



Living with Dementia?

TRY SOMETHING DIFFERENT -
ACTIVITIES FOR EVERYONE

ACTIVITY PROGRAMME 2019



THERE IS GOOD EVIDENCE THAT LIVING A HEALTHY LIFESTYLE CAN HELP REDUCE YOUR RISK OF DEVELOPING DEMENTIA WHEN YOU'RE OLDER. IT CAN ALSO HELP PREVENT CARDIOVASCULAR DISEASES, SUCH AS STROKE AND HEART ATTACKS, WHICH ARE THEMSELVES RISK FACTORS FOR ALZHEIMER'S DISEASE AND VASCULAR DEMENTIA; THE MOST COMMON TYPES OF DEMENTIA.

We now also understand more than ever the negative impacts of loneliness, and that feeling lonely is often linked to early death. It is linked to increased risk of coronary heart disease and stroke, depression, cognitive decline and an increased risk of Alzheimer's. Therefore it is important to keep socially active to reduce the impact of loneliness and isolation.

This leaflet provides a list of local services, groups and activities that can support people to live well with dementia. These groups and activities are inclusive for people living with dementia, their carers, family and friends.

Local Services

Dementia Wellbeing Service (for people over 65)

The Dementia Wellbeing Service covers the whole of Worcestershire. Dementia Wellbeing Officers provide tailored information, advice and guidance for people over 65 with a diagnosis of dementia and their families and carers. The Dementia Wellbeing Officers are also able to put you in touch with a range of other services, support and activities to help you live well with dementia.

**For more information please contact: Dementia Wellbeing Service
Age UK Herefordshire & Worcestershire / Onside Advocacy
Tel: 01905 740950 / 0800 008 6077 Email: dementiawellbeing@ageukhw.org.uk
Website: www.ageukhw.org.uk**

Young Onset Dementia

In partnership with Age UK Herefordshire & Worcestershire, Onside Advocacy provides support and advice if you are aged under 65 and have a diagnosis of dementia. The service can help you to continue with your life, provide opportunities to speak to people in similar circumstances and enables access to information when you need it.

**For more information please contact:
Dementia Wellbeing Service
Age UK Herefordshire & Worcestershire / Onside Advocacy
Telephone: 01905 740950 / 0800 008 6077
Email: dementiawellbeing@ageukhw.org.uk
Website: www.ageukhw.org.uk**

Droitwich Spa Meeting Centre

The Droitwich Spa Meeting Centre is a friendly, safe and caring environment which helps people with dementia and their friends and family to adapt to their diagnosis and live well with dementia. The Centre is open Wednesdays, Thursdays and Fridays from 10.30am to 3.30pm and provides a range of activities and support which are tailored to the needs of the people attending and their interests.

For more information please contact:
Age UK Herefordshire & Worcestershire
Telephone: 01905 740950 / 0800 008 6077
Email: mcsp@ageukhw.org.uk
Website: www.ageukhw.org.uk

Dementia Dwelling Grant

Do you have a diagnosis of dementia or care for someone living with dementia? The Dementia Dwelling Grant can provide you with equipment to help with day to day activities. These could include day/night clocks, touch lamps, night lights and other products dependent on your needs. There is no charge for this service, you just need to pay your council tax to a Worcestershire District Council and have a diagnosis of dementia.

For more information please contact:
Age UK Herefordshire & Worcestershire
Telephone: 01905 740950 / 0800 008 6077
Email: ddg@ageukhw.org.uk
Website: www.ageukhw.org.uk

Dementia Support Workers Alzheimer's Society

The Dementia Support Service is specific to each person's needs and is decided in agreement with them. The service provides one to one support to people with dementia and their carers and can be provided face to face, over the telephone or via written communication. Dementia Support Workers provide information, guidance and practical support to help people to understand dementia, cope with day to day living with dementia and prepare for the future. The service also supports people to access other services. The service is available Monday – Friday for support and home visits 9.00am - 4.30pm.

