

Gloucestershire Dementia Support



GLOUCESTERSHIRE CULTURAL AND DIVERSITY DEMENTIA NETWORK

**This booklet has been produced
to support people living with
dementia and their carers to be
aware of specific services in
Gloucestershire for people from
ethnic minority communities.**

The booklet is intended to be a resource that can be updated as services change or new services start.

If you are aware of new services or information within the resource that needs updating or you have any comments, or suggestions on how the resource can be improved please contact:

**Sarah Davies 0800 694 8800 or email
managingmemory@ghc.nhs.uk**



Key Contacts for Support and Advice

Community Engagement Support Team - Gloucestershire County Council

Haroon Kadodia – Deputy Manager 01452 426074 haroon.kadodia@gloucestershire.gov.uk

The key objectives of the team are to enable and assist people from ethnic minorities and migrant communities to access appropriate services and maximise their own, or their families' independence.

The team will also work alongside and provide advice and guidance to teams and services within GCC as well as health and voluntary sector services where there are barriers to accessing services.

Gloucestershire County Council, Community Development Support Team,
Block 5, 3rd Floor, East Wing, Bearland, Gloucester GL1 2TG

Gloucestershire Health and Care NHS Foundation Trust Services

www.ghc.nhs.uk/

Managing Memory Together **0800 694 8800** managingmemory@ghc.nhs.uk

Specialist Memory Assessment, Community Dementia Teams and Post-diagnostic Support Services for people with memory problems or dementia, and their families.

Information and Education Service (IES) – The Information and Education Service can offer information and advice to people worried about their memory, people with dementia and their carers, friends and family.

- Living Well Sessions – Information and support sessions for people with early stage dementia and their support person (ie family member or carer). These two sessions explore Memory and Dementia and What's Important to You.
- Learning About Dementia Together Sessions – Information and support sessions for family members / friends, and carers of people with dementia. Topics for these four sessions include About Dementia, Dealing with Changes, Managing Communication, and Next Steps.
- Ongoing support – No question is a stupid question! Support with referrals to other services, or groups, accessing activities or social groups, talking about the challenges you are facing, ideas with problem solving and more.

www.ghc.nhs.uk/our-teams-and-services/managing-memory-together/

The Red Folder, containing the Dementia Information Handbook will be provided upon diagnosis. If you require a further copy, or updated copy of the Red Folder or Dementia Information Handbook please ring 0800 694 8800.

Four films have been made in English, Gujarati, Polish and Cantonese and each provides information about the signs and symptoms of dementia and addresses the stigma and misunderstanding about dementia:-

English version <https://youtu.be/6hRRqmMf2f8>



Gujarati <https://youtu.be/YxbU7X2lx54>



Polish

<https://youtu.be/DYMnTSpUwA0>



Cantonese

<https://youtu.be/IGGzg2F8LR0>



Admiral Nurse – Gloucestershire Royal Hospital/Cheltenham General Hospital (GHNHSFT)

Admiral Nurse Asma Pandor – 0300 422 6016/07492 999224 (during office hours)
For anyone living with dementia who are admitted to these hospitals.

All Communities

Friendship Café , Chequers Bridge, Painswick Rd, Gloucester GL4 6PR

Provides a range of community based activities. See website for details

<https://thefriendshipcafe.com/>

For more details contact: Imran Atcha 01452 308127 or 07977 022393

Muscle Memory – weekly table tennis sessions for people with dementia at the Friendship Cafe

Fridays 1.30pm – 2.30pm £ 2 per person No need to book. Bats supplied.

For more details contact: Mary Merheim 07715393715 or

email mary.wraparounddoul@gmail.com

Inclusion Gloucestershire – The Friendship Hub

Inclusion Gloucestershire would like to widen participation of our new Women's Inclusion Hub. The members have named it:



SMILE

- and join us at the **Women's Wednesday Wellbeing Group**

Service Details

- The sessions are free and run every Wednesday, from 10.30 – 12.30.
- At Chequers Bridge Friendship Café in Gloucester
- Participants that join the Hub attend when they want to attend and can bring along a friend or carer if they need to.
- I am happy to welcome anyone to visit us just to find out more for themselves.

