@alzheimers.org.uk

**Whitnash**

Forget -me not café  
The Lawns, Gleave Rd  
2nd Wednesday 10.30 -12.30

Contact - Jenny Heath  
07879616311

**Appoint Us**

Advocacy Services  
Support Services, Sitting Service  
Appropriate Adults Service

Contact 02476 998414

**Carers Trust Heart of England**

Warwickshire Carer Wellbeing Service

Ensure that carers are supported in every way possible so that they are able to take on this vital role while maintaining their own well-being.

Contact 02476 101040

carerssupport@carerstrusthofs.org.uk

**New Hope Counselling**

Provide counselling to those who have a partner or relative with dementia

Contact - Lyn Smailes

07799 015650

lyn@newhopecounselling.org.uk

**Warwickshire Reminiscence Action Project**

**Wellesbourne Memory Café**—Village Hall,

School Road

**Every** Wednesday 2pm - 4pm

Contact - Heather 01789 841419

**Café Wrap**

Bishopton Community Centre, Drayton Rd

Stratford

Friday 2pm - 4pm

Contact - Mike Strophair

wrap1@hotmail.co.uk

01789 778431

**Day Care**

Bishopton Community Centre, Drayton Rd



**MEMORY CAFÉ PLUS+**

All Saints' Church Centre, Emscote WAR-  
WICK

1ST. & 3RD MONDAY, 2-4PM

Contact 07507 646030

**Relate Warwickshire**

Relationship Counselling

Contact - Mandy Boothe

024 7622 5863

mandy.boothe@relatecoventry.org

**SATKAAR**

Asian Elders Day Care

Sikh Community Centre, Queensway, Leam-  
ington, CV31 3LZ

Contact - Mr Y Tara

01926 315191

**Age UK—Warwickshire**

Carers Retreat

Meet for tea or coffee, chat and information.

Queensway Court, Orbit Housing

Queensway, Leamington Spa, CV31 3JZ

2nd Saturday 10.30-11.45

Contact—Mary Haire 07881824468

**Alzheimer's Society Warwickshire**

Contact -Sharon Donnelly

01926 888899

sharon.donnelly@alzheimers.org.uk

Singing for the Brain - Brunswick

Every other Tuesday 10.15 -11.45

The Young Ones - Warwickspace, Coten End

3rd Tuesday 11-1pm

Café - Waverley Centre, Kenilworth

1st Saturday 10.30 - 12.30pm

Day care/support

St James Court, Weston Close, Warwick

**Musical Memories Café**

Contact - Linda O'Sullivan

[linda@theyellowbridge.org](mailto:linda@theyellowbridge.org)

The Moorings

Last Monday 10am -12

Saxon Mill

1st Monday 10.30-12

Queensway

3rd Monday 2pm - 3.30pm

**Lillington Community Support**

Drop in Café offering support and activities for the community.

Acorn Court, Loxley Way, Lillington

Last Friday 11 - 12.30 Starting 29th September

Contact - Kath Bannister

**ARC - Achieving Results in Communities**

Ecotherapy@Foundry Wood

Foundry Wood, Leamington

Tuesday 10-3pm

Contact - Kath Pasteur

07814 605245

kath@arccic.co.uk

**Little Ray of Sunshine Café**

Kenilworth Centre, Abbey End

3rd Monday 10.30-12.30

4th Monday 10.30-12.30

Contact - Debbie 07847366149 Cathy  
07929371470

thelittlerayofsunshinecafe.hotmail.com

**Brunswick Hub, 98-100 Shrubland Street**

**LEAMINGTON SPA CV31 3BD**

**TRIPLE LINK** Support, Activities, Friendship

1st & 3rd Wed 11am - 1pm

Contact - Hillary 01926 422123

hilarywhite@bhlc.services

Free of Charge

**DEEP**

Buddies - A weekly drop in for anyone with memory issues to meet in a friendly setting with the hope of reducing isolation and loneliness.

Fat Pug, Rugby Road

Every Thursday 2-4pm

Contact - Hazel 07748383023

**Garden Organic**

Growth Project/Thyme To Be growing

Contact - Colette Bond

024 76308217

cbond@gardenorganic.org.uk

**Forget-Me-Not Dementia Drop In**

Chase Meadow Community Centre

Warwick

Last Tuesday each Month from September 26th

1pm –2.30pm

Contact Holly

**Harbury Connections Café**

**Dementia support group** - in the Tom Haul-ey rooms, Church Street, Harbury

3rd Wednesday 2pm -4pm

Friendship, activities, music and support.

Contact - Jill 01926 612483

or