For more information please contact:
Alzheimer's Society, Worcestershire Office, The Coach House, Main Road,
Ombersley, Droitwich, Worcestershire, WR9 0EW
Telephone: 01905 621868
Email: worcestershire@alzheimers.org.uk

Side by Side Service Alzheimer's Society

Side by Side is an Alzheimer's Society service which helps people with dementia to keep doing the things they love with the support of a volunteer. The free one-to-one support makes it easier for people with dementia, who might sometimes feel isolated or find it difficult to leave their homes, remain active and feel part of their local community. The service is available across Worcestershire.

Side by Side also offer a service at the Worcestershire Royal Hospital. A stay in hospital can be a frightening and isolating experience. They aim to help make the stay a more enjoyable one and to enable the patient retain a 'sense of self'. The volunteers will not only sit with the person affected by dementia, but may also offer social activities i.e. group singing, reminiscence, games and jigsaws.

For more information please contact:

Alzheimer's Society, Worcestershire Office, The Coach House, Main Road, Ombersley, Droitwich, Worcestershire, WR9 0EW

Telephone: 01905 621868

Email: janet.smith@alzheimers.org.uk or ade.couper@alzheimers.org.uk

Young Onset Dementia Pub Club

Young Onset Dementia Pub Club Is a new free monthly chance to get together with others in a friendly, safe, relaxed and fun place, have lunch and a drink with the chance to have a go at pub games including skittles, pool and darts, or simply sit and have a chat. The group will meet on the fourth Thursday every month (excluding August and December) starting on the 26 July 2019 at the Portobello Pub, 139 Barnsford Rd, St Johns Worcester WR2 4EZ. Those attending the session living with Young Onset Dementia will receive a voucher for a free lunch and drink.

For more information please contact:

Telephone: 07951 564 219 Email: max.wp@homeinstead.co.uk

Malvern Day Care

Part of the charity, Friends of The Elderly, the day care service offers care and support for people with varying types of dementia on a daily basis in a warm, safe and secure environment. Their aim is to help people maintain an active social life, develop companionship, sustain daily living activities and develop new interests/skills that help build confidence. Their fully trained staff support people to continue to enjoy a fulfilled life for as long as possible, as well as help reduce loneliness and social isolation. A typical day includes a range of personalised activities/entertainment throughout the day, two course lunch, and afternoon tea, coffee and cake. Open Days: Monday – Friday 9.30 – 3.30 and Transport can be arranged. Please note this is a paid for service.

For more information please contact:

Malvern Day Centre, The Lodge, 148 Graham Road, Malvern WR14 2JW

Telephone: 0779 366 9646 Email: DCMalvern@fote.org.uk

Local Groups

Dementia Cafés

Come and chat to people who have been affected by dementia in a friendly, relaxed and social environment at our dementia café. You can chat and share your experiences about your diagnosis of dementia and what that means to you with others and health professionals. Dementia cafés provide useful information in a structured and relaxed setting that gives the opportunity for people with dementia, families and carers to ask questions to the health professionals and learn from the experiences of people in similar situations.

- Malvern Dementia Café - Second Tuesday of the month, 12noon – 2pm at Barnard's Green Cricket Club, North End Lane, WR14 2ET.
- Tenbury Dementia Café - First Thursday of the month, 10.30am - 12 noon, Tenbury Library, 24 Teme Street, Tenbury, WR15 8AA.
- Malvern Link Dementia Café - First Thursday of the month, 11am – 12.30pm, United Reform Church, Worcester Road, Malvern WR14 1SS.

For more information please contact:

Dementia Wellbeing Service

Age UK Herefordshire & Worcestershire / Onside Advocacy

Telephone: 01905 740950 / 0800 008 6077

Email: dementiawellbeing@ageukhw.org.uk

Website: www.ageukhw.org.uk

Singing for the Brain

Come along to a singing group where you can meet new people in a friendly, fun and social environment. These groups are based around the principles of music therapy, which include vocal warm-ups and singing a huge range of familiar old and new songs for everyone's tastes.

- Powick Singing for the Brain - Second & Fourth Wednesday, 11.45am - 1.15pm, Powick Parish Hall, 42 Malvern Road Powick, WR2 4RT.

For more information please contact:

Alzheimer's Society - Jo Weir Group Co-ordinator

Telephone: 01905 621868 or 07484 040574

Email: joanna.weir@alzheimers.org.uk

Simply Sing - Malvern Theatre

Everyone is welcome to join this uplifting, singing session held in a relaxed environment with experienced Soprano and singing tutor, Emma Burrows. No experience necessary, just the desire to 'Simply Sing' and have fun. The session is available every Tuesday at 10am.