For more details contact: Zareen Ahmed, Women's Wellbeing Hub Coordinator

Mobile: 07525 848499 zareena@inclusion-glos.org

Barton and Tredworth Memory Café – Charter Court, Victoria Street, Gloucester GL1 4EP

Every 1st Tuesday of the month 2-4pm

A monthly Memory Café open to anyone worried about their own memory, their family and friends or anyone affected by dementia, with a particular focus on the minority communities

The café offers a safe, friendly place to get support and advice and to share experiences. A variety of social activities are on offer. Free to attend – voluntary donations for refreshments.

For more details contact: Carol Sterling 07470 040311 OR carol.sterling@gmail.com

African-Caribbean Community Organisations

ACA Ladies Circle, St. Catherine's Court , 2 Wheatstone Rd, Gloucester GL1 4PX

2nd Sunday in the Month 6.00pm - 8.00pm

Regular Guest speakers, Raffle/Bring & Buy, Savings Club, Sponsor Child in Africa, & Outings etc

For more details contact: Lorna Morris 01452 537090

Bethel Apostolic Church 100a High Street, Tredworth Gloucester GL1 4TA

Sundays 10.30am -12.30pm Evenings: 5.30pm-7.30pm

Church Service Morning and Evening

For more details contact: Pastor Whitter 07971 3111561

Black Elders Day Centre, St Catherine's Court, 2 Wheatstone Road Gloucester GL1 4PX

Tuesday & Thursday 10.00am - 5.00pm

Various activities. Lunch & Community meals provided. Carers support. White and Asian members attend.

For more details contact: Mr Linden Dennis 01452 311388

Browns Hall Past Students Association c/o 120 Podsmead Road, Podsmead, Gloucester GL2 5AD

Fundraising to support Browns Hall Basic School in St Catherine, Jamaica.

For more details contact: Mr Bernard Westcarr 01452 414578 07977 952839

Church of God of Prophecy Stroud, Wood Street, Stroud GL5 1DJ

Sunday Mornings 10.30am - 12.30pm Evenings 5.30pm - 7.00pm

Church services morning and evening plus Sunday School

For more details contact: Pastor Charles Wallace 07979 516739 (Daytime) 07855 280073 (Evening)

Ebony Community Carers Support Group, African Caribbean Association Office (ACA) 213 Barton Street ,Barton, Gloucester, GL1 4HY

3rd Wednesday in the month 11.00am – 1.00pm

Support with accessing services. Activities and courses. Talk and share experiences. Ebony carers also provide carer's break service and counselling.

For more details contact: Blanche McCalla 01452 617456 Mob: 07940762677

Gloucestershire Sickle Cell & Thalassemia Support Service Glos Hospitals NHS Trust
Edward Jenner Unit, Great Western Road, Gloucester GL1 3NN

For more details contact: Joan Mitchell Specialist Nurse 08454 222222

Golden Years Luncheon Club, The Church Hall, New Testament Church, Stroud Rd, Opposite Seymour Road, Gloucester

Mondays & Thursdays 10.00.am - 4.00pm

Various activities, educational courses, social trips, home visits and community meals

For more details contact: Bishop Scott 01452 418293/421755, 07966 446643

Over 50's Club, All Nations Community Centre, Chase Lane, Off Eastern Avenue, Gloucester
Wednesdays 12.00pm - 5.00pm

Talks, dominoes, arts & crafts, exercise and outings. Membership £5 per year

For more details contact: Mavis Grant 07968 784155, Pauline Dyer 07853 906837

Seventh Day Adventist, 27 Cromwell Street Gloucester GL1 1RE

Saturdays

Church Service

For more details contact: 01452 520557

Seventh Day Church of God, Tarrington Road, Tredworth Gloucester

Saturdays

For more details contact: Pastor Crawford 01452 501605, 07864 290466

St Ann Society (Twin with Gloucester City & St Ann Parish in Jamaica) Sinope Street Business Centre, 1 Sinope St, Gloucester GL1 4AW

Every 2 months

Fundraising to support various charities in Gloucester and Jamaica

For more details contact: Carol Francis 01452 331664

Watermouth Past Students Association C/o 74 Widden Street, Gloucester GL1 4AN

Fundraising to support two schools in Jamaica

For more details contact: Mr Carlton Green 01452 381366

Asian Community Organisations

Indian Association, 64 Swindon Road, Cheltenham GL50 4AY

Wednesday 10am-2pm

Various activities from English lessons to coffee mornings, badminton and yoga.

