

# Newark & Sherwood Dementia Directory 2026 edition

Version 1.1 April 2026



## Local Authority Contact Numbers

Nottinghamshire County Council	0300 500 8080
Newark & Sherwood District Council	01636 650000
Nottingham City Council	0115 915 5555

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## Dementia Advice & Support

After a recent dementia diagnosis, many people tell us they’re simply advised to return to their GP when things get worse. At this stage, we warmly encourage you to reach out to your local [Memory Café](#). These groups offer understanding, shared experience, and practical support that can be truly invaluable for both individuals and families adjusting to life with dementia. (Social activities can be found on page 10).

### Alzheimer’s Society Dementia Wellbeing Service

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

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

The Carer Information and Support Programme (CrISP) aims to improve the knowledge, skills and understanding of those caring for a person with dementia, by providing effective support and up-to-date, relevant and evidence-based information. The online programme led by trained Society staff and volunteers is held in the evenings to include people in employment.

Cognitive Stimulation Therapy (CST) is for individuals with mild to moderate dementia. It provides meaningful and stimulating activities with the aim of aiding and maintaining memory function. Please note that referrals to CST will only

be through the Memory Assessment Service (MAS), Therapeutic Intervention Service (TIS) or the Mental Health Services for Older People (MHSOP).

**To refer yourself or someone you know please phone: 0333 150 3456 [www.alzheimers.org.uk](http://www.alzheimers.org.uk)**

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

Thursday – Friday: 9:00am – 5.00pm

Saturday – Sunday: 10:00am – 4:00pm

Online support is available 24-Hours a day

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

#### Search for support

Alzheimer's Society has a search facility to identify all kinds of support near you:

<https://www.alzheimers.org.uk/find-support-near-you>

## What Family Carers Need to Know

**Register as a carer with GP** Ask to be registered at your surgery as a carer –get appointments more easily and access to regular reviews, vaccinations, etc. Most surgeries have a Carers Champion who can signpost you to information/support. Many have a Social Prescriber who is well informed about local resources for carers and people with dementia. All have a copy of this Directory!

### Carer Assessment

Anyone caring for someone with dementia should request a carer assessment from their local authority.

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

**Nottingham City General Enquiries: 0115 915 5555**

**Carers Hub** 21-23 Pelham Street, Sherwood Rise NG5 1AP

**Call 0808 802 1777**

**Text: 07814 678 460**

**[www.carersfederation.co.uk](http://www.carersfederation.co.uk)**

For Nottingham City and Nottinghamshire County Email referrals: [Carershubreferrals@carersfederation.co.uk](mailto:Carershubreferrals@carersfederation.co.uk)

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

**Tu Vida Young Carers Service**    0115 824 8824    <https://www.tuvida.org/young-carers-notts>

Provides support groups, signposting, info, advice for young carers. [youngcarers@tuvida.org](mailto:youngcarers@tuvida.org)

**Carers Cards** hold details of the cared for and contacts, to be used as reference if you as a carer, have an emergency. [www.nationalcarerscard.org.uk](http://www.nationalcarerscard.org.uk) *(This can be applied for separately or as part of a Carers Assessment with Adult Social care)*

**Dementia Carers Count**    0800 652 1102    [www.dementiacarers.org.uk](http://www.dementiacarers.org.uk)

A range of free services that give family carers the opportunity to understand more about dementia and to connect with others in a similar situation. Online courses and a telephone line Mon-Fri 9am to 5pm for support and advice.

**Dementia UK**    0800 888 6678    <https://www.dementiauk.org/>

Dementia UK is a charity that provides Admiral Nurses for families affected by dementia. Call our Dementia Helpline to find out how we can support you (number above).

**Age UK Notts**    0115 844 0011    <https://www.ageuk.org.uk/notts/our-services/>

General advice and help to complete Attendance Allowance forms.

## Information and Training Courses for Carers

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

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

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

**Foundations in Dementia Awareness & Care** – online course developed at the University of Nottingham Centre for Dementia, free on Future learn platform: <https://www.futurelearn.com/courses/dementia-awareness-training>

## Respite for Carers

This is accessed via the [Carers' Hub Service](#) – see above p6.

