

Rushcliffe

Dementia Directory

Winter 2024-25

We try to make this Directory as up to date as possible.
You can also check the Rushcliffe Health website for the
most recent version:

[Health Directories | RushcliffeHealth](#)



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Advice /Support:

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:

Dementia Support Service (previously known as Dementia Connect)

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.

For patients living in Kegworth Contact Age UK: 0116 2992233

Here is a link to their offer: <https://www.ageuk.org.uk/leics/our-services/living-with-dementia/dementia-support-service-for-leicester-and-leicestershire/>

Community Transport:

Rushcliffe CVS (RCVS) Transport Scheme



If you experience difficulties accessing transport (e.g. due to living in a remote area, lack of public transport, disability, frailty, or ill health – but you are still able to get in/out of a car unaided), this scheme may be for you. Volunteer drivers who use their own car are DBS checked can offer a door-to-door service for passengers.

A registration fee is paid per year (£35 or £45 for couples) and then you just pay for mileage (45p/mile) and a £3 admin fee per single or return journey. You need to book with RCVS at least 2 working days in advance.

For more information, please contact RCVS on 0115 969 9060 for terms and conditions, registration forms and leaflets to be sent to you.

Benefits and Entitlements:

Notts County Council Offer: Adult Social Care 0300 500 8080

- Ask for their Welfare Dept for general benefits advice
<https://www.nottinghamshire.gov.uk/care/benefits-finance/benefits>
- Ask for a Care Needs Assessment [Blank Fact Sheet Template \(B&W\)](#) ([nottinghamshire.gov.uk](https://www.nottinghamshire.gov.uk)) 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): 0300 456 4546 – for anyone who feels they are in crisis.
- 24 Hour Emergency Home Care Response Service: access for occasional emergency home care support via a lifeline/telecare sensor (see below*) Care staff will typically respond within 45 mins, to assist eg with cleaning up accidents, wandering/confusion. For use, no more than approx. x1 weekly call outs. You will need a keysafe in place. £10.57 weekly charge.

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 (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)

Help to complete this form can be done through your local Advice centres [Advice centres - Rushcliffe Borough Council](#) (in person at WB, Bingham, Cotgrave and ROT)

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

Council Tax Reduction: Rushcliffe Borough Council 0115 981 9911

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

***Personal Fall Alarm** Rushcliffe Borough Council 0115 981 9911

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](#)

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

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

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](#)

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

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](#)

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:01245237548

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 0115 9786133 email: info@radfordcaregroup.org.uk
www.radfordcaregroup.org.uk

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

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” – Dr Jennifer Bute

“Keeper” – Andrea Gillies

“Contented Dementia” – Oliver James

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 Clinics 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.

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](#)

Independent Age 0800 319 6789 [Independent Age | Services to support older people to live fulfilled and independent lives](#) Helpline, free Info guides and advice leaflets

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”

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 \(alzheimers.org.uk\)](#)

Next Steps Dementia Change Action Network

Information whilst waiting for a Memory Assessment. [NextSteps | By DCAN](#)

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

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)

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 \(alzheimers.org.uk\)](http://Alzheimer's Society (alzheimers.org.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://Hidden Disabilities Sunflower (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 ® At the checkout, also ask for a plastic holder to attach the card to the lanyard.

Bloomin Dementia 0115 9843703 www.bloomindementia.org/

Dementia Specialist charity based in Ruddington.

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
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
Alzheimers Online shop: alzheimers.org.uk/shop or Daily Living Aids Catalogue	AlzProducts Dementia Shop Dementia Aids & Products Dementia Equipment AlzProducts Dementia specialist shop
<u>Digital/IT advice and support</u> 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.

Or

Notts County Council: Adult Social Care 0300 500 8080

First, you'll need to ask for a Care Needs Assessment with regards to potentially providing equipment. Part of this could then potentially include a referral to the dept: **Technology Enabled Care** Even if you are a self-funding patient, advice can be given.

