

Worried about Memory?

Support & Diagnosis

When someone has concerns about memory loss the first person involved is the GP, who will normally carry out a few tests. The GP will usually then refer on to a specialist for further assessment.

- In Worcestershire this may be either the Dementia Assessment Support Team or Complex Dementia Care.
- In Herefordshire this may be to the Memory Assessment Team or Community Dementia Nurses.

‘...not all memory loss or difficulty with thinking skills is Dementia.’

Benefits to getting a diagnosis

- ✓ You may have access to medical and non-medical treatments
- ✓ It's empowering, it can help you take control
- ✓ You can make better choices and plan for the future
- ✓ It may help you and your family
- ✓ It gives you time to adjust to your diagnosis
- ✓ Access to advice and support
- ✓ Access to Group Dementia Support networks
- ✓ Find out about groups, cafes and social activities

You may also be entitled to: A Council Tax Reduction, Attendance Allowance, A Blue Badge for parking, PIPs, Carers Allowance





Practical Tips


Dementia is a progressive disease and no two people will experience it in the same way. Some practical tips which may be of use are described below, but bear in mind that not all of these will apply to your own situation.


- “Orientation” clocks are available which show the time, day and date, and am or pm
- White-boards can be a useful way to see the current day’s events
- Make a daily to-do list and keep it somewhere visible e.g. on the fridge
- Ask the pharmacist for medication to be provided in a pre- sorted box
- You may find it useful to leave a reminder when popping out, which says where you have gone and when you are due back.


Things you can do to stay well


 Eat well

 Exercise

 Drink plenty, it’s important to stay hydrated

 Give up smoking

 Get your hearing checked

 Join a group and get involved in social activities

Whilst every care has been taken to gather up to date information this has been difficult due to the pandemic. Therefore if your service is missing or information needs updating please contact kbaya@ageukhw.org.uk



Dementia Wellbeing Information - Worcestershire

Dementia Cafés (For people living with dementia and their carers, friends and family)				
Cafe	When	Venue	Contact Details	Covid Status STC
<p>Onside Advocacy run Dementia Cafés across Worcestershire for people living with dementia, including a specialist café for those living with Young Onset Dementia. The Café's are an excellent opportunity for both carers and those living with dementia to access support, information, and to enjoy a range of social activities. The cafés are free to attend and run on various days throughout the week.</p> <p>To find your nearest café or for further information, call the Onside Access Hub on 01905 27525 or visit their website</p>				
Admiral's Café – Colwall	First Thursday of the month 11.00 – 13.00 hrs	Colwall Village Hall, Mill Lane, Colwall, Nr Malvern, Worcestershire, WR13 6EQ	For the website click HERE	Open
Dementia Sports Café With Worcester Warriors Community Foundation	Every Wednesday 10.30 – 12.00 hrs	Worcester Warriors, Sixways Stadium, Warriors Way, Worcester, WR3 8ZE	01905 914400ZE Dan.Hart@warriors.co.uk For the website click HERE	Open
Evesham Dementia Café	Every second Wednesday	Willow Bank Residential Home, Tilesford Park, Pershore, Worcestershire, WR10 2LA	Samantha Cope - 01386 556844 willowbank@bucklandcare.co.uk For the website click HERE	Closed
Forget Me Not Café	Weekly on a Monday, 10.30 - 12.30 hrs	Wallace House, Oat Street, Evesham, Worcestershire, WR11 4PJ Parking across the road	Sian - 01386 446580 sian-wallacehouse@btconnect.com For the website click HERE	Open
Kindred Spirits Café	Third Friday of every month 14.00 – 16.00 hrs	Pershore Library, Church Street, Pershore, Worcestershire, WR10 1DT	01905 822722 pershorelib@worcestershire.gov.uk	Open
Tea and Support Coffee Morning	Tuesday during termtime 11.30 - 13.00 hrs	Ankerage Green, Warndon Villages, Worcester, WR4 0DZ	Hannah Bush - 01905 616841 info@lyppardhub.co.uk For the website click HERE	Open



The Tea Service	Every Friday 14.00 – 15.00 hrs	All Saints Church, Market Place, Evesham, Worcestershire, WR11 4RW For short services with familiar hymns	01386 442213	Open
Today's Our Day Supporting people with disabilities, including dementia and their carers	Every Thursday 14.00 – 16.00	United Reform Church Hall, 77 High Street, Broadway, Worcestershire, WR12 7AL There is a separate group for those who are "cared for" and those that are "carers", which are both run at the same time.	Mark – 07949 296738 For the website click HERE Aiming to open the "Cared For" Group 20 th Jan 2022	Carers Open Cared For Closed
With you in Mind Dementia Friendly Café	4 th Thursday every month 11.00 – 12.30 hrs	St Peters Church, Inkberrow, Worcestershire, WR7 4DZ	Lynda – 01386 793781	Open