**Carers Break** (between £600- £1,200) organised with Adult Social Care (ASC) following a [Carer's Assessment](#) (p6). Typically, the person being cared for would stay in a care home, but you can engage private individuals, (in Nottinghamshire, including friends or relatives) to come to your home to stay with the person with dementia. To arrange respite you need to give at least 10 days' notice, provisionally book your break/Care Agency, then ring ASC to access funding. The person you care for must have had a Needs Assessment from ASC.

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

**Privately paid respite** – approach local Nursing/Residential Homes to see what they offer or use private Care Agencies – or a Personal Assistant ([www.yournottsdirectory.org.uk](http://www.yournottsdirectory.org.uk)) [Personal Assistant Directory](#)

**Planned Short Breaks** – these are available for the person with dementia who will need to be assessed by Adult Social Care to attend a Council-run Day Unit. They can also be arranged in a private residential or nursing home which has space. There is a Directory of Homes with listing of places available from Adult Social Care or your Social Prescriber. Or search [www.carehome.co.uk](http://www.carehome.co.uk)

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

Carefree Breaks\_ <https://carefreespace.org/take-a-break/>

Carers Space Notts <https://www.carersspacenotts.com/>

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

## General Services

**Citizens' Advice Bureau Newark & Sherwood** <https://ca-centralnotts.org.uk>

Phone advice 10-4, Monday-Friday: 01623 861769 and select option 3 to leave a voicemail.

Textphone: 0800 144 8884

Help to Claim Universal Credit: [0800 144 8 444](tel:08001448444)

**Regular drop-in advice sessions** at eleven locations across the Newark & Sherwood District. No appointment is required – just turn up. Visit the website or call for information.

## Nottinghamshire County Council

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

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

## Nottingham City Council

Adult Social care: 0115 876 3330, Monday to Friday, 9:00 am to 5:00 pm

Website: <https://healthandsocialcareportal.nottinghamcity.gov.uk/web/portal/pages/home>

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

**Memory Assessment Service:** Diagnosis and short-term treatment with Memory Assessment Groups and Cognitive Stimulation Therapy.

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

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

**Intensive Home Treatment Team** – for urgent treatment that needs a response within 48-72 hours. This is a short-term service for older people with acute mental health difficulties, to prevent psychiatric hospital admission or work towards putting in place a package of care.

## Entitlements

**Attendance Allowance** 0800 731 0122 (DWP) <https://www.gov.uk/attendance-allowance/how-to-claim>

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

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

**Council Tax Reduction** Call Newark & Sherwood District Council on 01636 650000 (you can call us between 9am and 5pm, Monday to Friday).

You need to be in receipt of Attendance Allowance. The council will provide an application for which you need to complete and ask your GP to sign before returning to the council.

**Personal Fall Alarm:** [www.newark-sherwooddc.gov.uk/careline/](http://www.newark-sherwooddc.gov.uk/careline/) Careline 24/7 can support you to live independently in your home, knowing there is always someone there to answer your call and providing peace of mind for you and for your family and friends. Call 01636 650 000 and press the option for Careline or email: [careline@newark-sherwooddc.gov.uk](mailto:careline@newark-sherwooddc.gov.uk)

**Herbert Protocol** Call main switchboard 101

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

**Pegasus Scheme** Call 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.

To register, apply in writing to Nottinghamshire Police Headquarters, Pegasus NG5 8PP or email: [pegasus@notts.police.uk](mailto:pegasus@notts.police.uk)

<https://www.nottinghamshire.police.uk/police-forces/nottinghamshirepolice/areas/campaigns/campaigns/pegasus-scheme/>

**Power of Attorney**

A Lasting Power of Attorney or Deputyship allows someone to take complex decisions for another person who lacks the mental capacity to do this themselves. There are two separate types of Power of Attorney:

- Property & Finance
- Health & Welfare

Further information about powers of attorney can be found on the Alzheimer's Society website:

<https://practice365.co.uk/uploads/sites/1461/2023/11/Lasting-Power-of-Attorney.pdf>

## 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.

## Brain Training

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

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

## Apps to stimulate and entertain

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

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

Thinkability

Based on the evidence for Cognitive Stimulation Therapy, Thinkability is designed to stimulate conversation and engagement between the person with dementia and a friend, carer or family member. It is available on the App store (£4.49) and Google Play (£4.99). [House of Memories](https://www.houseofmemories.com)

<https://www.liverpoolmuseums.org.uk/house-of-memories/my-house-of-memories-app>

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 people living with dementia and their carers.

