

# The Pam Britton Trust for Dementia



*A Caring Hand*

## The Little Pocket Book of Support

5th. Edition 2019



## **THE LITTLE POCKET BOOK OF SUPPORT, No. 4**

This pocket booklet is designed to give carers or those living with a dementia, current information on support services & social activities in the wider Warwick District area. Many of the charities and agencies involved have contributed to its 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.

## Contents

**Emergency Numbers**

**Yellow section - Services for carers**

**Red section - Support Groups, Cafés and Activities**

**Notes pages**

**Monthly planner**

**Calendar**

### **Emergency Numbers**

#### **Hospitals**

**Warwick - 01926 495321**

**St Michael's - 01926 406789**

**Heathcote - 01926 317700**

**Stratford - 01789 205831**

**University Coventry - 02476 964000**

**Out of Hours GP - 111**

## **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**

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.

**COMPILED & PUBLISHED BY;**

**The Pam Britton Trust for Dementia**

**contact@pbrittontrustfordementia.org.uk**

Tony Britton; 01926 424419 or 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.

Dementia Awareness sessions.

Charity Registration No. 1159848

## **Admiral Nurses**

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

National helpline, 0800 888 6678

## **Age UK—Warwickshire**

Dementia Carers' Service

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

Contact - Beverley Hotson 07881824468

Email; [beverley.hotson@ageukwarks.org.uk](mailto:beverley.hotson@ageukwarks.org.uk)

Age UK, Clemens Street, Leamington Spa

## **Alzheimer's Society Warwickshire, WCC**

### **Dementia Navigator Service -**

Offers personalised information and guidance, emotional support, signposting and referral to organisations which can help you, whether you have dementia or are caring for someone with dementia.

Contact - 01926 888899

Email; [southwarks@alzheimers.org.uk](mailto:southwarks@alzheimers.org.uk)

## **Appoint Us**

Support Services, (including Sitting Service)  
Advocacy, Independent welfare reviews, CHC  
Appointee & Benefit Advice.

Therapy Service, Pet & Creative sessions.

Contact Julie Earls 02476 998414

Website; [www.appointuservices.co.uk](http://www.appointuservices.co.uk)

## **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 health and wellbeing.

Contact 02476 101040

Email; [carerssupport@carerstrusthofe.org.uk](mailto:carerssupport@carerstrusthofe.org.uk)

## **New Hope Counselling**

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

Contact - Lyn Smailes

07799 015650

Email; [lyn@newhopecounselling.org.uk](mailto:lyn@newhopecounselling.org.uk)

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



## **RELATE COVENTRY & WARWICKSHIRE**

Counselling where dementia is having an impact on relationships.

Counselling Contact - Mandy Boothe  
[info@relatecoventry.org](mailto:info@relatecoventry.org)

## **CARE COMPANION**

**DEVELOPED WITH CARERS FOR CARERS, A FREE RESOURCE TO SUPPORT THOSE WHO CARE FOR THEIR LOVED ONES.**

[WWW.CARECOMPANION.ORG.UK](http://WWW.CARECOMPANION.ORG.UK)

## **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—Chris Bratchie 07759126731 or

Email; [beveley.hotson@ageukwarks.org.uk](mailto:beveley.hotson@ageukwarks.org.uk)

## **Alzheimer's Society Warwickshire**

Contact –Charmaine Bird  
01926 888899

**Singing for the Brain** - Brunswick Hub  
1st & 3rd Tuesday of the month 1 pm –2.30pm

**The Young Ones** - Warwick Space,  
Coten End, Warwick  
4th Tuesday 11.00 -1 pm

**Café** - Waverley Centre, Kenilworth  
1st Saturday 10.30 - 12.30pm

**Café** - Compton Verney, CV35 9HZ  
2nd. Tuesday 10.30-12.30

**Café** - St. Andrews Church Hall, Church Lane  
Shottery, Stratford upon Avon, CV37 9HQ  
3rd. Tuesday, 10.30-12.30

## **BUDDIES**

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

Fat Pug, Rugby Road, Leamington Spa

**Every Thursday 2-4pm**

Contact - Hazel 07748383023 or

Jill 07747632042

Email; **hazelratcliffe\_6@hotmail.co.uk**

## **FORGET-ME-NOT DEMENTIA DROP IN**

**Chase Meadow Community Centre**

**WARWICK, CV34 6BT**

Last Tuesday each month, 1pm until 2.30pm

Join us for Free Afternoon Tea, including optional activities.

Contact Holly 07971221901

Email; **Holly\_Nixson@hotmail.com**

## **MEN AS CARERS**

Group sessions held throughout the year for 2 hrs. weekly in six week blocks. Providing with a counsellor, a confidential space to explore personal issues, family dynamics & strategies as a carer. Supported by activities for their loved one if required.

For further information contact-

Chris on 02476461796 or 07759126731 or

Tony on 07867698073

## **Harbury Connections Café**

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

3rd Wednesday of the month 2pm-4pm

Friendship, activities, music and support.

Contact - Jill 01926 612483 or

Janice 01926 612340

Email; [janelmont@gmail.com](mailto:janelmont@gmail.com)

## **Community Dementia Support**

### **The ACORNS**

**Free Drop-in** group offering support, craft activities, and friendship for the community, or just drop in for a chat & refreshments.

