



NOTTINGHAM CITY DEMENTIA DIRECTORY

We aim to make this Directory as up to date as possible.

If you notice any changes that are needed, please email nnicb-nn.splwpcn5@nhs.net and let us know.

Thank you to our partners across South Nottinghamshire for sharing information to enable creation of this Dementia Directory.

Here are some other websites to check for resources:

[Nottingham City Council: Homepage](#)

www.nottshelpyourself.org.uk Local Web directories Information and services all in one place: Search 'Dementia' to find local groups, support and care providers.

Tel: 0300 500 8080

www.asklion.co.uk for resources in the City:



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National Organisations Who Can Offer Support



Alzheimer's Society

Tel: Dementia Support: 0333 150 3456 /
Customer Care: 0330 33 0804
www.alzheimers.org.uk



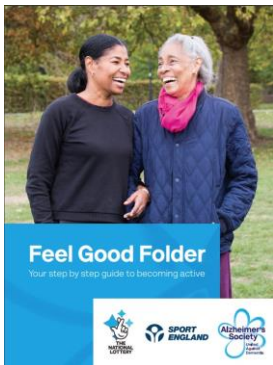
Dementia UK

www.dementiauk.org



Admiral Nurses from Dementia UK

Tel: 0800 888 6678
Mon-Fri: 9am to 9pm / Saturday & Sunday:
9am to 5pm www.dementiauk.org/get-support/admiral-nursing



Alzheimer's Society guide to becoming active

[Be active and Feel Good with dementia | Alzheimer's Society](#)



Alzheimer's Society 'This is Me form'

This can be taken to appointments, for hospital stays etc to give the person with dementia a voice about their needs and preferences

[Publications and factsheets | Alzheimer's Society](#)

Are you feeling low in mood?



Talking Therapies - Alzheimer's Society

[Click to find out more about talking therapies](#)



Dementia Carers Count

[Looking after yourself - Dementia Carers Count](#)



Every Mind Matters

[Low mood - Every Mind Matters - NHS](#)

Help to keep you Independent

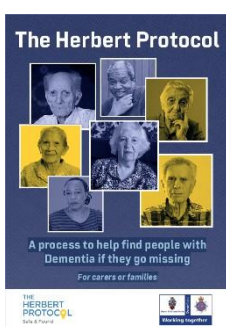


Radar Key

People who need to use accessible toilets will know that many of them in the UK are fitted with a RADAR Key Scheme lock, which can only be opened with a Royal Association for Disability and Rehabilitation (RADAR) key.

[The official and only genuine Radar Key – Disability Rights UK](#)

These can now also be purchased from Amazon.



The Herbert Protocol

The Herbert Protocol is a national scheme that encourages carers, family and friends to provide and put together useful information, which can then be used in the event of a vulnerable person going missing.

Carers or relatives and friends can complete a form in advance, including important information about the missing individual such as the contact numbers, medication needed, locations the person was last seen and a photograph can be added.

[Herbert Protocol form](#)



Sunflower Invisible Disability Products

Wearing the Hidden Disabilities Sunflower discreetly indicates to people around the wearer, including staff, colleagues and health professionals, that they need additional support, help or a little more time. Since its launch in 2016, it has been adopted globally by major airports and venues and in the UK, by many supermarkets, railway and coach stations, leisure facilities, the NHS, a number of police, fire and ambulance services, and an increasing number of small and large businesses and organisations.



[Hidden Disabilities Sunflower](#)



Please Be Patient - I Have Dementia Badges. Available from many different online sellers. Choose the one you like best:

[please be patient I have dementia badge - Google Search](#)



Help Cards

Help cards are for people with dementia to use and carry with them, to make it easier to get help or assistance when they're out in the community. Help cards are a great tool to help a person with dementia maintain their independence.

They are the size of a credit card and are free to order.

[Help cards to support people with memory problems or dementia | Alzheimer's Society](#)



Wearable Location Tracking Technology

A variety of items are available:

- Key ring
- Watch
- Belt
- Bracelet
- Necklace



Community Transport Association

Directs you to local transport within your area.

<https://ctauk.org/find-ct-provider/>



Time to Talk BEFRIENDING

A Helpful step by step guide to creating meaningful moments for people living with dementia over the phone.

<https://www.tttb.org.uk/resources>



Alzheimer's Scotland – Adam APP (This is a free app)

Designed for people living with dementia and their carers, helping you find the right piece of technology at the right time.

[ADAM - About Digital and Me | Alzheimer Scotland](#)

Mobile Apps to help when you are Out and About



Parkopedia

Gives information about local places to park, fees and spaces available.

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



Accessible

Provides information about accessibility for venues. A nationwide site.

<https://www.accessable.co.uk/>



Where is Public Toilet?

App on Google Play. This gives information about all public toilets in your area.



Toilet Map

The Great British Public Toilet Map is the UK's largest database of publicly accessible toilets, with over 11000 facilities.

Getting Outdoors



Get Outdoors

Get Outside was founded by Ordnance Survey, to help more people to get outside more often.

<https://getoutside.ordnancesurvey.co.uk/>



ENGLISH
HERITAGE

English Heritage

<https://www.english-heritage.org.uk/about-us/>



The National Trust

Carers are admitted for free.

<https://www.nationaltrust.org.uk/>



The Sporting Memories Foundation

For 10 years they have been using the power of remembering and talking about sport - along with physical exercise - to tackle dementia, depression and loneliness. They are dedicated to bringing together older adults. Those who come to our online or community-based clubs may be isolated, or living with depression, dementia or other long-term conditions. They are fans, former players, family members. Everyone has one thing in common - a love of sport.

They provide social and physical activities. At Sporting Memories Clubs, everyone finds fun, friendship and increased well-being.

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



Bounce Alzheimer's Therapy - BAT

The BAT design team, working with neuroscience specialists, have created the World's first table specifically devised to enhance the Table Tennis

Therapeutic Experience for those living with dementia, and their carers. <https://www.batfoundation.com/bat-therapy-table/>



Golfing with Dementia

England Golf believe that golf is a game for everyone. They want to make the game dementia friendly for the 900,000 people living with dementia in the UK.

In February 2019 the Alzheimer's Society published their Dementia Friendly Sport and Leisure Guide, which covers how you can support People, Programmes and Places to become dementia friendly and include more people.

<https://www.englandgolf.org/club-support/dementia/>

YOUNG ONSET DEMENTIA INFORMATION AND SUPPORT GROUPS

[About young onset dementia - Young Dementia Network](#)

[Find young onset dementia support groups and services - Dementia UK](#)

[Young-onset dementia | Alzheimer's Society](#)

[Young onset dementia - Alzheimer's Research UK](#)

[Employment and young onset dementia - Dementia UK](#)

youngdementianetwork.org/about-young-onset-dementia/what-is-young-onset-dementia/

[Young Onset Dementia Charity - Younger People With Dementia](#)

Young Onset Dementia Apps

Age-Appropriate Information & Services



<https://apps.apple.com/gb/app/young-onset-dementia-yod/id1087340224>

[Young Onset Dementia \(YOD\) – Apps on Google Play](#)

FACEBOOK SUPPORT GROUPS

[supporting people affected by young onset dementia](#)

[Young Dementia Network - Facebook](#)

[YODA - Young Onset Dementia Activities](#)

[Younger People with Dementia](#)

[Early-onset Alzheimer's Support Group](#)

MEMORY CAFÉS/SOCIALS/EXERCISE - BY DAY OF THE WEEK (Please contact to ensure groups are still running as listed)

MONDAY

Singing for the Brain (Alz Soc). Face-to-face group, new venue - Clifton Methodist Church. Every 3rd Monday

Get in touch via the contact details: Angela O'Neill (leader)

Mobile: 07718 697246 Email: Angela.oneill@alzheimers.org.uk

West Bridgford:

1st Monday of the month 2-4 pm.