Activities and Events (For people living with dementia and their carers, friends and family)				
Name / Activity	When	Venue	Contact Details	Covid Status STC
Allotment Gardening Group With Age UK Herefordshire and Worcestershire	All year round	Pershore	0800 008 6077 allotment@ageukhw.org.uk For the website click HERE	Running
Conquest Art Malvern For those with disabilities including dementia	2nd and 4th Thursdays From 14:15 to 16:15 hrs	Church Hall (rear entrance), Malvern Link United Reformed Church, Worcester Road, Malvern, Worcestershire, WR14 1SS	Janet Bingham - 01684 562188 enquiries@conquestart.org For the website click HERE	Open
Creativity Parcels With Age UK H&W, Wychavon DC and Spare Room Arts	Anytime to use at Home. If you would like to order a parcel they cost £6 and the deadline for ordering your parcel is the 15 th of each month		Sarah – 07894 715680 hello@spareroomarts.co.uk For the website click HERE	Running
Digital Activities With Age UK Herefordshire and Worcestershire	We run computer cafes and 121 support from several venues in the 2 counties with new courses planned in 2022. For a list of venues and days please visit the website		0800 008 6077 referralhub@ageukhw.org.uk For the website click HERE	Running



<p><u>Garage Art Group</u> For those with mental health needs and other disabilities including mild to moderate dementia</p>	<p>For a list of session times please visit the website 58 Bridge Street, Town Centre, Evesham, Worcestershire, WR11 4RY</p>		<p>01386 442696 garageartgroup@live.co.uk For the website click HERE</p>	<p>Running</p>
<p><u>Love Music</u> With Arts Uplift</p>	<p>Every third Tuesday 14.00 - 15.15 hrs £5 per couple</p>	<p>Bromsgrove Methodist Church, 19 Stratford Rd, Bromsgrove, B60 1AS</p>	<p>Jenny Davis - 07946 585978 jenny@artsuplift.co.uk For the website click HERE</p>	<p>Open</p>
<p><u>Lower Wick Walking Group</u> With Age UK Herefordshire and Worcestershire</p>	<p>Every Monday 10.15 for 10.30 start</p>	<p>Malvern Gate, Bromwich Road, Worcester, WR2 4BN</p>	<p>0800 008 6077 referralhub@ageukhw.org.uk For the website click HERE</p>	<p>Running</p>
<p><u>Strong and Steady Exercise Classes</u> With Active Herefordshire and Worcestershire</p>	<p>For the exercise class schedule and locations please click HERE For those with disabilities including dementia (as long as the person can still follow instructions). Please note attendees will need to complete a short referral form before they can attend a class</p>		<p>Rachael Trickey - 07717 422188 01905 855448 r.trickey@worc.ac.uk For the website click HERE</p>	<p>Open</p>
<p><u>The Big Knit</u> With Age UK Herefordshire and Worcestershire</p>	<p>Any time from the comfort of your own home</p>	<p>Drop off at Malvern Gate, Bromwich Road, Worcester, WR2 4BN</p>	<p>0800 008 6077 referralhub@ageukhw.org.uk For the website click HERE</p>	<p>Closed</p>
<p><u>The Virtual Choir</u> With Arts Uplift</p>	<p>Mondays 14.00-14.45 hrs</p>	<p>Online via Zoom</p>	<p>Jenny Davis - 07946 585978 jenny@artsuplift.co.uk For the website click HERE</p>	<p>Open</p>
<p><u>Walking Football</u> With Age UK Herefordshire and Worcestershire in partnership with Active H&W</p>	<p>Every Friday 11.00 – 12.30 hrs First session is FREE and £4 per session thereafter</p>	<p>King George V Playing Field, Ash Avenue, Worcester, WR4 9TL (free parking available)</p>	<p>0800 008 6077 referralhub@ageukhw.org.uk For the website click HERE</p>	<p>Running</p>



Wick Care Farm	Open every day There is a charge for this service	Wick Grange Farm, Owletts Lane, Wick, Pershore, Worcestershire, WR10 3PB	07967173740 – Isobel info@wickgrange.co.uk For the website click HERE	Running
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Day Centres				
Name / Activity	When	Venue	Contact Details	Covid Status STC
Friends of the Elderly Day Centre (Kidderminster)	Monday – Friday 9.30 - 15.30 hrs Fee £44-£60 for a day covering breakfast, lunch, afternoon tea and all activities	The Fred Bennett Centre, George Street, Kidderminster, DY10 1PX	Jeanette - 01562 825490 enquiries@fote.org.uk For the website click HERE	Open
Friends of the Elderly Day Care Centre (Malvern)	Monday - Friday 9.30 - 15.30 hrs Fee £44 - £60 for a day covering breakfast, lunch, afternoon tea and all activities	The Lodge, 148 Graham Road, Malvern, WR14 2JW	Julie or Shirley - 01684 218281 enquiries@fote.org.uk To visit the website click HERE	Open
Kyrebrook Day Care Centre (Tenbury Wells)	Monday – Friday 9.00 - 15.00 hrs Fee £50 a day inc lunch, £45 without lunch, Morning or PM Session with lunch £35 and without lunch £32	Unit B Clarkes Meadow, Tenbury Business Park, Bromyard Road, Tenbury Wells, WR15 8FA	Ria Baxter - 01584 318030 contact@kyrebrook.org.uk To visit the website click HERE	Open
STARS (Worcester) Day Care Centre	Tuesday - Friday 9.00 - 15.00 hrs Fee £50 a day inc lunch, £45 without lunch, Morning or PM Session with lunch £35 and without lunch £30	Horizon Centre, Stanley Road, Worcester, WR5 1BE	Helena or Catriona - 01905 355995 starsworcester@gmail.com For the website click HERE	Open