**Acorn Court, Loxley Way, Lillington**

Last Friday of the month 10.30 - 12.30

Contact - Kath on 01926 427684

Or Tony on 07867698073

## **Little Ray of Sunshine Café**

**Kenilworth Centre, Abbey End, Kenilworth**

3rd Monday 10.30-12.30

Contact - Cathy 07929371470

Em. [thelittlerayofsunshinecafe@hotmail.com](mailto:thelittlerayofsunshinecafe@hotmail.com)

## **MEMORY CAFÉ PLUS+**

**All Saints' Church Community Centre,  
Vicarage Field, Warwick CV34 5NJ.**

**1st & 3rd Monday, 2-4pm.** Support offered to people with memory loss and their carers.

Contact 07507 646030 (answer machine), we will call you back.

**[www.allsaintsemscote.com/outreach](http://www.allsaintsemscote.com/outreach)**

## **Musical Memories Café, Age UK**

Contact - Jill Davis 07748595926

**The Moorings**, Myton Road L/Spa.

**4th.** Monday each month 10.30am -12.00

**Saxon Mill**, Warwick

**1st.** Monday 10.30-12.00

**Folly Inn**, Napton, **3rd.** Tuesday 10.30-12.00

## **ReCollections Dementia Café**

**Market Hall Museum, Warwick CV34 4NF**

Every 2nd Monday of the month 2pm-3.30pm

**ReCollections** uses museum collections and creative activity to engage and inspire those living with dementia and their loved ones, join us for object handling, crafts, songs and socialising.

Contact—Rebecca 01926 736397 or book at [www.warwickshire.gov.uk/heritageboxoffice](http://www.warwickshire.gov.uk/heritageboxoffice)

## **SATKAAR**

**Asian Elders Day Care**

Sikh Community Centre, Queensway,  
Leamington, CV31 3LZ

Contact - Mr Y Tara

Tel. 01926 315191

## **The TRIPLE LINK**

**Held every week at the Brunswick Hub,  
98-100 Shrubland Street, Leamington Spa  
CV31 3BD**

Dementia Support, Activities, Friendship &  
Fun for people living with dementia and for  
carers,

**On Wednesdays 11am - 1pm**

Contact - Theresa Taylor 01926 422123

Email; [theresataylor@brunswickhlc.org.uk](mailto:theresataylor@brunswickhlc.org.uk)  
Free of Charge, No need to book, just drop in.

## **MAKING ART WITH A LOCAL ARTIST ALONG WITH COFFEE & CAKE**

**LEAMINGTON SPA ART GALLERY & MUSEUM  
CONTACT, [sally.larke@warwickdc.gov.uk](mailto:sally.larke@warwickdc.gov.uk)**

5 WEEKLY SESSIONS EACH TUESDAY FROM 17TH.  
SEPTEMBER, 10.30-12.30, FREE TO CARER AND THEIR  
LOVED ONE LIVING WITH A DEMENTIA



## **WELLESBOURNE MEMORY CAFE**

Village Hall, School Road, Wellesbourne.

**Every** Wednesday 2pm - 4pm.

**Contact - Heather 01789 841419 or**

**WRAP Office on 01789 261061**

**Also contact** wrap1@hotmail.co.uk **for**

**Café Wrap** Bishopton Community Centre,

Drayton Rd., S on A. Friday 2.00-4pm.

**Day Care** Briar Croft, Alcester Rd., S on A.

Thursday 10.00 until 1pm.

## **OSCARS CARERS GROUP, WELLESBOURNE**

**2ND. MONDAY EACH MONTH**

**WELLESBOURNE VILLAGE HALL 10.30 –12.00**

**contact—Heather 01789 841419**

## **WAVERLEY CARERS**

### **Carers Group**

Support, advice and friendship.

### **Waverley Centre, Kenilworth**

3rd Saturday 10.30 - 12.30

Contact - Rosemary Jones

Tel: 01926 858433

## **FORGET-ME-NOT CAFE**

### **The Lawns, Gleave Rd. Whitnash**

2nd Wednesday 10.00 -12.00

Contact - Jenny Heath

Tel. 07879616311

Email; [jennyheath1544@aol.com](mailto:jennyheath1544@aol.com)

## **JULY 2019**

<b>Mo</b>	<b>Tue</b>	<b>We</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
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				

## **AUGUST 2019**

<b>Mo</b>	<b>Tue</b>	<b>We</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
			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 2019**

<b>Mo</b>	<b>Tue</b>	<b>We</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
						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 2019

Mo	Tue	We	Thu	Fri	Sat	Sun
	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 2019

Mo	Tue	We	Thu	Fri	Sat	Sun
				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 2019

Mo	Tue	We	Thu	Fri	Sat	Sun
						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					

# Monthly Planner

	Week 1	Week 2
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# Monthly Planner

	Week 3	Week 4
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# Monthly Planner

	Week 5
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

# NOTES



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[contact@pbrittontrustfordementia.org.uk](mailto:contact@pbrittontrustfordementia.org.uk)

Charity Registration No. 1159848

# NOTES