For more information please contact:
Telephone: 01684 892277

Relaxed Screening - Malvern Theatre

Relaxed screenings are specifically designed for people who find regular cinema settings challenging. Malvern Theatres extend a warm welcome to people who feel overwhelmed by the ordinary cinema environment. These relaxed screenings are open to ANYONE who would benefit from a relaxed, non-judgemental atmosphere including (but not limited to) people living with dementia, people with an Autism Spectrum Condition, people with learning difficulties, people with sensory or communication difficulties, parents with young babies, and anyone who feels they would benefit from a more supportive and inclusive experience.

For more information and to book in advance please contact:
Telephone: 01684 892277

Musical Medicine Zest for Life

Musical Medicine Malvern uses music and photographs to invigorate positive memories and encourage freestyle movement. Musical Medicine Malvern will be running on Wednesday 5 June, Wednesday 3 July and Wednesday 7 August at the Octagon, Brook Farm Drive, Malvern. The sessions start at 11.30am and there is a £3 admission which includes a two-course meal and endless beverages.

For more information please contact:
Telephone: 07505 053 175
Email martinlawrence4chase@gmail.com

Herefordshire and Worcestershire Sports Partnership

The Herefordshire and Worcestershire Sports Partnership have a list of all local sports clubs, groups and activities that you can search by visiting www.sportspartnershiphw.co.uk/ or emailing sphw@worc.ac.uk or calling 01905 855498

Worcester Warriors Sports Cafe

This is a Tackling dementia sports café, a free weekly group for people with dementia and their relatives or carers, run by Worcester Warriors Rugby Club. It offers members mild physical activity, mental stimulation and a chance to socialise. The café runs every Wednesday, 10.30am – 12.30pm at Sixway Stadium, Worcester.

For more information please contact: Simon Northcott
Telephone: 07809 676008 Email: simon.northcott@warriors.co.uk
Website: <https://warriors.co.uk/2017/10/24/warriors-launch-tackling-dementia-sports-cafe/>

Carers Support Group - Worcestershire Association of Carers

Worcestershire Association of Carers run a number of carer support groups across Worcestershire that offers carers a break from caring, to meet with friends and share your experiences. There are also a number of recreational activities, relaxation and occasional outings to enjoy.

- Malvern - First Tuesday of the month, 2pm – 3.30pm Clarence Park Village, 415 Worcester Road, Malvern, WR14 1PP.
- Upton - Third Tuesday of the month, 10am—12pm Upton Surgery, Tunnel Hill, Upton on Severn, WR8 0QL
- Tenbury Wells - Second Tuesday of the month, 1.30pm - 3.30pm. Tenbury Wells Library, 24 Teme St, Tenbury Wells, WR15 8AA

For more information please contact:
Telephone: 07427 474776 Email: MOliver@carersworcs.org.uk

Health Walks

Worcestershire health walks are led by friendly, trained volunteers. The walks are short and over easy terrain and are open to everyone. There are also dementia friendly walks with trained walk leaders.

For more information please contact: Lynn Yendell
Telephone: 01905 766155 Email: LYendell@worcestershire.gov.uk
Website: www.walkingforhealth.org.uk/

Memory Walk

The Alzheimer's Society support local partners to organise local memory walks to raise awareness of living with dementia and sponsorship. For a list of local walks near you please visit: www.memorywalk.org.uk/

Additional information & Support

Dementia Friends Awareness Sessions

A dementia friends champion could run a free one hour session locally to you and your colleagues sharing key messages about dementia and the actions you can take to raise awareness and be dementia friendly. For more information and to search for local sessions visit www.dementiafriends.org.uk/

Herbert Protocol

This is a national scheme adopted by police services and other agencies across the country. It encourages the care provider, the person at risk or their family to complete a form which can be used by the police should the person at risk go missing.

The police will only ask for the form or the information should be person go missing.

The form can be obtained from
www.westmercia.police.uk/article/20154/The-Herbert-Protocol

If other organisations would like to include information on local services/activities in future refreshers of the leaflets, please **email: MWhistance@worcestershires.gov.uk**