General Pathway

for anyone beginning to show slight cognitive deterioration:

1. See your GP with memory issues, for a brief cognitive assessment and history taking.
2. Depending on the results and patient preference, GP may watch and wait (monitored annually) (Based around 6 month decline in memory)
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 Lings Bar. Expect a letter within 3-4 weeks (currently a face to face 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 2 month wait for this. Called back to MAS Clinic to discuss results and diagnosis. Discussion about the future and signposted to Alzheimer's Society Dementia Support Service. Depending on type of dementia, treatment (including possible medication) may be considered to help slow progression.
7. At MAS Clinic, patients will also be offered a referral to **Therapeutic Intervention Service (TIS)** – Dementia post diagnosis groups for people under 65 and over 65. (During this time of education, it might be appropriate to access support from Family Peer Support Worker)
8. Following from this, if appropriate, there might be a referral to **Cognitive Stimulation Therapy groups (CST)** run by the Alzheimer's Society in the community (activities to keep brain working and slow down decline).

Once a patient has a diagnosis from Memory Assessment Clinic, they are entitled to an annual dementia review via the GP. Sometimes if there has been a deterioration/change in behaviour, the GP might refer back to Lings Bar for further assessment to see if any other support or treatment can be offered. (eg being assigned a CPN (Community Psychiatric Nurse)).

Also under **Community Mental Health Team (CMHT)**, If you are requiring more urgent treatment and need a response within 48-72 hours, you can be referred to **IHTT (Intensive Home Treatment Team)** This is a short term service for older people with acute mental health difficulties. The Team might typically work intensively (up to 4 times a day) for up to 8 weeks with a patient and family. This might provide specialist treatment, support, therapy and the opportunity for recovery, to prevent psychiatric hospital admission and/or working towards putting in place a package of care going forwards. Rushcliffe Team 0115 9529491

(The CMHT has support workers, physios and occupational therapists but these can only be accessed by internal referrals by the CMHT team and when a patient requires intervention due to a mental health need)

Out and About in the Community

Memory Cafés

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.

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

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

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

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

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.

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)

Kegworth

Last Wednesday of every month, starting 25th September 10.30-12.30pm

Kegworth Bowls Club, Nottingham Rd, Kegworth DE74 2FH

Dementia and Support Café. Coffee, cake and activities.

Call or email for more info and let us know you are coming Tel 01509767879 email: support@qualitylifeuk.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

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)

Singing: (Rushcliffe)

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

Exercise and socials

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)

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

Flintham Museum

Rural life through the eyes of a village shopkeeper. Visits can be arranged any day, by appt, £5, includes refreshments and if interested, extends to a walk around village. Dementia friendly.

Call 01636 525111 for more information (or Sue Clayton 01636 525641)

Dementia memory kits /game for families/care homes/cafes etc

Bloomin Dementia Socials

Free Social Events in Ruddington for anyone affected by Dementia
Held at the Cottage Hotel, Easthorpe Street, Ruddington NG11 6LA 12-2pm
Entertainment, raffle, free drinks and sandwiches.
(awaiting dates for 2025)

For more info: email jennie@bloomindementia.org or call 0115 984 3703

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

Available in Spring: "Tea with a Pony" plus Dementia Café

Belvoir Vale RDA (Riding for the Disabled Association) at Colston Bassett NG12 3FS
For more details, email: martyn@belvoirvalerda.com or call 01949 81880

Create with Nature: FarmEco, Screveton, nr Bingham NG13 8JL

Monthly Wellbeing Walks, a gentle stroll around FarmEco, followed by a drink.

Dementia Friendly. Dates available www.farmeco.co.uk/shop

Wellbeing Walks — FarmEco

Free but donations welcome. 10am-12 noon

For more details, contact: communities@farmeco.co.uk or call 07708 188449

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

The Service Tree Socials

Tel 0115 9455639

Tuesdays 10.30-3pm at Holy Spirit Church Social Centre, West Bridgford

Fully supported activities, companionship, entertainment, includes lunch £55

The Day socials are particularly designed to be of benefit for those with dementia and those that would benefit from greater social interaction.