For more details contact: Parbhu Bhai Patel, 53 Gloucester Rd , Cheltenham GL51 8NE, 01242 692439 or Kanubhai Patel 01242 693184

Asian Carers (55+) The Friendship Café, Chequers Bridge, Painswick Rd, Gloucester GL4 6ER

Tuesday 10am-2pm

Thursday at Charter Court 10am-2pm

Day Care – activities, trips etc. also Health, social care, education awareness. Support to resolve problems.

For more details contact: Aisha Patel 07837 336864, Nasreen Moolla 07759 137646, 07373 36864

Friendship Café, Chequers Bridge, Painswick Rd, Gloucester

Womens Development Worker Aysha 01452 308127

Parent Carers Support Group

Open to any ethnic minority (Black & Minority Ethnic) parent carer who has a child of any age (0-70) with any form of disability or special need.

For further details contact Dorrett Samuels 07891 402002 miss_dor65@yahoo.co.uk

Sahara Saheli Grove Street Resource Centre, Cheltenham

Meet every Tuesday 9.30am-12.30pm (break at Christmas only)

Bringing together women from different communities and ages to engage in social activities, education awareness and support

For further details contact Sarah or Bernice 01242 692112

Chinese Community Organisations

This information sheet is intended to support people who are part of the Chinese Community who live in Gloucestershire and have memory problems and/or dementia or are supporting someone.

Anglo Asian Cultural Centre, 91 Barton Street, Gloucester GL1 4XH

For more details contact: 01452 300323 fangyuchen58@yahoo.com.tw

Gloucestershire Chinese Women's Guild 告羅士打郡華人婦女會

Chinese Resource Centre, Bungalow nos:1-3, St Oswald's Extra Care Village, Gavel Road, Gloucester GL1 2SG

Office hours / 辦公時間 : Monday – Friday 9.30am – 4.30pm

星期一至星期五 上午九點半至下午四點半

Service / 服務項目: interpreting services

For more details contact / 詳情請在辦公時間致電 : 01452 382886

or E-mail / 或電郵 admin@gcwg.org.uk during Office hours / 办公时间

Gloucestershire Mandarin School – CCPA 中文學院

Chinese Centre, Springbank Community Resource Centre, Spring bank, Cheltenham GL51 0LG

Sunday: Sir Thomas Rich's School, Oakleaze, Elmbridge, Gloucester GL2 0LF

For more details contact 07720 637976

Email address: mandarin.school@hotmail.co.uk

Website address: glos-mandarinschool.co.uk

FB: Glos-mandarinschool gms

Gloucestershire Chinese Christian Church,

Cambray Baptist Church, Cambray Place, Cheltenham GL50 1JS

Every Sunday afternoon

For more details contact 07766 310551 or

Email Address: irisliu50@gmail.com

Polish Community Organisations

Polish Carers Group

Meetings, information sessions, workshops and support for carers from the Eastern European Communities

For more details contact: request via Facebook Babinki Polish Carers Group

Cheltenham Polish Community TARA

Meetings when required/ events/info sessions/workshops

For more details contact: 07716011825/ 078578006670 office@chelpolishtara.org.uk
www.chelpolishtara.org.uk

Polish School in Cheltenham, Gloucester Road Primary School, Gloucester Road, Cheltenham

Every Sat from Sept – July. Sessions for children. Events and information drop in sessions.

For more details contact: szkolacheltenham@gmail.com www.polschool.org.uk

Polish Association Gloucestershire

Meetings when required/ events/info sessions/workshops

Club 50 plus, Gloucester Rd Primary School, Cheltenham

Information sessions/workshops/health related activities for people over 50

For more details contact: Marzena Zylka 07776 331002 szkolacheltenham@gmail.com

Polish website www.poloniagloucester.co.uk

Information in other languages

Alzheimer's Society

The Dementia Guide is available in a range of languages.

publications@alzheimers.org.uk

Alzheimer's Society videos, podcasts and audio factsheets

<https://www.alzheimers.org.uk/about-us/news-and-media/audio-and-video>

<https://www.alzheimers.org.uk/publications-about-dementia/the-dementia-guide-other-languages>

The dementia guide is available in languages other than English, for anyone who has recently been told they have dementia.

Information for callers who do not have English as their language of choice

Alzheimer's Society National Dementia Helpline can provide confidential interpreters, in many languages, within minutes of your call.

All you need to do is state in English the language you would prefer to use.

How to use the confidential translation service:

Alzheimer's Society can arrange a simultaneous language translation service.