St Stephens Care Home (Worcester)	Monday - Friday	St Stephen's Terrace, Droitwich Road, Worcester, WR3 7HU	01905 29224	Closed
VIP (Valuing Individual People) Day Care (Bromsgrove)	Monday - Friday 9.00 – 17.00 hrs £10 hour and £3 for lunch (Min 4 hrs per day)	Amphlett Hall, Crown Close, Bromsgrove B61 8DW	Ashleigh Coffin - 01527 375015 bromsgrove@vipdaycentre.co.uk For the website click HERE	Open
VIP (Valuing Individual People) Day Care (Redditch)	Monday - Friday 9.00 – 17.00 hrs £10 and £3 for lunch. (Minimum 4 hrs per day)	The Barn, Winyates Craft Centre, Winyates, Redditch, B98 0LA	Karen Fidler - 01527 375014 redditch@vipdaycentre.co.uk For the website click HERE	Open
Westmead (Droitwich)	Tuesday-Friday	Westmead Close, off Ledwych Road, Droitwich, WR9 9LG	01905 926302	Closed

Meeting Centres				
Name / Activity	When	Venue	Contact Details	Covid Status STC
Droitwich Spa Meeting Centre Age UK Herefordshire and Worcestershire	Wednesday-Friday 10.30 - 15.30 hrs £25 per session (inc refreshments, members can bring their own lunch)	Droitwich Rugby Club, The Glyn Mitchell Memorial Ground, Hanbury Rd, Droitwich Spa, Droitwich, WR9 7DU.	0800 008 6077 referralhub@ageukhw.org.uk For the website click HERE	Open
Evesham and District Meeting Centre	Weekly Tuesday, Wednesday and Thursday. 10.00 -15.00 hrs £30 for the day. Tea, coffee and biscuits available. Bring your own lunch	Church St Hub, 20 Church Street, Evesham, Worcestershire, WR11 1DS	Sally Dance - 01386 429454 Edmhss@bt.connect.com To visit the website click HERE	Open
Kidderminster Meeting Centre	Days TBC 10.30 – 15.30 hrs	The Tulip Tree Centre, Castle Road, Kidderminster, DY11 6TH	0800 008 6077 referralhub@ageukhw.org.uk	Open 22.01.22



Age UK Herefordshire and Worcestershire			For the website click HERE	
Malvern Link Meeting Centre Age UK Worcester and Malvern Hills	Every Tuesday & Wednesday 10.00 – 15.00 hrs £25 for the day	St Matthias' Church, Church Road, Malvern, WR14 1LX	01905 724294 To visit the website click HERE	Open
Malvern Hills Meeting Centre Age UK Worcester and Malvern Hills	Every Friday 10.00 – 15.00 £25 for the day	Nora Parsons Centre, Venn Lane, Wichenford, WR6 6XY	01905 724294 To visit the website click HERE	Open
Stourport Meeting Centre Age UK Herefordshire and Worcestershire	Days TBC 10.30 – 15.30 hrs	Ravenhurst, Sanctuary Care, Stourport on Severn, DY13 8RU	0800 008 6077 referralhub@ageukhw.org.uk For the website click HERE	Open 22.01.22
Worcester Bank House Meeting Centre Age UK Worcester and Malvern Hills	Every Monday 10.00 – 15.00 hrs £25 for the day	Bank House, 7 Shaw Street, Worcester, WR1 3QQ.	01905 724294 To visit the website click HERE	Open
Worcester Dines Green Meeting Centre Age UK Worcester and Malvern Hills	Every Thursday 10.00 – 15.00 hrs £25 for the day	Chantry House, Glebe Close, St John's, Worcester WR2 5AX	01905 724294 To visit the website click HERE	Open



[Age UK Herefordshire & Worcestershire's Dementia Wellbeing Service](#)

The Dementia Wellbeing Service in partnership with Onside brings together a number of services and activities which offer support, information and guidance. These include Dementia Cafes, specialist support for families and people with Young Onset Dementia and help and advice from experienced Dementia Wellbeing Officers.