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)

Dementia friendly Socials: Edwalton Manor Choir, Monday Memory Lane and Music Therapy

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

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

Dove Cottage Day Hospice

01949 860303 – ring to self-refer or for more info

- Day Care centre: Tues – Thurs, within 10 miles of LE14 4EX (ROT, Cotgrave, Keyworth, Bingham, EB) for anyone with a palliative diagnosis, alongside dementia. No cost, but donations welcome. Volunteer transport service available for this, depending on location and needs.
- Dementia Support Group (online): 2nd Friday of every month 10.30-12, for patient and carer
- Home Sitting service: on occasional basis, every few weeks for carer respite. (Waiting list currently in place)

Rushcliffe Day Service

This is a day service at a centre in Bingham, providing care and support for customers with varying disabilities and supports carers to take a much needed break /respite.

Moor Lane, Bingham 01949 836652 (Elaine Bagguley)

To access this, an Adult Social Care Needs Assessment needs to be completed, with Adult Social care (Notts County Council 0300 500 8080)

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

Socials Outside Rushcliffe:

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

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

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

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

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.

Clifton Leisure Centre Swim for Health: quieter more relaxed sessions for anyone with a disability or health condition: Wed 10.30 and Fri 2.30pm. (need to be a member of Active Nottingham (free) – sign up at the Leisure Centre directly)

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

Tel: 07301 206434 Rosie Farrow

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.

- **Monthly Dementia Drop-in:** Nottingham City Centre

Cleaves Hall on Castle Gate, NG1 7AS. Third Wednesday of each month. 10.30 – 1.30pm.
A warm welcome, drinks and cake (free)

- **Regular craft workshops** at Westdale Lane Baptist Church.

- **Regular short day trips.** – by Booking only.

- **Annual events.**

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

Socials: Calendar Month Overview

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	West Bridgford Memory Café – 1st Monday (pg 8) Heron Music Café - every 2 weeks – check dates on website (pg 10)	East Leake Memory Café -every Tuesday (pg 9) West Bridgford The Service Tree Socials – every Tuesday (pg 10) Forget Me Notts Rushcliffe Arena 1st & 3rd Tuesday (pg11) Cotgrave Joyful Jukebox Every 2 weeks (p10)	Green Memory Café - bimonthly – check dates (pg 9)	Ruddington Bloomin Dementia Socials - bimonthly - check dates (pg 11)	West Bridgford Memory Café – every Friday (pg 8) West Bridgford Swim – every Friday (pg 11) Radcliffe on Trent Joyful Jukebox 1 st and 3 rd Thurs (p 9)
Week 2	Bingham Memory Café - 2 nd Monday (pg 8)	East Leake Memory Café – every Tuesday (pg 8) Dementia Friendly Film Shows – 2 nd Tuesday (pg 10) West Bridgford The Service Tree Socials – every Tuesday (pg 10) Forget Me Notts Edwalton Golf Club 2 nd Tuesday (pg 11)	Ruddington Music in Mind - twice monthly - check dates (pg 10) Keyworth Joyful Jukebox 2 nd and 4 th Wed (p 10)		West Bridgford Memory Café – every Friday (pg 8) West Bridgford Swim – every Friday (pg 11)
Week 3	Heron Music Café - every 2 weeks – check dates on website (pg 10)	East Leake Memory Café -every Tuesday (pg 8) Radcliffe on Trent Memory Café – 3 rd Tuesday (pg 8) West Bridgford The Service Tree Socials – every Tuesday (pg10) Forget Me Notts Rushcliffe Arena 1st & 3rd Tuesday (pg 11)	Keyworth Community Café - 3 rd Wednesday (pg 9) Bradmore Cuppa-T-Time -every 3 rd Thursday (pg 8) East Bridgford Singing for the Brain – 3 rd Wednesday (pg 10)		West Bridgford Memory Café – every Friday (pg 8) West Bridgford Swim – every Friday (pg 11) Radcliffe on Trent Joyful Jukebox 1 st and 3 rd Thurs (p 9)
Week 4		East Leake Memory Café – every Tuesday (pg 9) West Bridgford The Service Tree Socials – every Tuesday (pg 11) Forget Me Notts Trent Bridge Cricket Ground - last Tuesday (pg 11)	Ruddington Music in Mind - twice monthly - check dates (pg 10) Keyworth Joyful Jukebox 2 nd and 4 th Wed (p 10) Kegworth Memory Café – last Wednesday (p 9)	Cotgrave Memory Café – Last Thursday (pg 8)	West Bridgford Memory Café – every Friday (pg 8) West Bridgford Swim – every Friday (pg 11)

