

# Useful Telephone Numbers

**ALZHEIMER'S SOCIETY** (Local) - 0161 477 6999 National Number:- 0300 222 1122

Stockport Office: Lansdowne House, 85 Buxton Road, SK2 6LR

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

Provides information, advice and support groups including:-

## **WALK AND TALK GROUP**

To be confirmed.

## **Activity Group**

An informal supportive environment for people with dementia and their carers which meets every Tuesday at United Reform Church Bramhall 12.30 – 2.30pm.

## **Drop In Café**

Every Thursday at Romiley Life Care 1-5 Stockport Road Romiley SK6 4BN 3pm – 4pm.

Every Monday at The Restaurant Debenhams Princes Street Stockport SK1 1TS 2pm – 3pm

Every other Wednesday at Grosvenor House 43 Ravenoak Road Cheadle Hulme SK8 7EQ

Every alternate Friday Ring o Bells pub Marple – 10.30 – 12.30

## **AGE UK**

0161 480 1211

[www.ageuk.org.uk/stockport](http://www.ageuk.org.uk/stockport)

Provides information to enable carers to get practical and emotional support to continue to take care of themselves and support the person they care for. These services include:- Wayfinder, home carers for a few hours each week, home visits whilst carer taking a break, action plans in the event of the carer being unable to support the person they care for a short period, handy man service, shopping assistance, day care services and befriending services, tea in the pub!

## **ATTENDANCE ALLOWANCE UNIT** (Disability Living Allowance/Attendance Allowance)

0345 605 6055

[www.direct.gov.uk](http://www.direct.gov.uk)

Tax free benefit for people with an illness or disability who need someone to 'keep an eye on them' or need help with personal care. You must have needed help for 6 months or over. (For assistance with completing forms please see Welfare Rights or Signpost).

## **SIGNPOST STOCKPORT FOR CARERS** - 0161 442 0442

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

Information and support helpline for carers and assistance with completing Attendance Allowance forms and Carers Emergency alert cards.

## **COUNCIL TAX BENEFIT** (On SMI grounds)

0161 217 6014

[www.stockport.gov.uk](http://www.stockport.gov.uk)

If you are in receipt of Attendance Allowance or Disability Living Allowance due to a diagnosed dementia (i.e. Alzheimer's, Vascular Dementia or Lewy Body) you may be eligible for council tax benefit on SMI grounds. Please ring your council tax office and request a Council Tax Discount Application form. This form can be found on line.

## **LIVING WELL WITH DEMENTIA**

0161 716 4531 (Held at Heaton Centre, Heaton Moor) ask for Mark/Jean

Email: [stockportdementiacaretraining@nhs.net](mailto:stockportdementiacaretraining@nhs.net)

2 x 2 hour information sessions which will explain how dementia affects people, and what adjustments can be made to help. Held either daytime or evenings. 2 – 4 pm or 7 – 9 pm

## **DRIVING**

**0300 790 6806**

**[www.gov.uk](http://www.gov.uk)**

Any person who holds a current licence or wishes to re-apply for a new licence must, by law, inform the Driver and Vehicle Licensing Authority (DVLA) if they are given a diagnosis of Dementia (i.e. Alzheimers, Vascular, Lewy Body etc).

Notification of the diagnosis should be sent with the person's driver number, full name, address and date of birth to:-Drivers Medical Section, DVLA, Swansea, SA99 1TU or obtain form CG1 from DVLA either by phone or from their website

Failure to inform the DVLA of a diagnosis is a criminal offence punishable by a fine of up to £1,000.00. If a person does not wish to carry on driving they should return their licence to the DVLA. (There is an advice sheet available on driving and dementia if you would like a copy). It is also advisable to inform your insurance.

## **FIRE RISK ASSESSMENT TEAM** - 0800 555 815

Greater Manchester Fire and Rescue Service

Offer free home checks, free fitted smoke alarms and advice on fire safety to make your home safe.

## **SOCIAL SERVICES CONTACT CENTRE**

**0845 644 4314** (8:00am – 6:00pm)

**0161 718 2118** (6:00pm – 8:00am)

**[www.mycaremychoice.org.uk](http://www.mycaremychoice.org.uk)**

Can arrange a wide range of services to meet your needs to enable you to continue to live at home. These may include home support services, equipment, day services, breaks for carers, community meals and short term or long term residential care if it is not possible to provide support at home.

## **NHS Choices** - 0845 4647

**[www.nhs.uk/nhsdirect](http://www.nhs.uk/nhsdirect)**

Health advice 24 hours per day, 365 days per year. Also available online.

## **WELFARE RIGHTS** (Benefits) - 0161 474 3093

**Fred Perry House, Edward Street, Stockport SK1 3XE**

**[www.stockport.gov.uk](http://www.stockport.gov.uk)**

Help and information regarding benefits, allowance claims and assistance with completing Attendance Allowance and Disability Living Allowance forms.

## **VASCULAR EDUCATION GROUP** – 0161 716 4565

**Venue – The Meadows Owens Farm Drive Offerton SK2 5EQ**

One off informal educational session for patients with Vascular Dementia.

Last Monday of every other month

Contact Pat Seville 0161 716 4565 to book a place or for more information