

Directory of Dementia Services – April 2022



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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 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 of 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 and 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



Stop smoking



Get your hearing checked



Join groups and social activities



Dementia Wellbeing Information - Worcestershire

Dementia Café's for people living with dementia and their carers, friends and families

Café	Date and time	Venue	Contact details
 Redditch	1st Wednesday of each month, 10am-12noon	Oasis Christian Centre, 4 Plymouth Road, Redditch, B97 4QB	0800 008 6077 referralhub@ageukhw.org.uk
 Bromsgrove	3rd Wednesday of each month, 10am-12noon	The POD, 13 Humphrey Ave, Bromsgrove, B60 3JB	0800 008 6077 referralhub@ageukhw.org.uk
 Tenbury	1st Thursday of each month, 10:30am-12noon	Tenbury Library, 24 Teme Street, Tenbury. WR15 8AA	0800 008 6077 referralhub@ageukhw.org.uk
 Worcester	1st Friday of each month, 12noon- 2pm	St Peters Baptist Church, St Peters Worcester, WR5 3TZ	0800 008 6077 referralhub@ageukhw.org.uk
 Malvern	2nd Tuesday of each month, 2pm- 4pm	Barnards Green Cricket Club, Malvern, WR14 2ET	0800 008 6077 referralhub@ageukhw.org.uk
 Evesham	3rd Thursday of each month, 10am-12noon	Evesham Leisure Centre, Abbey Rd, Evesham, WR11 4SU	0800 008 6077 referralhub@ageukhw.org.uk

Dementia Café's (continued) for people living with dementia and their carers, friends and families

Café	Date and time	Venue	Contact details
 Pershore	4th Thursday of each month, 11am-12:30pm	The Star Inn, 23 Bridge Street, Persore, WR10 1AJ	0800 008 6077 referralhub@ageukhw.org.uk
 Kidderminster	3rd Friday of each month, 10:30am-12noon	Evangelical Church, Greatfield Rd, Kidderminster, DY11 6PP	0800 008 6077 referralhub@ageukhw.org.uk
 Al's Kidderminster	3rd Wednesday of each month, 7pm-9pm. Specialising in young onset dementia	Franch Community Church, Chestnut Grove, Kidderminster, DY11 5QA	0800 008 6077 referralhub@ageukhw.org.uk
 Upton-upon-Severn	3rd Monday of each month, 2pm- 3:30pm	Upton Baptist Church, Old Street, Upton on Severn, Worcestershire, WR8 0HN	0800 008 6077 referralhub@ageukhw.org.uk
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
Chaddesley	Every 2 nd Wednesday 14.00 – 15.30 hrs	Chaddesley Village Hall, Chaddesley Corbett, Kidderminster DY10 4QA	Diane Dolley: 01562 777 841 Yvonne Scriven: 01299 777 976

Dementia Café's (continued) for people living with dementia and their carers, friends and families

Cookley Memory Lane	2 nd and 4 th Friday of the month 214.00 – 15.30 hrs	Room 2, Cookley Village Hall, Lea Lane , Cookley , DY10 3RH	Rev Nigel Taylor 01562 851744
Dementia Sports Café	Every Wednesday 10.30 – 12.00 hrs	Worcester Warriors, Sixways Stadium, Warriors Way, Worcester, WR3 8ZE	Dan - 01905 914400 Dan.Hart@warriors.co.uk For the website click HERE
Dementia Support Trips are also arranged	1 st and 3 rd Thursday 10.30 – 13.30 hrs	Riverside Elim Church, Dog Lane, Bewdley, DY12 2EF	Contact 01299 405535 (currently closed, please call to express an interest)
Evesham	Every second Wednesday	Willow Bank Residential Home, Tilesford Park, Pershore, Worcestershire, WR10 2LA	Samantha Cope - 01386 556844 willowbank@bucklandcare.co.uk (currently closed, please call to express an interest)
Forget Me Not	Weekly on a Monday, 10.30 - 12.30 hrs	Wallace House, Oat Street, Evesham, Worcestershire, WR11 4PJ	Sian - 01386 446580 sian-wallacehouse@btconnect.com For the website click HERE
Kindred Spirits	Third Friday of every month 14.00 – 16.00 hrs	Pershore Library, Church Street, Pershore, Worcestershire, WR10 1DT	01905 822722 pershorelib@worcestershire.gov.uk

Dementia Café's (continued) for people living with dementia and their carers, friends and families