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

https://www.alzheimers.org.uk/get-involved/make-donation/donate-more-ways/brain-workout?utm_source=google&utm_medium=paid&utm_campaign=brainworkout&utm_content=%7b%7bad.id%7d%7d&seq=DMCBWPPC22&gclid=CjwKCAjw9LSSBhBsEiwAKtf0n2nD3FfxXDaN-pwEfLiFktYuE1yeD9YNiNwnrc7ldWADALWzfZ_sPRoCyF8QAvD_BwE&gclsrc=aw.ds

or call 0333 1503456

Memory Lane Bags from 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 666 761](tel:01179666761) www.activitiestoshare.co.uk

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

Trent Dementia Services

We are 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

Wednesdays 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.

Other groups and activities, accessible from home might be found in the Rushcliffe **Community Resource Packs** found on the Rushcliffe Health website under Social Prescribing: www.rushcliffehealth.org.

eg “Mindful Stitching” by Mary Broddle Embroidery

www.marybroddleembroidery.com

hello@marybroddleembroidery.com

Instagram: @marybroddle_embroidery Facebook: @marybroddleembroidery

Suitable for any one with mild cognitive impairment, memory loss.

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>

1. **“We Are Undefeatable”** a campaign that supports people with a range of long term health conditions including dementia. It has been developed by 15 leading health and social care charities including Alzheimer’s Society. Lots of resources and videos for mini- workouts in daily life.

[How To Get More Active When You Have Dementia](#)

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 \(golden-oldies.org.uk\)](http://golden-oldies.org.uk)

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

Dementia Friendly Care Agencies

(There will be others but these are a few that have been mentioned by our patients in Rushcliffe)

Right At Home 0115 8800911 or email: christopher.tansley@rightathome.co.uk

[Homecare Nottingham | Right at Home](#)

A dementia specialist home care/companionship service, based in WB. Offering personalised support plans with the focus on cognitive health, improving overall wellbeing, and maintaining independence.

Carefound Home Care 0115 7270941 or 0330 223 6240

Home Care Services, including companionship calls and live-in packages, transport, light housekeeping, staying active and maintaining hobbies etc.

Based in WB www.carefound.co.uk email: enquires@carefound.co.uk

Mae Care 0115 9215921

[MAE CARE](#)

Person centred Dementia Care agency, based in Ruddington.

The Service Tree 0115 9455 639

[Dementia Care & Domiciliary Care In Nottingham \(theservicetree.co.uk\)](http://theservicetree.co.uk)

Dementia specialist home care/companionship services, based in WB.

Home Instead 01949 480480

[High Quality Elderly Home Care With Home Instead](#)

Personal care/companionship/household tasks, based in East Bridgford.

BeCaredFor 01949 358010

Elderly Home Care Services in South Nottinghamshire and The Vale of Belvoir
info@becaredfor.co.uk

Respectful Care 0115 778 8566

Elderly Home Care Services in South Nottinghamshire, based in WB.
[Home Care in Nottingham South | Respectful Care](#)

Carers

Advice and support for anyone in caring role:

Nottinghamshire Carers Hub Service

Information, signposting and advice for carers.