Arts4Dementia

[www.arts4dementia.org.uk](http://www.arts4dementia.org.uk)

Arts Directory for online arts activities to help improve wellbeing and brain health, including “Chatty Wednesdays, also a resource to see what is on offer in person as many groups are now back to meeting face to face.

## Reminiscence

Memory Lane Bags

01623 677200

Free to borrow from your local library

Each bag contains a selection of multisensory items that may engage people with reminiscences. Free to borrow for 3 weeks.

## Keeping active

Dementia UK

[Meaningful activities part two: Physical exercise - Dementia UK](https://www.dementiauk.org/meaningful-activities-part-two-physical-exercise-dementia-uk)

Love To Move

[Love to Move | British Gymnastics Foundation](https://www.britishgymnastics.org/love-to-move)

PRAISED (Promoting Activity, Independence and Stability in Early Dementia) <https://youtu.be/BXNHm9Nj1pk>

## Music

Music for Dementia Information and resources: <https://www.musicfordementia.org.uk/>

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

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

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

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

How to compile a playlist of personally-meaningful music.

Live Music Now Concert Library <https://www.youtube.com/playlist?list=PLff9wYQdEudgTx9QteHNile6e8zmuB1tZ>

## Social activities

**Newark Dementia Carers Group** 07586 377756 email: [newarkdementiacarersgroup@hotmail.com](mailto:newarkdementiacarersgroup@hotmail.com)

A local volunteer led group for carers and former carers of people with dementia. With a programme of activities taking place each month follow their Facebook page for more information [here](https://www.facebook.com/NewarkDementiaCarers/?ref=embed_page#)  
[www.facebook.com/NewarkDementiaCarers/?ref=embed\\_page#](https://www.facebook.com/NewarkDementiaCarers/?ref=embed_page#)

Balderton Village Centre Monday's and Thursday 1:15 to 3:15pm.

First Monday of the month there is craft session 10:30am-12 noon followed by lunch this is instead of the afternoon session.

**Newark Memory café** 0203 752 5655 email: [togethernetwork@cuf.org.uk](mailto:togethernetwork@cuf.org.uk)

Activities: Tea, cake, conversation, games (like dominoes), crafts, sing-alongs, and occasional church services. 2-4pm every Tuesday at the Bridge Community Centre, Lincoln Road, Newark, NG24 2DP

**Ollerton Memory Café** 01623 862 478 or 0797 398 2716 any day before 8pm  
Email: [office@lifespring.org.uk](mailto:office@lifespring.org.uk)

The café is a relaxed place for people with dementia and their carers to meet. The memory café meets every Monday from 1pm until 3pm at the Lifespring Church, Sherwood Drive, Ollerton. They have a variety of quizzes, games, crafts and sometimes interesting guest speakers and always a warm welcome, a cuppa and a biscuit.

## Southwell Dementia Drop In

Kings Court Community Centre from 10.30-1pm, the following Thursday's 4<sup>th</sup> September (monthly)

For more information call 07300 657575 or email [contact@trentdementia.org.uk](mailto:contact@trentdementia.org.uk)

**Blidworth and Rainworth Memory Group**- People living with dementia or looking after someone with dementia can come along. You can learn more about the condition, get support, do activities, but most importantly meet friendly people for a chat, a cuppa and a biscuit.

The group meets on the first Friday of the month at Blidworth Library, New Road, Blidworth, Notts NG21 0PW from 10am until 12pm.

For more information contact [bandrmemorygrp@gmail.com](mailto:bandrmemorygrp@gmail.com) or call 07971039832, Or checkout their [Facebook page](#).

**Forget-Me-Nots Tuxford** - A voluntary group open to older people worried about their memory, with or without a diagnosis of dementia. For families and carers or anyone who is feeling lonely in Tuxford and the surrounding area. You are welcome to bring a companion/carer to assist you, free of charge.

When: Tuesday Afternoons, 12noon to 2:45pm

Where: The Beeches Community Centre, Tuxford, Newark NG22 0NF

<https://www.facebook.com/groups/437248856854727>

Cost: £8 charge, which includes a two course light lunch, refreshments and activities.

