

ALZHEIMER'S SOCIETY

Wellington office 01952 250 392

Rooms F12, F13, F14 and F15, The Glebe Centre,
Glebe Street, Wellington, Telford, TF1 1JP

Email: shropshire@alzheimers.org.uk

Dementia charity

1. DEMENTIA SUPPORT WORKERS:

Dementia Support Workers offer information and practical guidance to help people understand dementia, cope with day-to-day challenges and prepare for the future. They offer support face-to-face, over the phone and in writing. 01952 250 392

2. NATIONAL HELPLINE:

0300 222 1122

3. WEBSITE WITH HELPFUL INFORMATION:

www.alzheimers.org.uk

4. LOCAL GROUPS: (Phone 01952 250 392 for more details on any of these groups.)

- **Activity group for people with dementia:**
Last Tuesday of the month, 2-3.30pm at Watling Community Centre, 22 St Giles Close, Arleston, Telford, TF1 2AB. Activity groups give people affected by dementia the opportunity to take part in structured activities. Run by a facilitator, who encourages and supports people taking part, the groups are also a chance to relax and socialise.
- **Peer Support Group:** For carers (only).
Monthly on a Tuesday, 2-3.30pm at Watling Community Centre, 22 St Giles Close, Arleston, Telford, TF1 2AB. The peer support group gives people the opportunity to meet others who understand some of what they are going through. Run by a facilitator, the sessions offer a chance to ask questions, get information and share experiences in a safe and supportive environment.
- **Singing for the Brain:** For people living with dementia & their carers. **BOOKING ESSENTIAL.**
Runs for 10 sessions 3 times/year, at 2 Lion Street, TF2 6AQ. This group brings people together in a friendly, fun and social environment. Based around the principles of music therapy, the stimulating session includes vocal warm-ups, and singing a wide variety of familiar and new songs. For more information and to book places, phone the Wellington office on 01952 250 392.
- **Carer Information and Support Programme (CrISP) courses:** For carers (only).
These programmes run at various locations throughout the year. For more information or to go on a waiting list, phone 01743 341 800

UPDATED FEBRUARY 2018

FOR ON-LINE INFORMATION, look at:

- "Dementia Connect", the Alzheimer's Society's dementia services directory. Enter a postcode or place name to find local services. www.alzheimers.org.uk/local-information/dementia-connect
- The "Shropshire Community Directory" - search for "dementia" <http://search3.openobjects.com/kb5/shropshire/cd/home.page>

MEMORY LOSS AND DEMENTIA

SHIFNAL & PRIORSLEE

LOCAL INFORMATION

CLAIRE TEECE

Community & Care Co-ordinator

Shifnal & Priorslee Medical Practice

Claire can assist with help, support and advice, by signposting people to useful local services and activities. She's a local expert on what's happening in our community, encouraging people to keep socially active and maintain independence.

Contact Claire Teece 01952 460414 Mon am/Wed/Fri

UPDATED FEBRUARY 2018

FORGET-ME-NOT TEAS

St Andrew's Church, Church Street, Shifnal, TF11 9AB

Third Thursday of each month starting at 3pm – come any time between 2.30 and 3pm. We all enjoy sharing a lovely tea, using the best china teacups – share a cuppa and cake, songs and prayers. Accessible and open to everyone, irrespective of beliefs. There's no charge. A warm welcome awaits you.

Contact: Sarah Thorpe 0798 224 8949

sarah.thorpe121@gmail.com

UPDATED FEBRUARY 2018

DIAMOND DROP IN

Fire Station Exhibition Centre, Shrewsbury Road, Shifnal, TF11 8AQ

Providing a memory support service monthly on a Tuesday 2-4pm. This is a regular get together for people living with dementia and their family carer to provide emotional support, information and advice in a safe and welcoming environment. Share activities, questions and information.

Contact 01743 233123 ext 255 or 252 to book a place.

UPDATED FEBRUARY 2018

FORGET-ME-NOT FILMS

St John's Church, Saltwells Drive, Muxton, TF2 8RJ

Fourth Thursday of each month from 9.45am-12.30pm. Come and join us to watch an old musical and enjoy tea and cake. Particularly suitable for those living with dementia and their friends and family. Cost? Free!
Contact: Jo Lefroy 01952 604281

UPDATED NOVEMBER 2017

CARE & SHARE GROUP

Methodist Church, High St, Albrighton, WV7 3JA

First and third Friday of the month, 12:30-3:30
Fortnightly group for people living with dementia and their carers, involving a maximum of six couples. The group provides respite for carers for three hours once a month.