For those with memory problems or a Dementia diagnosis and their carers. Fun, social afternoon with reminiscence, crafts, indoor sports, afternoon tea, singing and enjoying the company of others. Free of charge (donations welcome)

West Bridgford Methodist Church, Musters Road, NG2 7PQ. Entrance in Patrick Road. Tel: Sandra Morrey 07966 171261 sandra.rotary1220@gmail.com

Ravenshead Friendship Club and Memory Club

Monday – Friday Cornwater Evergreens, Ravens Lodge, Main Road Ravenshead NG15 9GS. For more info: 01623 491159 Susan Ball

Hummingbird Memory Group Tel:07310 655991 (Jassent)

Join us in a culturally sensitive, safe and supportive space for the black Afro-Caribbean community.

Last Monday of every month 10am-12pm, at the Pauleen Davies Centre, Radford Care Group NG7 5QE.

The Studio, Beeston Tel: 07843 607085 (Justine Schneider)

At the Royal British Legion Hall, 16 Hall Croft NG9 1EL) [HOME | The Studio \(thebeestonstudio.uk\)](http://HOME | The Studio (thebeestonstudio.uk))

Various Arts Activities, exercise sessions (yoga and armchair sessions), singing, Carers support group and day care (Mon and Tues)

Bingham:

Every 2nd Monday 2-3.45pm Methodist Centre, Bingham More info: 0115 9332874

A structured afternoon of fun and friendship with afternoon tea, second Monday of each month.

Trent Dementia Services: a charity trying to improve the quality of life for People Living with Dementia in the East Midlands and beyond. Phone: 0115 74 84 220 – please leave name and number. Email: contact@TrentDementia.org.uk

Email or phone the charity for more information for each of these following events:
Wednesdays evening craft sessions on Zoom (free kits are posted) led by people affected by dementia and Project Manager & Project workers and volunteers.

• **Monthly Health Walk group:** First Thursday of each month for a relaxing stroll at Highfields Park at 11:30 AM.

Disability and Dementia Swim

Weekly swim session aimed at those with disability including dementia. Takes place in the teaching pool at Rebecca Adlington Leisure Centre and Water Meadows Leisure Complex.

Mondays 12noon-1pm plus Thursdays at Water Meadows
Westdale Road, Mansfield, Notts NG19 7BZ 0345 000 0230

Tuesday

Hucknall: Fountains Dementia Café

Second Tuesday of every month 10.30-12 noon at West Hucknall Baptist Church NG15 6JN. For more info: 0115 963 1433

Forget Me Notts Trent Bridge Community Trust www.trentbridge.co.uk/Trust

07486 327 403 email: olivia.mackie@trentbridge.co.uk

Free Sport and social sessions for people living with Dementia and their Carers. All on Tuesdays 10.30 -12.00pm. Low-impact sporting activities, varied social activities, carer support and signposting and a cuppa.

- 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 (10.30-12)
Memory Club at The Indian Centre

A relaxed, supportive group for anyone with concerns about their memory.

Every other Tuesday at the Indian Centre Community Association, 99 Hucknall Lane, Nottingham, every other Tuesday, 1300-1500, starting On 7th February.

Organised by the Alheimers Society and Trent Bridge Community Trust

The Studio, Beeston Tel: 07843 607085 (Justine Schneider)

At the Royal British Legion Hall, 16 Hall Croft NG9 1EL) [HOME | The Studio](#)
(thebeestonstudio.uk)

Various Arts Activities, exercise sessions (yoga and armchair sessions), singing, Carers support group and day care (Mon and Tues)

Eastwood Memory Café

Tel: 07847 716 759

Meets on the 2nd Tuesday of the month 12.30-3pm at Plumtre Hall in Eastwood NG16 3BS

Song Time – Dementia friendly sing-along group and singing for wellbeing
Angela – 07981 885013 – Tuesdays 1.30pm – 3pm

Wollaton Park Community Centre, Harrow Road, Wollaton

Do memory warmups beforehand – eg progressive games to aid memory

Radcliffe on Trent:

Every 3rd Tuesday 2pm-4pm

Anyone with memory issues/dementia diagnosis to come with carer

Crafts, singing and free tea. At the Methodist Church, Shelford Road, Radcliffe on Trent. Tel: Gillian McDonald 07729 835457

Singing for Everyone/ WB Open Voices 0115 958 9312

Every Tuesday Morning Drop in 10-12 at St Lukes, Leahurst Road, WB

Vol donation £3 email: admin@music-for-everyone.org

Dementia Friendly Film Shows “Tuesday Talkie”

Second Tuesday of the month 2pm at WB 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. Contact Sandra 07966171261

Dance and Movement Sessions

Inclusive and accessible dance and movement designed for older adults, including those with dementia or Parkinson's. Sessions are free, donations welcome.

Stay active, engaged, and connected with others in our community.

For more info: 07725 325707 (Amanda)

Two venues:

Tuesdays Rushcliffe Arena Sports Hall, Rugby Road NG2 7HY at 10.30 am

Thursdays Church Hall St Pauls, Boundary Road NG2 7DB at 1pm

Singing for Everyone / Beeston Open Voices 0115 958 9312

Every Tuesday Morning 10.30-12.30 at Middle Street Resource Centre NG9 2AR

Vol donation £3

email: admin@music-for-everyone.org

East Leake:

Weekly -Tuesdays 10-30-12.00 @ Methodist Church.

Contact: Anne Prothero 01509 559797 or 07799 291188 or Maggie 01509 853866.

For people who have dementia or cognitive impairment, and their carers. Specific activities organised. Also includes East Leake Sunshine Memory Choir.

Disability and Dementia Swim

Weekly swim session aimed at those with disability including dementia. Takes place in the teaching pool at Rebecca Adlington Leisure Centre and Water Meadows Leisure Complex.

Mondays 12noon-1pm plus Thursdays at Water Meadows
Westdale Road, Mansfield, Notts NG19 7BZ 0345 000 0230

Wednesday

Sherwood Memory Café

Sherwood Methodist Church, Devon Drive, NG5 2EN, 2nd Wednesday of month, 1-3pm.

For people with memory issues and their carers/families. Music games and information. Free hot drinks and cake. For more info: Alan Bush 0115 9262232

Ravenshead

Ravenshead Memory Lane Group

1st Wednesday every month 1.45pm-3:45pm at The Centre, adjacent to St Peters Church, Sheepwalk Lane, Ravenshead NG15 9FD for more info: 07488 320618 Margaret Brook

Trent Dementia Services: A charity trying to improve the quality of life for People Living with Dementia in the East Midlands and beyond. Phone: 0115 74 84 220 – please leave name and number. Email: contact@TrentDementia.org.uk

Email or phone the charity for more information for each of these following events:

Wednesday evening craft sessions on Zoom (free kits are posted) led by people affected by dementia and Project Manager & Project workers and volunteers.