How to access the service?

Referrals can be made by a healthcare professional or via self-referral, following a diagnosis from a Worcestershire GP. During your initial conversation with the service, we will organise a home visit appointment from one of our Dementia Wellbeing Officers - they will then be your central point of support.

Phone: 0800 008 6077 | **Email:** referralhub@ageukhw.org.uk | [Website](#)

[Age UK Herefordshire & Worcestershire's Companion Line](#)

The Companion Line is here to support people who may benefit from a regular call from one of our volunteers. Not having someone to talk to regularly can be lonely, particularly if you are used to sharing your home and time with others. This service is for anyone over the age of 18, living in Herefordshire or Worcestershire.

Phone: 0800 008 6077 | **Email:** referralhub@ageukhw.org.uk | [Website](#)

[Age UK Herefordshire & Worcestershire's Independence at Home](#)

We can support adults in Worcestershire to improve their independence, health and wellbeing at home, while reducing the need for non medical health and care support. We can also offer a home from hospital support service.

Phone: 0800 008 6077 | **Email:** referralhub@ageukhw.org.uk | [Website](#)



[Age UK Herefordshire & Worcestershire Training Solutions](#)

Age UK Herefordshire & Worcestershire's Training Solutions team is a specialist health and social care training provider. Our training team provides skills training tailored to suit your individual needs, including Dementia Awareness and Arts & Dementia training courses. You will meet with professional dementia trainers who have the backing of Age UK H&W's 25 years of experience and knowledge.

Phone: 0800 008 6077 | **Email:** training@ageukhw.org.uk | **Website**

[Age UK Worcester & Malvern Hills and Age UK Bromsgrove, Redditch & Wyre Forest Worcestershire dementia community support](#)

The Worcestershire dementia community support service can connect you with one of our volunteers, offering friendship and understanding, as well as providing the opportunity to carry on doing the things that you enjoy, either out in the community or at home.

What can our service offer?

- Regular visits or a telephone call for a friendly chat, to share an interest, an activity and to reminisce.
- Support with attending community activities if you no longer feel confident enough to attend on your own.
- Access to Online Meeting Points and informal support networks.

Age UK WMH Phone: 01905 724294 | **Website**

Age UK BRWF: 01527 570490 | **Website**

[Herefordshire and Worcestershire Health and Care NHS Trust – Early Intervention Dementia Services](#)

EIDs is for patients of any age and works towards providing a timely diagnosis of dementia.

Phone: 01562 714777 | **Website**

[Lifeline scheme](#)

NEW Lifeline scheme is a community alarm service which provides peace of mind 24 hours per day, 365 days per year to vulnerable people in Bromsgrove District and Redditch Borough. **Website**



Shared Days (There is a charge for this service)

Shared Days provides support for people living with memory problems or dementia.

By offering the right kind of support we can help people to remain as active as possible and get more out of life. We spend time getting to know the person so that we can choose activities together which the person will enjoy. This may range from reminiscing quietly at home to attending a football match. We encourage people to do what they can for themselves, so our service is for people who would like someone to do things with them rather than for them.

Phone: 01905 937 866 | **Mobiles:** 07488 331 066 (Gill Read) or 07421 454 525 (Gill Carter) | **Email:** gills@shareddays.co.uk | [Website](#)

The Herbert Protocol

The Herbert Protocol is a national scheme adopted by police services and other agencies across the country. It is a simple risk reduction tool to be used in the event of a person with Dementia or other mental vulnerability going missing. It consists of a form that contains vital information about a person at risk that can be passed to the police if the person is reported missing.

[Website](#)

Travel Wallet scheme

The Worcestershire Travel Wallet is a scheme to support people with various disabilities to make best use of public transport by helping overcome some of the communication barriers that they can face on a daily basis.

[Website](#)

Worcestershire Admiral Nurse Service with Worcestershire Health & Social Care NHS Trust

Admiral Nurses provide the specialist dementia support that families need. They work in the community, in care homes, in hospices and hospitals. The service accepts referrals for all who reside in Worcestershire or are registered with a Worcestershire GP.

Phone: 0300 123 1734 | **Email:** WHCNHS.admiralnurses@nhs.net | [Website](#)



Worcestershire Association of Carers

Worcestershire Association of Carers is a registered charity that was founded in 1997 providing an independent source of information, advice and support for unpaid adult carers in Worcestershire. We provide representation for carers at a local and national level and support carers to have a voice in decisions that affect them. We understand the role of unpaid carers and the huge contribution they make to the community.