Call: 0808 802 1777 WhatsApp or Text: 07814 678 460 9-5pm, Monday – Friday

Website: adultcarershub.carersfederation.co.uk

Email: carershubinfo@carersfederation.co.uk

Rushcliffe Carer Support Group

1st Tuesday of the month at St Lukes Church, Leahurst Road, West Bridgford, NG2 6GL,
1.30-3.30 run by the Nottinghamshire Adult Carers Hub

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)

2025 Coming to Rushcliffe! 29th April – 10th June 10.30am at Edwalton Manor Care Home.

Booking is required. For more info or to reserve a place, please contact Sue on 0115 9786133 or 07513 856647 Email sue.cain@radfordcaregroup.org.uk

Alzheimer’s Society

4 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

Carers Assessment through Notts County Council: Adult Social Care (ASC)

Call: 0300 500 8080 option 1

Anyone who provides or intends to provide, regular unpaid support to someone who could not manage without, has the right to their own care needs assessment. Adult Social Care will work with you to develop an Individual Support Plan to identify the kind of support you might need as a carer.

You will be signposted to **Nottinghamshire Adult Carers Hub** who will be able to offer lots of information and advice to you as a carer.

For example: If you want to access respite.

Respite:

Respite can be organised in a variety of ways:

1) **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 CC 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 (eg Bingham or Radford Care Group)

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

Or via...

2) Adult Social Care: 0300 500 8080

Request a Carers Assessment (see earlier) and then this will 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)

Or...

3) 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

(The actual provider of this respite care is Tu Vida (0115 8824)

Home First Response Service (HFRS)

If short term crisis for carer:

Accessed through Adult Social Care 0300 500 8080

A short-term rapid response service (usually within 2 hours) if you as the carer need social care support to remain at home.

Anyone can refer, they can offer up to 4 calls a day eg personal care, meds, meals, wellbeing.

This is a temporary service (non means tested) – short term (1-7 days), no charge. eg if you need help to stay at home/short term crisis or are in hospital and ready to be discharged. This includes situations where the carer is unable to care eg ill health/accident.

Emergency Duty Service: 0300 456 4546 (Mon– Fri: from 5pm – 8.30am, and then 24 hrs at the weekend)) for anyone in Nottinghamshire who feels they are in a crisis.

Planned Short Breaks – these are available for the “cared for” (who will need to be assessed by Adult Social Care) and for places in a Council run Day Unit (Bingham).

This can also be arranged in a private Residential or Nursing home if they have capacity. There is a Directory of Homes with listing of places available (available from Adult Social Care or your Social Prescriber)

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 \(carefree.space.org\)](http://www.carefree.space)

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.

[Carers Space Notts](#) (CSN)

A new initiative by NHS, Notts CC, 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.

[Carers Space Notts - Home](#) call 01773 833833

[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

Most surgeries have a **Carers Champion** who can signpost you to information / support.

[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 complacements@chshealthcare.co.uk - Telephone 0808-175-3609
 - **[Domiciliary Care/Live in Care](#)**
Email homecareadmin@chshealthcare.co.uk - Telephone 0808-175-3609
- Website: [Find Care Home Availability and Local CQC Registered Home Carers \(carehomeselection.co.uk\)](http://www.findcarehomeavailabilityandlocalcqcregisteredhomecarers.co.uk)

Research Opportunities

JDR -Join Dementia Research

[Join dementia research - register your interest in dementia research : Home \(nihr.ac.uk\)](https://www.nihr.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)

DCAN- Dementia Change Action Network

“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. Sign up to this online”

[DCAN | Dementia Change Action Network](https://www.dcanetwork.org)

Carers Space Notts (CSN)

An initiative 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.

Join by accessing online: [Carers Space Notts - Home](https://www.carerspace.co.uk) or call 01773 833833

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 \(alzheimers.org.uk\)](https://www.alzheimers.org.uk)

Preside – Singing Research Project

Researchers from Nottm Uni are looking into benefits of community singing for people with dementia and their carers. You need to be happy to travel as this is in Mansfield!

Call for more info: 0115 7484315 or email: preside.research@nottingham.ac.uk