Regular craft workshops at Westdale Lane Baptist Church.

Regular short day trips. – by Booking only.

Trent Dementia Monthly Dementia Drop-in: Nottingham City Centre

Cleaves Hall on Castle Gate, NG1 7AS. (5 mins walk from Market Square, Blue Badge parking close by on Stanford Street)

Third Wednesday of each month. 10.30 – 1.30pm. A warm welcome, drinks and cake.

For more info: 07300 657575

Willow Tree Memory Café

Mill Water Country Park

Crafts and games or simply relax and socialise in our beautiful surroundings.

For people living with dementia, their friends, families and carers. Held every second and fourth Wednesday of every month between 1-3pm. Free

The Discovery Room, Mill Waters Heritage Centre and Café, Kings Mill Reservoir, Sutton in Ashfield, NG18 5HY Email: millwaters@ashfield.gov.uk Website:

<https://discoverashfield.co.uk/places-to-visit/mill-water>

Memory Club

Every Wednesday morning 10.30-12 at the Evolve Hub, Helston Drive NG8 6JZ.
Run by Nottingham Forest Community Hub

Stapleford Memory Café

Tel: 0779 665 1950 (Jayne Daykin)

Meet every other Wednesday 2-3.30pm. The Equalised Club, Stapleford NG9 8ET

Keyworth:

Every 3rd Wednesday of the Month, Parochial Hall, 10am – 12pm.

Magdalene Community Café (formerly Memory Café) – for those living with memory loss as well as bereaved or people who are on their own.

For more info call Diana Jones (07891 946680) or landline (0115 8460053)

Music in Mind

(The Joyful Jukebox and Bloomin Dementia)

Free

Twice monthly sing-along sessions of popular songs. Wednesdays 10.30-12.00
Ruddington Village Hall, 45 Wilford Lane NG11 6BN

Everyone welcome, no need to book. Sessions are dementia friendly and fully inclusive. Tea/coffee. (awaiting new dates for 2025)

Green Memory Café

Rushcliffe Country Park, Visitors Meeting Room by the Lake, Ruddington NG11 6JS

Come and experience nature-based activities, short walks or simply relax, socialise and enjoy the beautiful surroundings. Free activities and refreshments for anyone living with memory loss and their carers.

2025 dates: Feb 19th, April 16th, June 18th, Aug 20th, Oct 15th, Dec 17th

For more info, contact: Gwynneth.owen@nhs.net (07309 852899)

Swimming Disability Swim Session

No need to book, £4 per session, Carer can swim for free

Rushcliffe Arena, West Bridgford, Friday 10.30am - 11.30 am

Bingham Friday 10.15 am - 11 am

Cotgrave Tuesday 11-11.45; Wednesday 9.30-10.30 am

Move More @ Clifton Leisure Centre (Dementia Friendly Swim, Sports & Activities)

Clifton Leisure Centre, Southchurch Drive, Clifton, Nottingham NG11 8AB
Tel: 0115 876 1600 Email: sportandleisure@nottinghamcity.gov.uk
Wednesdays 10:30am - 12:30pm

A friendly, inclusive social activity morning welcoming people with disabilities and long-term health conditions that includes access to Swim for Health, activities in the Sports Hall and includes tea and coffee. It welcomes anyone looking for inclusive, entry-level activities including those living with dementia and their carers.

- Swim for Health - 10:30am to 11:30am
- Activities in the Sports Hall 10:30am – 12:30pm to include Table Tennis, Badminton, Table Top Curling, Board Games and Tea and Coffee
- A dedicated member of staff will be available to support both Pool and Sports Hall activities

Thursday

Netherfield:

Last Thursday every month, 2-4pm St George's Centre, Victoria Road NG4 2NN

For more info: 07900 951867 (Martin Curtis) Email:
martin.curtis@jigsawhomes.org.uk

Come and share a cuppa and cake and meet other carers. (free of cost)

Mapperley Friends for Life "Ey Up Me Duck!" Dementia Support Group

3rd Thursday every month, 10.30-12.30 Westdale Lane Baptist Church/Community Centre NG3 6ES For more info: 07807 446602 Cynthia Litchfield

The group is for people with dementia and their carers. Activities and refreshments Small donations welcome, towards running the group. Trips out in the summer.

Trent Dementia Monthly Dementia/Health Walk group: First Thursday of each month for a relaxing stroll, starting at the Pavilion Cafe at Highfields Park at 11:30 AM. (1 min walk from the Uni Tram stop and parking available on campus NG7 2RD) For more information, call 0115 7484220

Dance and Movement Sessions

Inclusive and accessible dance and movement designed for older adults, including those with dementia or Parkinson's. Sessions are free, donations welcome.

Stay active, engaged, and connected with others in our community.

For more info: 07725 325707 (Amanda)

Two venues:

Tuesdays Rushcliffe Arena Sports Hall, Rugby Road NG2 7HY at 10.30 am

Thursdays Church Hall St Pauls, Boundary Road NG2 7DB at 1pm

Memory Café

Beeston Resource Centre, 74 Middle Street, Beeston (opp tram stop)

Telephone: 07846 403342 or email: beestonmemorycafeinfo@gmail.com

Thursdays 1.45-3.45pm £3 per couple. Just drop in – meet and greet at the door.

Ran by Derek and his wife. Attendees need to be accompanied by a partner or carer.

Cotgrave:

Last Thursday of every month 2pm – 4pm, All Saints Church, Church Lane, Cotgrave. Run by Vale of Belvoir Rotary Club. Please book in: Gerry Thompson – thompson54@virginmedia.com Mobile 07979 392652

Stonebridge City Farm Health Walks

Tel: 0115 7484220.

Second Thursday of the month, meeting at 11.30 in the café as you enter the farm. For people living with dementia and their carers, Stonebridge Road, NG3 2FR.

Five minutes walk from bus stops, limited free parking at the farm, costs £2.20 to park all day on the road.

Dementia Support Group (Kimberley)

Tel: 0115 9384953

For people with dementia and their carers. 2nd Thursday morning of the month 10.30am - 12.30pm.

In the back room at Rumbletums, Address: 2A Victoria Street, Kimberley, NG16 2NH
For more information Email: projectmanager.rumbletums@gmail.com.

Bradmore “Cuppa-T-Time”

Every 3rd Thursday 2.30-4pm in the Community Hall on Farmer St, Bradmore, attached to the Methodist Church. Refreshments, friendship and fun quiz (optional!)

Contact: Sheila Clark tel 0115 9211801 email s.clark686@btinternet.com

Disability and Dementia Swim

Weekly swim session aimed at those with disability including dementia. Takes place in the teaching pool at Rebecca Adlington Leisure Centre and Water Meadows Leisure Complex.

Mondays 12noon-1pm plus Thursdays at Water Meadows
Westdale Road, Mansfield, Notts NG19 7BZ 0345 000 0230

Friday

Gedling (Woodthorpe)

The Good Shepherd Church, Thackerays Lane, Woodthorpe, NG5 4HT, 4th Friday of the month, 1030-1230.