Contact Shropshire RCC –
Daphne Simmons 01743 342161

UPDATED FEBRUARY 2018

CARERS TRUST 4 ALL (Crossroads)

01743 237 875

shropshire@carerstrust4all.org.ukwww.carterstrust4all.orgc/o RCC, 4 The Creative Quarter, Shrewsbury
Business Park, SY2 6LG*Charity supporting carers and people with care needs*

Support with tasks for daily living, or with personal care and also "in home" respite to give carers a break.

For more information, call 01743 237 875

*UPDATED FEBRUARY 2018***TELFORD & WREKIN LIBRARY SERVICE**

A collection of 30 books on dementia is available, under a national scheme, in both Shifnal and Telford Library. These books have been chosen by experts, as helpful to people living with dementia and their carers. They include information books, personal stories and "Pictures to Share" books for people living with dementia. They provide a wonderful resource.

Also, the "Home Library Service" can deliver books to someone who is housebound.

Further, "Share Reading groups" are available as 10-week groups held at local centres and residential home, in which poetry, prose and reading books are read and discussed with people with dementia.

Check the website: www.telford.gov.uk/libraries. And for people who can't get to the library there are now ebooks

(http://www.telford.gov.uk/info/1012/libraries/667/ebooks_and_eaudio) and emagazines

(<http://www.telford.gov.uk/info/1012/libraries/668/emagazines>)

Find out more by asking in Telford library or contacting Marianne Everett on marianne.johnson-everett@telford.gov.uk

*UPDATED FEBRUARY 2018***ADMIRAL NURSE**

Telford and Wrekin Admiral Nurse Service

Admiral Nurses provide specialist dementia support for families. They are available across some (but not all) of our area. To access this service the carer of the person with dementia must be registered with a Telford and Wrekin GP. The person with dementia must have a diagnosis and must not be a resident in a care home at the time of referral.

For more information on how to access this service please contact 01952 607788

This leaflet has been compiled by Sarah Thorpe sarah.thorpe121@gmail.com 0798 224 8949. Please let Sarah know any changes or additional information to include, to keep it up-to-date!

AGE UK**Shropshire, Telford & Wrekin****01743 233 123**

Mardol Gardens, Shrewsbury SY1 1PR

www.ageuk.org.uk/shropshireandtelford*Charity supporting people in later life*

Age UK provides a range of services for older people including:

1. DIAMOND DROP INS:

Dementia-specific get together for people living with dementia and their family, friends or carers. The session charge is £3.50 per person, including refreshments and all activities. There are five local Diamond Drop-Ins, namely:

- **Telford Friezes Leasowe sheltered housing scheme at Ketley Bank** fortnightly on a Tuesday 10.30-12.30. There's an opportunity for carers to have some time by themselves to share experiences and talk together with other support workers whilst trained volunteers look after their loved ones. Contact Neil Brookes on 01743 233 123.
- **Telford High Mount sheltered housing scheme in Donnington** fortnightly on Wednesdays 10.30-12.30. There's a breakout area for carers. Contact Neil Brookes on 01743 233 123.
- **Telford Horizons at Morton Court, Dawley** on the second Wednesday and last Thursday of the month from 2-4pm. Guest speakers and activities. Contact Lyn Suddes 01952 201 803
- **Telford Wellington at Apley Court** Wellington on the last Wednesday of every month from 2-4pm. Contact Lyn Suddes 01952 201 803
- **Shifnal at Fire Station Exhibition Centre, Shrewsbury Road, Shifnal, TF11 8AQ** once a month on the first Tuesday from 2-4pm. Contact Neil Brookes on 01743 233 123.

2. ADVOCACY SERVICE: 01743 357 748

Independent and trustworthy support for older people facing problems and needing support or representation. Legal advice is available by appointment. advocacy@ageukstw.org.uk

3. BENEFITS ADVICE SERVICE: Advice and information on all aspects of welfare benefits for those over retirement age, including checking benefit entitlement. For more information, telephone 01743 233 123**4. HELP AT HOME SERVICE:** 01743 233 788

Assistance from home support workers, regularly or as a one-off. Mix of charged for & free services.

5. BEFRIENDING SERVICE: 01743 233 788 Volunteer befrienders visit people's homes providing friendship and support for lonely and less mobile older people.**6. DAY CENTRES:**

From 10am – 3pm

For more information, phone 01743 233 123.

7. NATIONAL WEBSITE WITH HELPFUL RESOURCES AND FACTSHEETS:

<http://www.ageuk.org.uk/>

8. AGE UK NATIONAL HELPLINE: 0800 169 6565*UPDATED FEBRUARY 2018*