Carers Hub helpline: 0300 012 4272 | [Website](#) | Click [HERE](#) to apply for Carers Emergency Card



Dementia Wellbeing Information - Herefordshire

For a full and up to date list of support available in Herefordshire please contact [Alzheimer's Society](#) T: 01432 371137 E: herefordshire@alzheimers.org.uk

Activities and Events (For people living with dementia and their carers, friends and family)				
Name / Activity	When	Venue	Contact Details	Covid Status STC
Chapel Creatives CIC	The service is currently between venues, so are running a weekly Craft & Coffee morning Thursday from 10am to 12pm	Baptist Church at 18 Crofts Lane, Ross-On-Wye HR9 7AD	Mary Deaville - 07828007257	Running
Crafts @ Challenge	Every Thursday 13.00 – 15.00 hrs	Challenge Community Church, Belmont Road, Hereford HR2 7JW	01432 277676 info@ccchurch.org.uk To visit the website click HERE	Running
Digital Activities With Age UK Herefordshire and Worcestershire	We run computer cafes and 121 support from several venues in the 2 counties with new courses planned in 2022. For a list of venues and days please visit the website		0800 008 6077 referralhub@ageukhw.org.uk For the website click HERE	Running
Every Body Dance	For full details visit the website or contact Rachel Freeman		07870429528 rfeverybodydance@gmail.com To visit the website click HERE	Running
Haygrove Community Garden	Tuesday – Friday There is a fee for this service	Old Gloucester Road, Ross-on-Wye, HR9 5PB	07972 624378 To visit the website click HERE	Running
Hereford Community Farm	Mon – Friday £40.00 a day Bring a packed lunch	Hereford Community Farm, Warham Court, Breinton, Hereford, HR4 7PF Transport can be provided for a small fee	Julie Milsom 07971423817 or John Trimble 07791026880 herefordcommunityfarm@gmail.com To visit the website click HERE	Running



<u>Herefordshire Football Association</u>	Football activities are currently not in place for people in the community who have Dementia but the FA would like anyone who wishes to take part to make contact in order to start a new inclusive programme.		Scott Russell - Football Development Officer (Disability & Inclusion) - 01432 342 179 To visit the website click <u>HERE</u>	Not Running
<u>Herefordshire Growing Point</u> Horticultural therapy for vulnerable and disabled people of all ages.	Weekly, contact for full details. £3.00 per hour for the individual	The Holme Lacy Campus, Holme Lacy, Hereford HR2 6LL	07816 257983 <u>hgrowingpoint@yahoo.co.uk</u> To visit the website click <u>HERE</u>	Running
<u>Queenswood Wellbeing Forest Garden</u>	Open Mondays from 10.00 - 14.00 hrs Free and open to all	Dinmore Hill, Leominster, HR6 0PY	01432 530088 <u>info@queenswoodandbodenhamlake.org</u> To visit the website click <u>HERE</u>	Running
<u>Singing for Health and Happiness</u>	2 nd and 4 th Friday each month 10.00 – 12.00 hrs £3.00 per session	St Martins Church, Ross Road, Hereford, HR2 7RJ	Roger on 07974 834072 <u>singing4handh@gmail.com</u> To visit the website click <u>HERE</u>	Running
<u>Singing for Health and Happiness (Tupsley)</u>	Fortnightly on a Friday each month 10.00 – 12.00 hrs £3.00 per session	United Reform Church, Hampton Dene Road, Hereford	Roger on 07974 834072 <u>singing4handh@gmail.com</u> To visit the website click <u>HERE</u>	Running
<u>Young Dementia Herefordshire Support Group</u>	Last Thursday of the month at 10.30 hrs onwards however please telephone to check	The Court Yard, Edgar Street, Hereford, Herefordshire, HR4 9JR	07922 042434 <u>info@youngdementiaherefordshire.org</u> To visit the website click <u>HERE</u>	Running



Day Centres				
Name / Activity	When	Venue	Contact Details	Covid Status STC
The Garden Room Daycare Service	The Garden Room offers a flexible adult day care facility allowing carers the opportunity for those they care for to be cared for, by fully trained carers, in a comfortable, accessible, purpose-built facility whilst the carer takes some time out for their own needs either on a planned basis. Half day 9.00 – 12.30 hrs £35 with Lunch Full day 09.00 – 16.00 hrs with lunch £50	The Garden Room, Gruneison Street, Hereford, HR4 0DZ	01432 278435 info@wykenhurst.co.uk To visit the website click HERE	Open
The Garth Day Care Service	The Garth is providing Day time opportunities on Monday's and Wednesdays. From 9.30 till 3pm, the cost of the full day is £35.00 with a half day £17.50. Transport is available but this is limited to the Kington and local area.	The Garth, The Square, Kington, HR5 3BA	Pat Prior - 01544 230502 To visit the website click HERE	Open
Field Farmhouse Residential Home	Offer a flexible plan, whereby offer all day care and not the traditional 9.30 -3pm timeslots as appreciate that loved ones need a break and need to be able to take a whole day out at times. Offer support for shorter times, dependent upon the needs of the individual. No places are offered until a full assessment has taken place. Once confident that the needs of the individual can be met, then placement is offered, initially during the week days. Once someone is settled, this can then be extended to weekend care if needed. Contact for up to date charges.	Field Farmhouse Residential Home, Hampton Bishop, Hereford, HR1 4JP	01432 273 064 admin@fieldfarmhouse.net To visit the website click HERE	Open
Mortimer Care Day Care Centre	Welcome older people for a day of freedom and joy with engaging in stimulating & varied daily activities - Daily Newspapers - well stocked Library - Computing - Selection of magazines - Cooking and baking - Outings -	Mortimer Homecare Ltd, 5A Broad Street, Leominster, Herefordshire HR6 8BT	Leigh-Anne Stanik 01568 600526 leighanne@mortimerhomecare.co.uk	Open