This is a friendly, informal and welcoming place for anyone with dementia and their carers to gain practical information and emotional support. Refreshments are served free of cost. Games and activities including singing are usually available. Call 07881 816465 for information.

Old Basford: Working Age Support Group

Every other Friday 12-2pm at Disability Support, Old Basford Community Centre, Bramble Close NG6 OQG.

Free parking outside, close to David Lane tram stop. For working age/independent people living with dementia who do not need to come with a carer.

Please contact Simon Martin to discuss: simon@ddnottingham.com Tel: 0115 9785095

West Bridgford: "Memory and Movement"

Every Friday 10.30 -12pm "at St Pauls, Boundary Road, WB NG2 7DB.

For those who would like support with their memory challenges. Fun, fellowship, games, information and support. Contact: st.paulschurchcommunity@outlook.com

Swimming Disability Swim Session

No need to book, £4 per session, Carer can swim for free
[Rushcliffe Arena](#), West Bridgford, Friday 10.30am - 11.30 am
[Bingham](#) Friday 10.15 am - 11 am
[Cotgrave](#) Tuesday 11-11.45; Wednesday 9.30-10.30 am

Neuro Walking Football

Brendon Lawrence Sports Centre NG3 4NB
Every Friday 10am to 11am £4 per session

Run by Nottingham Forest Community Trust welcoming those who are affected by any neurological impairment from Parkinsons to recovering from a stroke. Dementia friendly.

SATURDAY

Movement for Wellbeing Dance Class

Every Saturday 11-12pm Hosted by Reset Dance Company

A weekly class facilitated by dance practitioners Alice and Emma, an opportunity to engage in gentle movement, improve your wellbeing and have some fun. Dementia friendly.

At Edwalton Manor Care Home, Landmere Lane (nr Notcutts Wheatcroft) NG12 4DG

For more information contact Edwalton.wl@hamberleycarehomes.co.uk (0115 8224470)

Singing for Health (Dementia Friendly- all welcome!)

10.30-midday, Saturday 9th November 2024 (Every 3 months (or so!))

St Mary's Church, Plumtree NG12 5ND

SUNDAY

Christian Church: Memory Lane Worship: Clifton Methodist Church (Rivergreen Methodist Hub NG11 8AU) 2nd Sunday each month 2pm

Tel: 07301 206434 Rosie Farrow

MUSIC AND SINGING

Music in Mind (The Joyful Jukebox and Bloomin Dementia) Free

Twice monthly sing-along sessions of popular songs. Wednesdays 10.30-12.00
Ruddington Village Hall, 45 Wilford Lane NG11 6BN

Everyone welcome, no need to book. Sessions are dementia friendly and fully inclusive. Tea/coffee. (awaiting new dates for 2025)

The Joyful Jukebox (with Helen Tooth) 07905 912582

<https://joyfuljukebox.wordpress.com/>

Social sing-along sessions of popular songs. Everyone welcome, no need to book. Sessions are dementia friendly and fully inclusive. Tea/coffee included.

Keyworth Methodist Church Hall, Selby Lane NG12 5AH

Every 2nd and 4th Wednesday 2-3.30pm

2025 dates: Jan 8, 22, Feb 12, 26, Mar 12,26, April 9,23, May 14, 28

Radcliffe Radcliffe on Trent Methodist Church NG12 2AG

Every 1st and 3rd Fridays 2-3.30pm

2025 dates: Jan 17, Feb 7,21, Mar 21, Apr 4, May 2,16, May 2,16

Cotgrave Methodist Church NG12 5AH

Starting 2.-3.30pm. Come earlier for a free lunch as this is also a Warm Space session.

Fortnightly on a Tuesday:

2025 dates: Jan 14,28, Feb 11, 25, Mar 11, 25, Apr 8, 22, May 13, 27

Musicworks:

0115 9145879 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 Free

Dementia Friendly Singing Sessions run by Alz Soc and Home Instead.

Every 3rd Wednesday at East Bridgford Village Hall 2pm. Cake and a cuppa

Contact: 01949 480480 email: Admin@EastNotts.HomeInstead.co.uk

Singing for Everyone/ WB Open Voices 0115 958 9312

Every Tuesday Morning Drop in 10-12 at St Lukes, Leahurst Road, WB

Vol donation £3 email: admin@music-for-everyone.org

Singing for Health (Dementia Friendly- all welcome!)

10.30-midday, Saturday 9th November 2024 (Every 3 months (or so!))

St Mary's Church, Plumtree NG12 5ND

Singing – (further away but accessible for all in Notts County)

Singing for the Brain (Alz Soc). Face-to-face group, new venue - Clifton Methodist Church. Every 3rd Monday

Get in touch via the contact details: Angela O'Neill (leader)

Mobile: 07718 697246 Email: Angela.oneill@alzheimers.org.uk

Singing for Everyone / Beeston Open Voices 0115 958 9312

Every Tuesday Morning 10.30-12.30 at Middle Street Resource Centre NG9 2AR

Vol donation £3 email: admin@music-for-everyone.org

Singing for the Brain – Long Eaton

All Saint's Church Hall, Tamworth Road, Sawley NG10 3AB
sftbianet@gmail.com (contact for details)

This is a local singing group for people affected by dementia. You will be able to sing and have fun in a relaxed environment. There is a huge range of familiar old and new songs for everyone's tastes.

CINEMA/THEATRE INFORMATION

Cinema visits: CEA Card [Home - CEA Card](#) Tel: 01244 526 016

email: info@ceacard.co.uk

A scheme set up to make cinema visits more accessible for “disabled guests who might need assistance whilst visiting the cinema” This entitles you to one free ticket for someone to accompany you to the cinema. 90% of cinemas accept this card. Annual fee of £6.

Broadway Cinema,

14-18 Broad Street, Nottingham, NG1 3AL

For more information contact: Adam Byrne or call 0115 952 66 11.

<https://www.broadway.org.uk/your-visit/dementia-friendly-screenings>

Theatre Royal/Concert Hall Dementia Friendly Information Guide

[Dementia-Friendly-Information-Guide_2021.pdf \(trch.co.uk\)](#)

Information on what to expect when visiting the TRCH and the additional facilities on offer.

Call 0115 989 5609 (or the Box Office 0115 989 5555) for more information about Access Schemes and Discounts for Carers, Quiet spaces, Familiarisation visits, and show relay facilities.

Nottingham Playhouse

“Patrons who require an assisting companion for their visit will receive the second ticket for free – book via the Box Office 0115 941 9419 or email: access@nottinghamplayhouse.co.uk

DAY CARE (Please always make contact to discuss availability and any criteria)

Radford Care Group Call to discuss: 0115 9786133 email:
info@radfordcaregroup.org.uk or visit www.radfordcaregroup.org.uk

Friendship Group: a warm and welcoming centre for older people includes activities and midday meal.

Also, a specialist Day Care Service offering those 50+ living with dementia/memory loss a place to be with others to support independence, reduce isolation, combat loneliness whilst also offering cognitive stimulation. This in turn will give carers a break. All in a modern purpose-built day centre, Open 4 days a week, 9 - 4.30pm
Taster sessions available Prospect Street, Radford NG7 5QE

Sybil Levin Day Centre 0115 8440011 or 0115 9780011
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 during the hours of 10 am – 3 pm. Two-course lunch and in some instances, assistance with minibus transport.

