

## Rushcliffe: Building Our Dementia Friendly Community

Resources for you, your company, organisation or people you know:

<p><b>Living with Dementia</b></p> 	<p>Alzheimer's Society: Dementia Support Service          Call: 0333 150 3456          Free support over the phone or at home.</p>
<p><b>Dementia Friends</b></p> 	<p>Become a Dementia Friend by accessing a free Information Session online or face to face:  <a href="http://www.dementiafriends.org.uk">www.dementiafriends.org.uk</a> 0333 150 3456          Bespoke training sessions offered, virtual and in person:  <a href="https://www.alzheimers.org.uk/dementiafriends.org.uk">https://www.alzheimers.org.uk/dementiafriends.org.uk</a></p>
<p><b>Carer Support</b></p> 	<p>Nottinghamshire Carers Hub: free, confidential and personalised information and support for unpaid carers. Call: 0808 802 1777  <a href="https://carershub.carersfederation.co.uk/">https://carershub.carersfederation.co.uk/</a></p>
<p><b>Carers Awareness</b></p> 	<p>Training and gaining a Quality Mark for your group, organisation or business          Email: <a href="mailto:info@nottinghamshirecarers.co.uk">info@nottinghamshirecarers.co.uk</a>  <a href="http://www.nottinghamshirecarers.co.uk">www.nottinghamshirecarers.co.uk</a>          (Community groups: Diane Naylor)          (Employers: Jayne Davies)</p>
<p><b>Hidden Disabilities:          Sunflower lanyard</b></p> 	<p>The Sunflower lanyard- an indication that someone has a hidden disability. Perhaps offer support, be kind and patient.          To access resources, training or register as a community distribution point:          Email: Ruth Rabet &lt;<a href="mailto:ruth@hdsunflower.com">ruth@hdsunflower.com</a>&gt;  <a href="https://hdsunflower.com/uk/">https://hdsunflower.com/uk/</a></p>
<p><b>Health and wellbeing resources- from our Social Prescribing Service</b></p> 	<p>Find a wealth of health and wellbeing resources including Dementia and Carers Directories.          Here you can also access local community directories, as well as Friendship Calendars:  <a href="http://www.rushcliffehealth.org/directories">www.rushcliffehealth.org/directories</a></p>

<p><b>Rushcliffe Primary Care Network</b></p> 	<p>Learn about how our health and social services work together to support our health and wellbeing across Rushcliffe. This includes information about our GP Practice Teams.</p> <p><a href="https://www.rushcliffehealth.org/">https://www.rushcliffehealth.org/</a></p>
<p><b>Rushcliffe Big Green Book</b></p> 	<p>A directory of nature based activities, groups and green spaces within Rushcliffe.</p> <p><a href="https://www.rushcliffehealth.org/green">https://www.rushcliffehealth.org/green</a></p>
<p><b>Rushcliffe Borough Council</b></p> 	<p><u>Rushcliffe Customer Service Centre</u>  Fountain Court  Gordon Road, West Bridgford, NG2 5LN  Tel: 0115 981 9911</p> <p>Rushcliffe Borough Council:  <a href="https://www.rushcliffe.gov.uk/">https://www.rushcliffe.gov.uk/</a></p>
<p><b>Nottinghamshire County Council</b></p> 	<p><u>Customer Service Centre for Adult Social Care</u>  Tel: 0300 800 5050</p> <p>Nottinghamshire County Council  <a href="https://www.nottinghamshire.gov.uk/">https://www.nottinghamshire.gov.uk/</a></p>
<p><b>Help over Winter</b></p> 	<p>Nottinghamshire County Council have produced 'Winter Wise', a helpful booklet providing tips on how to stay well and get help if you need it this winter. You can download this from their website.</p> <p><a href="https://www.nottinghamshire.gov.uk/">https://www.nottinghamshire.gov.uk/</a></p> <p>Age UK 'Warm &amp; Wise' service provides energy saving tips, information, and signposting if you are aged 50+  <a href="mailto:warmandwise@ageuknotts.org.uk">warmandwise@ageuknotts.org.uk</a> T:0115 8599209</p>