	Arts and Crafts - Jigsaws & puzzles - Knitting and embroidery - TV & Films - Flower arranging - Exercise classes - 9.45am - 10am Arrival for welcome drinks with toast & pastries - 10am - 12 noon daily activities programme - 12 noon A fresh Light lunch - 1pm - 2pm daily activities programme - 2 pm Traditional Afternoon Tea - 2.45pm - 3pm Departure Home - open on Tuesdays, Wednesdays and Thursdays 9.45am Until 3pm - £45.00 per person and this includes all food and refreshments. Transport costs/arrangements are to be met by the client.		To visit the website click HERE	
Orchard House Day Care	Offering daycare service for people living with Dementia, have activity programmes to promote healthy minds and wellbeing. Adapt programmes based on the feedback of individuals and they try to promote creativity and enjoyment. The charge is £16.58 per day for Council commissioned and £34.07 for self-funders (All referrals to go through Adults and Communities assessment process.)	Orchard House, The Walk, Withington, Hereford, HR1 3PR	Margaret Young (Registered Manager) 01432 850671 To visit the website click HERE	Open
Whitchurch House Day Care Service	Whitchurch House provide day care/day ops for over 65s (includes dementia) £40 per day, lunch included	Whitchurch House Residential Home, Ross on Wye, HR9 6BZ	01600 890655 whitchurchhouse@googlemail.com To visit the website click HERE	Open

Dementia Cafés (For people living with dementia and their carers, friends and family)				
Cafe	When	Venue	Contact Details	Covid Status STC
Admiral's Café - Hereford	Last Monday of the month 14.30 – 16.30 hrs	Spires Restaurant, Hereford County Hospital, Stonebow Road, Hereford, HR1 2ER	Admiral.herefordshire@nhs.net	Open



Memory Café Hereford	Every 4 th Thursday of the month 12.00 – 14.00 hrs £1.00 towards tea and biscuits	St Martin’s Church Hall, 89 Ross Road, Hereford, HR2 7RJ	01432 371137 Organised by Alzheimer's Society Contact or email herefordshire@alzheimers.org.uk	Open
Open House Friendship Café	Every Thursday 10.00 – 12.00 hrs Open to all, is dementia friendly	Challenge Community Church, Belmont Road, Hereford HR2 7JW	01432 277676 info@ccchurch.org.uk To visit the website click HERE	Open

Meeting Centres				
Name / Activity	When	Venue	Contact Details	Covid Status STC
Hereford Veterans Meeting Centre With Age UK Herefordshire and Worcestershire	Every Monday 10.30 - 15.30 hrs With lunch included at a cost of £25 per person.	Drybridge House Day Centre, St Martins Street, Hereford, HR2 7SG	0800 008 6077 referralhub@ageukhw.org.uk For the website click HERE	Running
Leominster Meeting Centre (Herefordshire)	Tuesday to Friday 9.00 - 15.00 hrs Fee £50 a day incl lunch, £45 without lunch, Morning or PM Session with lunch £35 and without lunch £34	The Old Priory (behind the Priory Church) Leominster, Herefordshire, HR6 8EQ	Joy Vallanti - 01568 368180 leominstermeetingcentre@gmail.com To visit the website click HERE	Open
Ross Meeting Centre	Wednesdays 11.00 - 15.00 We provide a simple lunch as well and all for the price of £10.00 (for member and carer	Christ Church, Edde Cross Street, Ross on Wye	Elaine / Anne - 07498 032839 rossmeetingcentre@gmail.com To visit the website click HERE	Open



[Age UK Herefordshire & Worcestershire's Companion Line](#)

The Companion Line is here to support people who may benefit from a regular call from one of our volunteers. Not having someone to talk to regularly can be lonely, particularly if you are used to sharing your home and time with others. This service is for anyone over the age of 18, living in Herefordshire or Worcestershire.