Rainbow Care Group Day Care

Specialist dementia day care service every Monday and Wednesday between 10am and 4pm at The Rock Hub, 13-15 Wellin Lane Edwalton NG12 4AS.
Call for more information or to book a free taster session 0115 6701252
email: nottinghamcentral@therainbowcaregroup.com

Albany House Day Service - Orby Close, St Ann's, Nottingham NG3 2FP

albany@nottinghamcity.gov.uk Tel: [0115 9152471](tel:01159152471)

Albany House Day Service is a dedicated day service that provides comprehensive support and care for individuals over the age of 50. They specialise in assisting those with physical and sensory impairments, mental health challenges, learning disabilities, and those in need of specialist dementia support. It is designed to offer a safe, comfortable, and stimulating environment. They aim to enhance the wellbeing of each individual.

Marcus Garvey Centre - Day Service

Marcus Garvey Centre, Lenton Boulevard, Nottingham NG7 2BY
0115 979 2906 Barbara.collins@nottinghamcity.gov.uk

The Marcus Garvey Day Centre primarily caters for the needs of older African and Caribbean citizens with dementia, Physical, sensory or mental health disabilities. All the staff at the Centre are from an African-Caribbean background and are fully trained and skilled in caring for the elderly.

The Indian Community Centre – Day Care

99 Hucknall Road, Carrington, Nottingham NG5 1QZ
<https://www.theicca.co.uk/> Tel: [0115 969 3402](tel:01159693402)

The centre provides services to those who may have dementia, physical or sensory disabilities or have mental health needs or are socially isolated or have other health issues. The Centre provides an environment where older people can receive help and support and develop friendships. They aim to enhance the quality of life of their community members.

The Pakistan Centre – Day Centre

163 Woodborough Road, Nottingham NG3 1AX
Tel: 0115 958297 Further info at <http://www.pakistancentre.org.uk/index.html>

The Pakistan Centre in partnership with the City of Nottingham Adult Services, provides Day Care provision and a Luncheon Club for Muslim Elders. These provisions aim to promote independence, self worth and quality of life among the elder members of our community. The Day Centre is open three days a week on Tuesday, Wednesday and Thursday, from 9.30am to 3.00pm. This provision can be accessed through normal Nottingham City Council referral system or by contacting the Care Services Manager at the Pakistan Centre.

The activities of the Day Centre include relaxation, music, films, discussions groups, day trips and prayer facilities. Refreshments are available through the day. Lunch is served at 12.30pm, the Halal meals are prepared at the Centre and there is a nominal charge for them. Transport is provided for frail and Disabled persons and trained staff are available to provide assistance and support.

Joy2Care Day Centre (Carlton, Gedling, Netherfield, Mapperley)

Call 9871263 to schedule a visit. [Joy2Care](http://www.joy2care.org.uk)

At the Nottingham Day Centre a warm, welcoming environment is provided where people can thrive. Fully trained staff offer personalised care while facilitating engaging activities that promote social interaction and mental well-being. Open Tuesday to Friday.

Calverton Supreme Day Care Service – Calverton Day Centre

Unit 2, The Pavilion, Calverton Village Hall, Park Road, Calverton NG14 6SA
Wendy Bonas, Day Centre Manager - Mobile: 0752 817 4556
dcen@cshc.onmicrosoft.com calvertonsupreme.co.uk
Monday to Friday 9am – 3pm

Calverton Day Care provides a safe, supervised environment and is staffed by a team of trained, experienced and fully vetted staff. The Day Centre may offer an affordable alternative to costly residential care.

Heydays Activity Hub CIC (Hucknall)

St John's Church Community Hall, Hucknall NG15 7QN
Monday's, Wednesdays and Fridays 10.30am to 1.30pm
Contact: 0115 9521421 or 07791 420176

For socialising, creative activities, gentle chair-based exercise and includes a light lunch.

COMMUNITY TRANSPORT

Easylink

Easylink bus service is an accessible minibus service who support people who find the main bus difficult to use. Easylink is a door-to-door service. You need to sign up to this to be able to use.

Hospital Transport

On the back of a hospital letter, there will be details of hospital transport to take a person to their appointment and return. This needs to be booked in advance and with plenty of time. There can be a long wait for the return journey home. Information needed includes NHS number, hospital appt details (time and clinic).

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. Remember – what is good for the heart is good for the brain! Here are some suggestions:

Brain Training (Use it or Lose it) – mental exercise

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

(meditation, playing games, jigsaws, cards, crosswords, suduko, chess, learning a language/musical instrument, dancing, tai chi, regular exercise, sleep etc)

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](#) or Call 0333 1503456

Memory Lane Bags Inspire: 01623 677 200

Free to borrow from your local Library -Organised by **Inspire**

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

Memories Board Game

Daisy Game – designed and produced from Flintham Museum, based around the 1960s, great for developing conversations and sparking memories.

£30 flintham.museum@googlemail.com or ring Sue Clayton 01636 525641

Art by Post 0207 9604206 artbypost@southbankcentre.co.uk

Monthly Art Postcards sent through the post or can be emailed - series of activities to spark the imagination.

Activity Collections eg reminiscence collection boxes or sensory bags

“Activities to share” Office: [01179 666761](tel:01179666761) www.activitiestoshare.co.uk

[email: yvette@activitiestoshare.co.uk](mailto:yvette@activitiestoshare.co.uk)

Trent Dementia Services

A charity trying to improve the quality of life for People Living with Dementia in the East Midlands and beyond.

Tel: 0115 7484220 - please leave your name and number

Email: contact@TrentDementia.org.uk

Wednesday evening craft sessions on Zoom (free kits are posted) led by people affected by dementia and Project Manager & Project workers and volunteers.

Support is provided to join the Zoom craft session.

APPLICATIONS ON TABLETS AND COMPUTERS INCLUDE:

Armchair Gallery (by Nottingham City Arts)

A Tablet/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

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

House of Memories

Easy to use, free, app, allows you to explore objects from the past and share memories together. Browse objects, brought to life with sound, music and description. Also has “My Memories” feature, to allow personal photos to be uploaded. It can be used by anyone, but has been designed for, and with, people living with dementia and their carers.

[My House of Memories app | National Museums Liverpool \(liverpoolmuseums.org.uk\)](http://liverpoolmuseums.org.uk)

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

“Empowerment through artistic stimulation” A fantastic online resource Directory to see the art opportunities on offer in the local community. Emphasis on stimulating people affected by dementia and recognising role of art for good brain health. Includes online as well as face-to-face events.

www.arts4dementia.org.uk

EXERCISE AT HOME

1. [Meaningful activities part two: Physical exercise - Dementia UK](#)
2. [Love To Move](#): age and dementia friendly seated gymnastics programme (online)

(A paper booklet can be sent for and printed off.)