Please contact: Sonya if you would like to attend Tel: 07933452969

## **Dementia Wellbeing Service – Nottingham and Nottinghamshire**

Various services available [here](#)

## **Singing for the Brain- Newark (County)**

Join our Singing for the Brain group and meet new people in a friendly, fun and social environment. Singing improves your brain activity, wellbeing and mood, and you don't need to be a good singer to benefit. Join us for fun vocal warm-ups and sing a wide variety of familiar and new songs. The group is hosted by our friendly and experienced group leaders.

The service is for people with dementia, carers of people with dementia and family and friends.

The group meets on the fourth Monday of every month, 11am–12.30pm at **Salvation Army, Mead Way Balderton, Newark NG24 3GA**. Please contact the service provider to book a place.

Contact details: [0115 934 3811](tel:01159343811) or [NottsPDSS@alzheimers.org.uk](mailto:NottsPDSS@alzheimers.org.uk)

## **Sports and Exercise**

### **Forget Me Notts Dementia Programme**

Trent Bridge Community Trust

0115 9823000

<https://www.trentbridge.co.uk/trust/forget-me-notts.html>

Free Sporting Activities and Social Interaction sessions for those living with dementia and their Carers. All on Tuesdays, 10.30 -11.30am

- Variety of Physical activities (Rushcliffe Arena) 1st and 3rd Tuesdays of the month
- Golf at Edwalton Golf Club 2nd Tuesday of the month
- Café at Trent Bridge Cricket Ground – last Tuesday of the month

## Day care and peer support

### The Sybil Levin Specialist Dementia Day Service

The Sybil Levin Day Service offers specialist support for people with dementia. The service is SPECAL-Led, which means the service is tailor-made for the condition of dementia, whatever the cause. The service places the well-being of the person with dementia at the centre of care. The use of the SPECAL method can bring about immediate and sustainable improvements in the quality of life of the person with dementia and for everyone involved in their care.

The Sybil Levin Centre, 577A Nuthall Road, Cinderhill, Nottingham NG8 6AD

Call [0115 978 0011](tel:0115 978 0011) Email: [sybils@ageuknotts.org.uk](mailto:sybils@ageuknotts.org.uk) <http://www.ageuk.org.uk/notts>

### Radford Care Group

This is a day facility for people with dementia. Meals and activities are provided, including cognitive stimulation and activities to improve both mental and physical well-being. Carers are on hand to support, supervise and encourage engagement. This provides respite for unpaid / family carers. Taster sessions available. Call Nora on 0115 9786133 to discuss. [info@radfordcaregroup.org.uk](mailto:info@radfordcaregroup.org.uk) <http://www.radfordcaregroup.org.uk>

**Care homes** sometimes offer day places – enquire directly.

### Care Homes, Personal Assistants and Home Care

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

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

*Please note that these are only starting points for your search for care and support.  
Services develop and change rapidly.*

## Paying for care

### Needs assessment

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

### Local Authority Contact Numbers

Nottinghamshire County Council 0300 500 8080

Nottingham City Council 0115 915 5555

Independent Age Guide to Needs Assessment <https://www.independentage.org/care-needs-assessment-guide>  
Free Helpline 0800 319 6789

### Who pays?

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

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

For people living in Nottingham City:

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

## Holidays

### Mind For You

01509 351008

[www.mindforyou.co.uk](http://www.mindforyou.co.uk)

Supported holidays, digital services, activity packs

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

### Dementia Adventure

01245 237548

<https://dementiaadventure.org>

Dementia-friendly holidays and supported group holidays.

## Equipment and technology

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

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

## Personal care tips and hints

Booklet produced in 2022 as part of a research programme at East Anglia University. It is for both family carers and care home staff. Download it free here:

<https://www.uea.ac.uk/about/school-of-health-sciences/research/projects/understanding-personal-careinteractions-in-severe-dementia/personal-care-in-dementia-booklet>

## Research and Networking Opportunities

### JDR -Join Dementia Research

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

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

### Dementia Change Action Network (DCAN)

DCAN harnesses the power of networks to tackle key challenges for people living with dementia together. We do this through #DementiaCan Enquiries which unite us around priorities for personalised care, and you can get involved.

### Alzheimer's Society – Dementia Voice

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

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

## Appendix: Dementia Diagnosis Pathway

If someone is concerned about cognitive deterioration:

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

This directory was based on work by Dom Ayton. If you have amendments to the information contained here, please email: [dominic.ayton@newark-sherwooddc.gov.uk](mailto:dominic.ayton@newark-sherwooddc.gov.uk)