Phone: 0800 008 6077 | **Email:** referralhub@ageukhw.org.uk | [Website](#)

[Age UK Herefordshire & Worcestershire Training Solutions](#)

Age UK Herefordshire & Worcestershire's Training Solutions team is a specialist health and social care training provider. Our training team provides skills training tailored to suit your individual needs, including Dementia Awareness and Arts & Dementia training courses. You will meet with professional dementia trainers who have the backing of Age UK H&W's 25 years of experience and knowledge.

Phone: 0800 008 6077 | **Email:** training@ageukhw.org.uk | [Website](#)

[CarerLinks](#)

Service Supporting Unpaid Carers. In Herefordshire, Crossroads Together provide an information and advice service called CarerLinks to support individuals, who are new to caring for someone or for existing carers who need additional support.

Phone: 01432 663057 | **Email:** herefordshire@crossroadstogether.org.uk | [Website](#)

[C.A.R.E. Village Link Scheme](#)

Post office enterprise trading for the community based in Pontrilas. Dementia friendly café. Links people with their neighbours to support with picking up prescriptions from Ewyas Harold GP, transport to Ewyas Harold GP, shopping etc. Covers: Pontrilas, Ewyas Harold, Longtown, Abbey Dore, Bacton, Orcop, Kentchurch, Kilpeck, Didley.

Phone: 01981 240235 | [Website](#)



[Courtyard Top-Up Card](#)

The Courtyard Top-up Card - To make your visits to The Courtyard easier and more enjoyable you can sign up to have your own money card. You or a designated caregiver can keep the card topped up with money specifically for events booked through the Box Office. All you need to do when you arrive to buy your tickets is present the card and tell us what you want to see, the Sales Assistant will take care of everything else from there. Please note Courtyard Top-Up Cards are for Box Office events only and cannot be used at The Courtyard Café Bar. If you're interested in signing up to the Top Up card scheme contact me on:

Phone: 01432 340555 | **Email:** robyn.barratt@courtyard.org.uk | [Website](#)

[Creative Ageing at the Courtyard Hereford](#)

Creative Ageing provides an annual programme of activities and events to support people affected by dementia.

Phone: 01432 340555 | **Email:** boxoffice@courtyard.org.uk | [Website](#)

[Dementia Advisor Service \(Alzheimer's Society\)](#)

Dementia Adviser service offers information about all aspects of living with dementia and supports you to access services. People with dementia, carers or people who are worried about their memory can contact the dementia advisers whenever you need further information or support to find other services.

Phone: 01432 371137 | **Email:** herefordshire@alzheimers.org.uk

[Dementia Advice and Support \(Susannah Birkett\)](#)

Experienced professional advice and personal support. Susanna looks to assist and advise on various problems including; poor appetite and sleep, navigating the home successfully, delusions and hallucinations, general confusion, communication skills, aggressive outbursts and boredom. Susanna advises that she looks at emotionally supporting the main carer and increasing their 'understanding' and knowledge of dementia. Susanna holds BTEC Level 3 in Awareness of Dementia (QCF), Dementia Link Worker Status; BSc (Hons), Dementia Counselling. Please note this is a chargeable service of a set consultation fee of £60.00 (please also be aware that there may occur mileage cost).

Phone: 07813178314 | **Email:** susannahbirkett@gmail.com



[Dementia Matters Here \(fordshire\)](#)

Dementia Matters Here (fordshire) is a Herefordshire wide independent charity that supports people who may already have memory difficulties or are worried about their or a loved one's memory, their carers and family. We can also support and advise you through the diagnosis process if necessary. We offer a range of services including advice, Memory Cafés, one-to-one support, carers support and fortnightly newsletters.

Phone: 01432 804480 **Email:** dementiamattershere@gmail.com.

[Dementia Matters - Powys](#)

A list of support options and services from all across Powys. Check out website or contact for further information. Day ops and groups.

Phone: 01597 822477 | **Email:** info@dmip.org.uk | [Website](#)

[Herefordshire Admiral Nursing Team](#)

A team of four specialist nurses will work locally within the Primary Care Home Model helping to improve dementia care through the provision of specialist dementia nursing supporting the people affected by dementia. [Website](#)

[Herefordshire Carers](#)

Herefordshire Carers supports unpaid Carers; family members and friends who are caring for a spouse, partner, relative or friend who is ill, elderly or has a disability and is unable to manage without their help. You can also apply for an Emergency Carers Card.

Email: infohfd@carersworcs.org.uk | [Website](#)

[Memory Service Herefordshire \(Referral via GP\)](#)

Memory Assessment Service provides specialist assessment, diagnosis and treatment services. [Website](#)



Older Adult Community Services

Older Adult community Services ran by 2gether NHS Foundation Trust offer a range of services to support older people living with dementia and their carers including:

- Memory Service
- Community Dementia Service
- Care Home In-reach Team
- Community Mental Health Team
- Cognitive Stimulation Therapy

Phone: 01432 220445

Side by Side Buddying Service (Alzheimer's Society) – There is a waiting list for this service

Side by Side pairs fully trained and DBS checked volunteers with people with new or recent dementia diagnoses, in order to support them in accessing a meaningful activity in the community. This can be anything from a cycle ride to a cinema trip to a visit to a garden centre, the sessions are entirely focussed on the customers own interests. This is a free service, with the customer only paying their own costs, and suitability is based on an initial assessment with the service co-ordinator.