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

3. [YouTube video](#) Home Based Exercises and Activities for Older Adults from PRAISED (Promoting Activity, Independence and Stability in Early Dementia)

<https://youtu.be/BXNHm9Nj1pk>

ONLINE MUSIC:

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

Goldies Sing and smile charity (words on screen similar to Musicworks)

[Welcome to Golden-Oldies - Home \(golden-oldies.org.uk\)](#)

Live weekly online sessions, every Tues and Thurs on FB or Youtube 11-12noon

ADVICE /SUPPORT:

Dementia Wellbeing Service

Nottingham Alzheimer's Society 0333 150 3456

www.alzheimers.org.uk

<https://www.alzheimers.org.uk/get-support>



Call and speak to a Support Worker who can refer you onto their free wellbeing service.

Whether it's at point of diagnosis, or someone needs support further along in their dementia journey, the Dementia Advisor should be in contact within a week for a full assessment. On the phone support, online and face to face.

- Advice on how to cope and live with dementia
- Tips for making a home dementia-friendly
- Support with everyday living such as government benefits
- Help navigating social services
- Advice on legal documents and Lasting Power of Attorney
- Connection to dementia groups within local communities

Phone support is also available:

Monday, Tuesday and Wednesday 9am – 8pm

Thursday -Friday: 9am -5pm

Saturday-Sunday: 10am-4pm

Online support is available 24-hours a day.

BENEFITS AND ENTITLEMENTS:

Nottingham City Council Offer: Adult Social Care 0115 876 3330. Monday to Friday, 9:00 am to 5:00 pm

Or [Adult Social Care Hub](#)

[Nottingham Health & Care Point | Ask Lion - Nottingham City Directory](#)

- Nottingham City Council no longer have their own Welfare Department but please use this link to access their suggested alternatives for general benefits advice: [Welfare Rights Service - Nottingham City Council](#)
- Ask for a Care Needs Assessment. This might mean you can access more formal care and support. This is free, irrespective of your income. If you are eligible for support from the council, there will be a financial assessment element to see if you are eligible for support via a Personal Budget which may allow you to buy in your own support.
- Emergency Duty Team (EDT) (after 5pm – to 8.30am): 0115 915 9299 – for anyone who feels they are in crisis.
- Nottingham on Call: 0115 746 9101
- They have a range of care alarm packages available (cost involved). Each package has been developed to provide the right type of assistance needed to keep people happier, safer and more independent at home and even when outdoors. Packages can be adapted or be bespoke.

Attendance Allowance

To order a form call: DWP 0800 731 0122

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 or some hidden disabilities (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 12 months or less to live)

You can get help to complete this form in various ways:

Age UK Connect:

01623 488217 email: connect@ageuknotts.org.uk (over the phone support as well as home visits)

Disability Support Nottingham Old Basford Community Centre

Support with all Benefit enquiries and completing claims, including face to face appointments. They will also support with Tribunal's.

www.ddnottingham.com For Nottingham and County

Call 0115 9785095 Phone lines open: Mon- Friday 9.30-12.30, 1.30- 4pm

Email info@ddnottingham.com

St Ann's Advice Centre:

Call: 0115 9506867

Visit: [St Anns Advice](#)

Bestwood Advice Centre

Telephone: [0115 962 6519](tel:01159626519)

Email: admin@bestwoodadvice.org.uk

Facebook: [@Bestwood Advice Centre](#)

Meadows Advice Centre:

Call: 0115 986 0197

Visit: [Meadows Advice Group \(advicenottingham.org.uk\)](http://advicenottingham.org.uk)

Clifton Advice Centre

Call: 0115 940 5551

Visit: [Clifton Advice Centre \(advicenottingham.org.uk\)](http://advicenottingham.org.uk)

Advice Nottingham

Call: 0115 986 0197

Visit: [Advice Nottingham \(advicenottingham.org.uk\)](http://advicenottingham.org.uk)

DWP visiting team will provide home visits to people who are housebound. You will need to complete the DWP home visiting form to book appointments.



DWP home visit
form.docx

Council Tax Reduction:

You need to be in receipt of Attendance Allowance. The City Council will contact your GP who will confirm any Dementia Diagnosis.

For support with Council Tax reduction for Nottingham City residents follow the link below

[smi-disregard-form.pdf](#)

PERSONAL FALL ALARM/LIFELINES:

Nottingham On Call 0115 7469101 <https://www.nottinghamoncall.com/>

Life Line pendant alarms and other Assistive Technology Equipment for Nottingham City, contact Adult Social Care on **0115 876 3330**

[Adult Social Care Hub - Nottingham City Council](#)

Radar Key – also known as National Key Scheme (NKS) a key to open disabled toilets.

[The official and only genuine Radar Key – Disability Rights UK](#)

Herbert Protocol Main switchboard 101

A national scheme to gather useful info on one short form, which can be used in the event of a vulnerable person going missing. Call main switchboard or download form: [Herbert Protocol for people with dementia at risk of going missing | Nottinghamshire Police](#)

Pegasus Scheme Main switchboard 101

Pegasus is a secure PIN number database that immediately provides the emergency services with key details about the caller when calling on the phone or requesting help in person with an emergency or non-emergency situation. The data base is operated by Nottinghamshire Police and used by Fire and Rescue, and the Ambulance Service. It is free to join. To register, apply in writing to Nottinghamshire

Police Headquarters, Pegasus NG5 8PP or email: pegasus@notts.police.uk [Pegasus scheme | Nottinghamshire Police](#)

WaterSure Scheme – help with paying water bills.

WaterSure is a scheme which helps some people with their water bills. To apply for the scheme you must be on benefits and need to use a lot of water for medical reasons. You will apply by filling out a form from your water company and supply evidence that you qualify such as your medical condition eg incontinence. For more info : [WaterSure scheme – help with paying water bills - Citizens Advice](#)

Similar advice with regards energy efficiency and heating is also available via “**Warm and Wise**” (Age UK Notts) 0115 8599 209

Nottinghamshire Fire and Rescue: Safe and Well Checks

Home visits can be set up to look at preventing accidents eg reducing fires, and risks of falls and how to keep warm. Advice line: 0115 838 8100 or email: enquiries@nott-fire.gov.uk

Energy providers: Priority Services Register

You'll normally be able to get priority services if your energy companies class you as “vulnerable” You could be classed as vulnerable if you're disabled or have a long term health condition. This includes hearing, sight and mental health conditions. Contact your supplier and ask them to add you to their register. Be prepared to give them as much detail as possible about your needs.

Debit Card Sibstar

Helping families living with dementia, safely manage their everyday spending. A debit card and app, either for yourself or for someone who is supporting you. In collaboration with Alzheimer's Society. (as seen on Dragons Den)

[Sibstar Debit Card](#) email: hello@sibstar.co.uk Call: 01962 676 080

Dementia Guidance www.dementiaguidance.co.uk

A simplified list of suggested actions to consider post diagnosis, eg benefits, legal advice, respite, contingency plans etc

Dementia Adventure www.dementiaadventure.org.uk Tel: 01245 237548

Offering a range of support from free training, to supported holidays to support people with dementia to live well by connecting to nature and meaningful outdoor activity.