Please call our English-speaking support line on 0333 150 3456, say the English word for the language you would like to use, end the call and wait. An interpreter will usually call you back within five minutes.

Alternatively, you can ask a friend or relative to make the call on your behalf

Meri Yaadain (meaning My Memories)

This website provides written dementia information and videos for South Asian Communities in Bradford, however much of the information is not Bradford specific.

<http://www.meriyadain.co.uk>

Equality Scotland

Multi-Lingual Healthy Diet and Lifestyle Information Pack and Dementia Awareness Pack:

Providing Information, Raising Awareness. Available to download in English, Arabic, Bengali, Chinese, Hindi, Punjabi and Urdu.

<http://www.equalityscotland.com/6/12/Publications/Publications.html>

Other Support Services

Age UK

Age UK Gloucestershire is a local, independent charity for all older people in Gloucestershire. It offers information and advice to help people navigate later life, services to ensure people can remain independent at home for as long as they want to (e.g. the Out of Hospital Service), as well as helping people to connect socially and access activities in their local community e.g. walking sports.

Contact Details: Age UK Gloucestershire 01452 422 660 www.ageuk.org.uk/gloucestershire

Alzheimer's Society

Gloucestershire Dementia Adviser Service offers information, advice and signposting to anyone affected by a diagnosis of dementia. Helping people to come to terms with a diagnosis, and to navigate the care and support that is available. We know dementia affects everyone differently. Our focus is to support people to live well with dementia.

- Dementia Adviser Service
- Peer Support Groups, memory café's, Roots and Rhythm and Singing for the brain
- Information provision and awareness raising

Contact Details: Gloucestershire Dementia Adviser Service 01452 525222 gloucestershire@alzheimers.org.uk

Dementia Connect Support Line - If you need dementia support, we're here for you. Get personalised information, support and advice by calling Alzheimer's Society 0333 150 3456. Support line opening hours:

Monday to Wednesday: 9am – 8pm

Thursday and Friday: 9am – 5pm

Saturday and Sunday: 10am – 4pm

Dementia UK Admiral Nurse Helpline

Call the Helpline for free on 0800 888 6678, opening hours are Monday to Friday 9am to 9pm. Saturday and Sunday 9am to 5pm. Open Bank Holidays except for 25th December.

helpline@dementiauk.org

Gloucestershire Carers Hub

Information, advice, carers support, carers training, counselling and carers assessments

Contact Details: 0300 111 9000

www.gloucestershirecarershut.co.uk

Dementia Training and Education, Gloucestershire County Council

Dementia training programme for all Health and Social Care staff in Gloucestershire including those in the Voluntary and Independent sector, and those who are caring for a person with dementia.

- Community Dementia Link Worker Role to support outreach workers within ethnic minority communities.

Contact Details: <http://www.gloucestershire.gov.uk/extra/article/108332>

Gypsy and Travellers Services, Gloucestershire County Council

Contact Details: 07384 252 456 travellers@gloucestershire.gov.uk

Partnership and Inclusion Team

The Partnership and Inclusion Team strengthen the link between GHC and the wider community, championing an inclusive and compassionate culture across the Trust. Our role is to improve knowledge of health and care services among people living in Gloucestershire, encourage access to services and to raise awareness of their experiences as service users or carers.

Contact Details for general enquiries: PartnershipandInclusion@ghc.nhs.uk
Translation and Interpretation Services: translation@ghc.nhs.uk

Gloucestershire Fire and Rescue Service

Gloucestershire Fire and Rescue Service carry out free Home Fire Safety Checks to ensure that your household is as safe as possible from the dangers of fire. To receive your free Safe and Well check at a time convenient to you, please call us on our freephone number to book a visit, or visit the website and complete the online form. If the fitting of smoke alarms is recommended during a 'Safe and Well' visit, these may be supplied and fitted free of charge.

Contact Details: 0800 180 41 40 home.safety@glosfire.gov.uk

The Gloucestershire Network held its first meeting in June 2014 and brings together a number of individuals and organisations with a common aim to improve access to and the experience of dementia and support services for people from ethnic minority communities living in Gloucestershire. If you are interested in joining or would like further details about the network please contact Steve Shelley-King steve.shelley-king@ghc.nhs.uk



If you would like this information we send you in an alternative format, such as another language, braille, large print or Easy Read, or if you need other help with communicating with us, please let us know.

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Next review: December 2023