Phone : Janet Neate 07885 228 890 | **Email:** Janet.Neate@alzheimers.org.uk to make a referral.

Talk Community Directory

Talk Community is a website provided by Herefordshire Council. It provides information including local services and events to support the health and wellbeing of all adults, children young people and families across Herefordshire.

[Website](#)



Other Useful Link:

Accessible Places

Accessible (the new name for DisabledGo) is here to take the chance out of going out. To give you the detailed information you need to work out if a place is going to be accessible to you. Their Detailed Access Guides tell you all about a venue's access. They are 100% facts, figures and photographs.

[Website](#)

Alzheimer's Research UK

Alzheimer's Research UK is the UK's leading dementia research charity, dedicated to causes, diagnosis, prevention, treatment and cure. With your help we are making great progress.

Phone: 0300 111 5555 | [Website](#)

Alzheimer's Society

Alzheimer's Society is the UK's leading dementia charity. We campaign for change, fund research to find a cure and support people living with dementia today. Alzheimer's Society dementia support workers offer information and practical guidance to help you understand dementia, cope with day-to-day challenges and prepare for the future. They offer information to people who are worried about their memory and ongoing support to people affected by dementia face to face, over the phone or in writing.

Dementia Connect support line: 0333 150 3456 | To find support near you click [HERE](#) | Support from Alzheimer's Society is available in both Worcestershire and Herefordshire.

Amica 24 (there maybe a charge for this service)

Technology can support a wide range of medical conditions, disabilities and daily living activities so choosing the right technology solution for you is important. We offer a wide range of products that aim to help you to continue to live safely and independently.

Phone: 0345 130 1469 | **Email:** info@amica24.org | [Website](#)



[Become a Dementia Friend](#)

Dementia friend is a volunteer who encourages others to make a positive difference to people living with dementia in their community. They do this by giving them information about the personal impact of dementia, and what they can do to help.

[Website](#)

[Dementia Adventure](#)

Helping people living with dementia to retain a sense of adventure by getting outdoors and connecting with nature, themselves and their community.

Phone: 01245 237548 | [Website](#)

[Dementia Connect with the Alzheimer's Society](#)

Dementia Connect is a comprehensive and easy to use online service for anyone affected by dementia in UK. People can enter their postcode or place name to find voluntary, statutory and community services nearest and most relevant to them.

Phone: 0333 150 3456 | [Website](#)

[Dementia friendly places and communities](#)

In Worcestershire we have dementia friendly towns, supermarkets and businesses. Look out for information in your local community. It may be that your local supermarket has a slow lane with extra help in place for people living with dementia. The Dementia Action Alliance lists the current organisations that are part of the dementia friendly community.

[Website](#)

[Dementia UK](#)

Looking for information or advice about dementia or Alzheimer's? Call our Dementia Helpline for free for support from our dementia specialist Admiral Nurses. The Helpline is open from 09.00 – 21.00 hrs Monday to Friday and 09.00 – 17.00 hrs on Saturday and Sunday.

Phone: 0800 888 6678 | [Website](#)



[Malvern Theatre](#)

Malvern Theatre extend a warm welcome to people who feel overwhelmed by the ordinary cinema environment and offer a range of relaxed screenings for people who would benefit from a relaxed atmosphere including dementia. [Website](#)

[Music for Dementia](#)

Music for Dementia is a national campaign to make music an integral part of dementia care in the UK. There is no cure for dementia, but there is something readily available and easily affordable that can help. That thing is music.

Our vision is every person living with dementia has music as an integral part of their care

[Website](#)

[Safe places](#)

The Safe Place scheme gives vulnerable people a short term 'Safe Place' to go if they are feeling threatened or upset when out and about in their local town. [Website](#)

[Talking Point](#)

Alzheimer's Society's online discussion forum for anyone affected by dementia. Ask for advice, share information, join in discussions and feel supported. If you would like to join a discussion on the forum or start a new one you will need to either register or log-in on line. [Website](#)

[The Silver Line Support Line](#)

The Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year.
Phone: 0800 888 6678 | [Website](#)



[The Swan Theatre](#)

The Swan Theatre is located at The Moors, Worcester WR1 3ED and offers dementia friendly performances. For updates please visit their website and join their mailing list.

Phone: 01905 611427 | [Website](#)

[Young Dementia Network](#)

The Young Dementia Network is a community of people living with young onset dementia, their family and friends, as well as professionals who work in the field of health and social care and voluntary sector. [Website](#)