INFORMATION AND FACTSHEETS

Radford Care Group

info@radfordcaregroup.org.uk

0115 9786133

email:

www.radfordcaregroup.org.uk

- **Dementia Information Programme (DIP)** -7 sessions
Held at various venues across Notts at different times of the year – see page 22 for more details
- Friendship Group
- Respite Provision for over 50s – see Carers Section p22
- Day centre, activities and outings

Dementia UK- Factsheets/Admiral Nurses

0800 8886678

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

A specialist dementia nursing charity, for the whole family. They provide Dementia Specialist Nurses called Admiral Nurses in some areas. Anyone can book a Virtual Clinic Appointment with an Admiral Nurse by phone or zoom. Appts last 45 mins and can be booked at [dementia.org/closer-to-home](https://www.dementiauk.org/closer-to-home). General Helpline 0800 8886678 (Mon-Fri 9am-9pm Sat and Sun between 9am-5pm) and lots of free advice leaflets.

Starting Aug 2024, there is now the offer of face to face 45 mins appointments at Nationwide Branches (Long Eaton, Nottingham and Mansfield) These are free and must be booked one month in advance [In partnership with Nationwide Building Society - Dementia UK](#)

Dementia: what next? A free online programme by Dementia UK, for people affected by dementia. On zoom, on the first 3 Fridays of every month. Topics covered include types of dementia, financial and legal advice as well as planning for the future. [Dementia: what next? - Dementia UK](#)

Dementia Film

“The World Turned Upside Down” A film about Dementia and communication. Available on the Alzheimer’s Society website:

[Watch ‘The World Turned Upside Down’: A film about dementia and communication | Alzheimer's Society \(alzheimers.org.uk\)](#)

Dementia Books-

“Reading Well Books on Prescription” – a selection of books recommended by health professionals and tried and tested by people with experience of dementia. A list is available at your local library where you can borrow the book for free or reserve it.

Also recommended:

“Somebody I Used to Know” and “What I wish people knew about Dementia” both by Wendy Mitchell “Dementia from the Inside” by Dr Jennifer Bute “Keeper” by Andrea Gillies “Contented Dementia” by Oliver James

Age UK Guides/Factsheets: 0800 169 6565 www.ageuk.org.uk

Call and ask for these guides to be sent: “Caring for Someone with Dementia”; “Living with early-stage Dementia”; “At home with Dementia”

Independent Age: 0800 319 6789 [Independent Age | Services to support older people to live fulfilled and independent lives](http://www.independentage.org.uk) Helpline, free Info guides and advice leaflets

Next Steps Dementia Change Action Network

Information whilst waiting for a Memory Assessment. [NextSteps | By DCAN](http://www.nextstepsdementia.org.uk)

Online contact for information plus downloadable/printable booklets

Personal Care in Dementia booklet

Booklet with ideas and tips for Carers assisting with Personal Care. The booklet was produced in 2022 as part of a research programme at East Anglia University and funded by The Alzheimer's Society. It is for both family carers and care home staff. It has been developed as tips and ideas that people may find worth trying. Hard copies available by emailing: tamara.backhouse@uea.ac.uk

Sunflower Lanyard to show a Hidden Disability

The Hidden Disabilities Sunflower is a simple tool for you to voluntarily share that you have a hidden disability or condition that may not be immediately apparent – and that you may need a helping hand, understanding or more time in shops, at work, on transport or in public spaces. [You can buy your Sunflower lanyard here : Hidden Disabilities Sunflower \(hdsunflower.com\)](http://www.hdsunflower.com) These may be available free of charge from certain major stores (eg Asda, Morrisons and Sainsburys - ask at Customer Service Desk).

You can then choose to add in more information eg a Medical Alert Badge/ carer contact details if you wish. These can be bought (approx. £8) at this website: [Dementia I.C.E. Card - The Badge Centre ®](http://www.dementiaicecard.co.uk) At the checkout, also ask for a plastic holder to attach the card to the lanyard.

LEGAL ADVICE:

Legal Advice Age UK Notts 0115 844 0011 email: info@ageuknotts.org.uk

A free, professional and confidential legal advice service via a local solicitor eg Wills, Lasting Powers Of Attorney, Care Home fees etc

Call the main switchboard and ask to be booked in for a 20 min free advice session with one of their nominated solicitors: Actons and RotheraSharp)

Nottingham Law Centre:

Call: 0115 978 7813

Visit: There is also a contact form at [Nottingham Law Centre](#)

Lasting Power of Attorney

A legal process appointing one or more trusted people to make decisions on some else's behalf if they lose mental capacity. Apply directly online (£82): [Make, register or end a lasting power of attorney: Overview - GOV.UK \(www.gov.uk\)](#) or telephone the Office of the Public Guardian: 0300 456 0300
customerservices@publicguardian.gov.uk

[Information also on the Alzheimers Society website: Lasting power of attorney for people with dementia | Alzheimer's Society \(alzheimers.org.uk\)](#)

EQUIPMENT:

Personal Tracking devices: Alzheimer's Society Leaflet (download / order 0333 150 3456) www.alzheimers.org.uk and see information below about equipment.

Different Independent Companies for equipment:

eg for alarms, sensors, memory aids, personalised prompts on Electronic Tablets (MemRabel), dispensers, trackers etc (like the CPR Guardian tracker watch)

The Lifestyle Centre (TLC) Bridgeway Centre, Meadows NG2 2JD (joint project between Age UK and Advantage Mobility) www.advantagemobility.co.uk 0115 697 6409	TechSilver (gadgets etc) 0330 010 1418 TechSilver Best Technology Products For Dementia & Elderly TechSilver
Mobility Care Bulwell 223 Main Street, Bulwell NG6 8EZ 0115 8966395 Mobility Care LTD	AlzProducts Dementia Shop Dementia Aids & Products Dementia Equipment AlzProducts Dementia specialist shop
Living Made Easy (used to be DLA Disabled Living Foundation) www.livingmadeeasy.org.uk 0300 999 0004	Independent Living www.independentliving.co.uk sign up for free weekly newsletter

DIGITAL/IT ADVICE AND SUPPORT

Ability Net 0300 180 0028

Email: enquiries@abilitynet.org.uk <https://abilitynet.org.uk/at-home>; [A digital world accessible to all. | AbilityNet](#)

A national charity that offers over the phone support as well as free home visits to support the use of technology in the home (eg accessing smart phones/Tablets). Help to access technology for practical day to day living eg memory prompts but also hobbies/activities. Guidance over accessing apps and devices to help structure daily activities.

SUPPORT FOR CARERS

If someone relies on you regularly to provide unpaid care or support (this could be your partner, family member or friend) who, due to being elderly or frail, illness, disability, a mental health problem or addiction, cannot cope without your support, you are a carer.

You can access services to support you as a carer, and services may also be provided or arranged for the person you care for, with their consent, to help you in your caring role.

[Support if you care or look after someone - Nottingham City Council](#)

ADVICE AND SUPPORT FOR ANYONE IN CARING ROLE:

[Looking after someone with dementia - NHS](#)

Advice on where to start when caring

Nottinghamshire Carers Hub Service

Information, signposting and advice for carers.

Call: 0808 802 1777 WhatsApp or Text: 07814 678 460

Email: carershubinfo@carersfederation.co.uk

City Carer Support Group

Held at Carers Federation, 21-23 Pelham Road, Carrington NG5 1AP

Bulwell Carer Support Group

Held at Ravenshead Road Methodist Church, Ravenshead Road, Bulwell NG6 8FN

Clifton Carer Support Group

Held at Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR

Evening Carer Support Group

Book on to receive the link

Asian Women Carer Support Group

Held at the Carers Federation, 21-23 Pelham Road, Carrington NG5 1AP



Carers Room - Online Resources For Those Supporting Older Adults

The Carers Room is a free website for anyone helping to care for another adult.

[Help for Adults Caring for Elderly Parents - The Carers Room](#)

Kick off with a Verse:

Free Weekly Online Sessions for unpaid carers of someone living with dementia or former carers who are adjusting.

Thursday afternoons 2 – 3.30pm

Weds evenings 7 – 8.30pm

For more information and to join contact karindenovellis@gmail.com

Forget Me Notts Trent Bridge Community Trust www.trentbridge.co.uk/Trust

07486 327 403 email: olivia.mackie@trentbridge.co.uk

Free Sport and social sessions for people living with Dementia and their Carers. All on Tuesdays 10.30 -12.00pm. Low-impact sporting activities, varied social activities, carer support and signposting and a cuppa.

- 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 (10.30-12) Specific “break out” group for peer carer support.

CARER TRAINING /SUPPORT:

Radford Care Group: training/support “**Making Sense of Dementia**”,

A free 7-week programme available whether you live in city or county. This is offered at different locations across Nottinghamshire at various times of the year. Help with respite care on site may be available (subject to suitability)

Booking is required. For more info or to reserve a place, please contact Sue on 0115 9786133 or 07513856647 Email sue.cain@radfordcaregroup.org.uk

Alzheimer's Society

Four week Carer Information Sessions (known as **CrISP**)

1) Face to Face

In various locations across the city and county
Please contact the local office for more information: 0115 9343811

2) Virtual/online (zoom):

The Alzheimer's Society also offer virtual Information Programmes for family, friends and carers of people living with dementia. These involve 4 sessions, held on zoom and all details are sent in advance of the sessions. Please ensure you can attend all sessions. Call 0115 9343811 to find out more and book a place. nottspdss@alzheimers.org.uk

3) Virtual/online

Dementia Adventure offer online training to dementia carers based anywhere in the country. These are sessions which can be achieved in one sitting and you can use the website to book on at your own convenience. The sessions are offered both during the day time and in the evening.

[Training and Support | Dementia Adventure](#)

Dementia UK- <https://www.dementiauk.org/> "Dementia: what next? "

A free online programme by Dementia UK (specialist nursing charity for people affected by dementia) This is held on zoom, on the first 3 Fridays of every month. Topics covered include types of dementia, financial and legal advice as well as planning for the future. [Dementia: what next? - Dementia UK](#)

Dementia UK also provide Dementia Specialist Nurses called Admiral Nurses in some areas. Anyone can book a Virtual Clinic Appointment with an Admiral Nurse by phone or zoom. Appts last 45 mins and can be booked at dementia.org/closer-to-home. General Helpline 0800 8886678 (Mon-Fri 9am-9pm Sat and Sun between 9am-5pm) and lots of free advice leaflets.

Carers Assessment

As a carer you have a right to an assessment/ identification of your needs, your carers support service can assess your needs, and put in a place a support plan.

Contact the Carers Hub to discuss your options and what you need to do next:

- Call Carers Hub on: **0808 802 1777**
- WhatsApp or Text: **07814678460**
- General Email: carershubinfo@carersfederation.co.uk

RESPITE:

Respite can be organised in a variety of ways:

Privately

If you are a self-funder (with savings over £23,500) and wish to set up and pay for your own respite, you can approach private Care Agencies (see local list page 20) and discuss their availability/prices.

Or employ a Personal Assistant (use Directory on Notts County Council website) [Personal Assistant Directory | Notts Help Yourself](#)

Or approach some of your local Care Homes, either Nursing or Residential, to see what they offer on a daily basis or for a short break, or a day centre.

There is a Nottinghamshire Care Services Directory publication which can be accessed online [Nottinghamshire Adult Social Care Directory | Care Choices](#) or ask for a paper copy to be sent to you: Call Care Choices 01223 207770

Via Adult Social Care:

Call to determine if you are entitled to support/ funding in the form of NHS Carers Break (**between £600- £1,200**) (some money comes from NHS then topped up by ASC).

You can spend this money creatively as a carer but this must be planned in advance eg “the person being cared for” would go to a care home or dedicated Unit or you can approach private individuals who offer sitting services/companionship.

To arrange this, 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, needs to have had a Needs Assessment from Adult Social Care and their need for a sitting service might well be built into their Package of Care (POC)

If an emergency – something can be put in place straight away eg a stressful situation. (This eventually will be means tested and back tracked for payment if appropriate)

Respite Service (short term)

Once you have registered with Nottinghamshire Adult Carers Hub (see earlier) you may be eligible for up to 12 hours of respite over an 8 week period. Free and available 7 days a week 7am-10pm but please check with them.

Respite Provision at the Pauleen Davies Centre (Radford Care Group)

Sessions available from 3 hours to a full day for people living in the county and city. Call 0115 9786133 or email info@radfordcaregroup.org.uk
www.radfordcaregroup.org.uk

Holidays/ Carers Breaks – “donated” holiday accommodation for carer (fulltime: 30+hrs) and a companion [Take a break - Carefree \(carefreespace.org\)](http://www.carefreespace.org)

Dementia Adventure – www.dementiaadventure.org.uk Tel:01245237548

Offering supported holidays for people living with dementia and their carers, with a focus on connecting with nature and meaningful outdoor activity.

At Your GP Surgery

Ask to be registered as a Carer – this can lead to getting appts more easily and access to regular reviews, vaccinations, double appts etc. Some surgeries have a Carers Champion who can signpost you information and support.

Dementia Carers Count

www.dementiacarers.org.uk

Dementia Carers Count is a national charity which provides support to people caring for someone living with dementia. Alongside carers, they campaign for changes and support needed to stop dementia carers feeling overwhelmed, invisible, and alone.

- Information about dementia and practical tips you can use every day, in our **online information**
- A place to get things off your chest and talk to others in the same situation online groups.
- Our friendly team offers free counselling, benefits advice and practical support to unpaid carers feeling alone, overwhelmed, or worried about money. We're here to listen when you just need someone to help with confidential one-to-one advice. [Call our Carer Support Line in 0800 652 1102](tel:08006521102) Mon-Fri 9am to 5pm

FINDING THE RIGHT CARE

- **How to Find a Carehome**- A free service, helping you to make the right choice; for self-funders and those being funded by Social Services and NHS. For either a Care Home or day to day care at home.
Tel:0800 193 0443 email: enquiries@howtofindacarehome.uk
- **CHS Healthcare**– A leading UK specialist in helping people find the right care. Free and Independent advice to service users and their families. Help through an experienced adviser, to find a home care package and/or a care home.
 - **Care Home/Respite**
Email commplacements@chshealthcare.co.uk - Telephone 0808-175-3609
 - **Domiciliary Care/Live in Care**
Email homecareadmin@chshealthcare.co.uk - Telephone 0808-175-3609Website: [Find Care Home Availability and Local CQC Registered Home Carers \(carehomedselection.co.uk\)](http://www.findcarehomeavailabilityandlocalcqcregisteredhomecarers.co.uk)