Stourport	1 st and 3 rd Tuesday of the month 14.00 – 16.00 hrs	St Michael's Church, Church Dr, Stourport-on-Severn DY13 9DD	Liz Bloomer - 01299 825009
Tea and Support	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
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
Today's Our Day	Every Thursday 14.00 – 16.00	United Reform Church Hall, 77 High Street, Broadway, Worcestershire, WR12 7AL	Mark – 07949 296738 For the website click HERE
W&E	First and Third Wednesday every month 14.00 – 15.30	Longdon Village Hall, Bear Lane, Longdon, Tewkesbury, GL20 6AZ	Sandra 01684 833636
With you in Mind	4 th Thursday every month 11.00 – 12.30 hrs	St Peters Church, Inkberrow, Worcestershire, WR7 4DZ	Lynda – 01386 793781

Activities and Events for people living with dementia and their carers, friends and families

Name/activity		Date and time	Venue	Contact details
 Herefordshire & Worcestershire	Allotment Gardening Group	All year round	Pershore	0800 008 6077 allotment@ageukhw.org.uk For the website click HERE
 Herefordshire & Worcestershire	Digital Activities	We run computer cafes and 121 support from several venues in the 2 counties with new courses planned in 2022.		0800 008 6077 referralhub@ageukhw.org.uk For the website click HERE
 Herefordshire & Worcestershire	Walking Group	Every Monday 10.15 for 10.30 start	Malvern Gate, Bromwich Road, Worcester, WR2 4BN	0800 008 6077 referralhub@ageukhw.org.uk For the website click HERE
 Herefordshire & Worcestershire	The Big Knit	Any time from the comfort of your own home	Drop off at Malvern Gate, Bromwich Road, Worcester, WR2 4BN	0800 008 6077 referralhub@ageukhw.org.uk For the website click HERE
 Herefordshire & Worcestershire	Walking Friends	FREE Dogs welcome	For full details contact The Hub	0800 008 6077 referralhub@ageukhw.org.uk For the website click HERE
 Herefordshire & Worcestershire	Walking Football	Every Friday 11.00 – 12.30 hrs First session is FREE and £4 per session thereafter	King George V Playing Field, Ash Avenue, Worcester, WR4 9TL (free parking available)	0800 008 6077 referralhub@ageukhw.org.uk For the website click HERE

Activities and Events (continued) for people living with dementia and their carers, friends and families

Avenbury Care Farm	9.30 - 3.30 x 5 days per week.	Avenbury Care Farm, Rhea Farm, Bishops Frome, Worcestershire WR6 5BQ	0739 314 8343 info@avenburycarefarm.com To visit the website click HERE
Conquest Art Malvern	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
Creativity Parcels	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
Dementia Support Group	Alternate Tuesdays 10.30 - 12.00 hrs	Riverside Elim Church, Dog Lane, Bewdley, DY12 2EF	01299 405535 admin@riversideelim.com
Garage Art Group	For a list of session times please visit the website 58 Bridge Street, Town Centre, Evesham, Worcestershire, WR11 4RY		01386 442696 garageartgroup@live.co.uk For the website click HERE
Love Music With Arts Uplift	Every third Tuesday 14.00 - 15.15 hrs £5 per couple	Bromsgrove Methodist Church, 19 Stratford Rd, Bromsgrove, B60 1AS	Jenny Davis - 07946 585978 jenny@artsuplift.co.uk For the website click HERE

Activities and Events (continued) for people living with dementia and their carers, friends and families

Singing for the Brain Redditch	Weekly on a Tuesday from 10.30 -12.00 hrs	Windmill Centre, Rye Grass Lane, Redditch B97 5YE	01432 371137 worcestershire@alzheimers.org.uk
Singing for the Brain Kidderminster	1.00 – 2.30 pm on a Tuesday weekly	Trinity Methodist Church, Churchfields, Kidderminster DY10 2JL	01432 371137 worcestershire@alzheimers.org.uk
Strong and Steady Exercise Classes	<p>For the exercise class schedule and locations please click HERE</p> <p>For those with disabilities including dementia (as long as the person can still follow instructions).</p> <p>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>
The Virtual Choir	Mondays 14.00-14.45 hrs	Online via Zoom	Jenny Davis - 07946 585978 jenny@artsuplift.co.uk For the website click HERE
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

Day Centres for people living with dementia and their carers, friends and families

Centre	Date and time	Venue	Contact details
Friends of the Elderly (Kidderminster)	Monday – Friday 9.30 - 15.30 hrs	The Fred Bennett Centre, George Street, Kidderminster, DY10 1PX	Jeanette - 01562 825490 enquiries@fote.org.uk For the website click HERE
Friends of the Elderly (Malvern)	Monday - Friday 9.30 - 15.30 hrs	The Lodge, 148 Graham Road, Malvern, WR14 2JW	Julie or Shirley - 01684 218281 enquiries@fote.org.uk To visit the website click HERE
Kyrebroke (Tenbury Wells)	Monday – Friday 09.00 – 15.00 £39 per day plus £6 lunch and refreshments.	Unit B Clarkes Meadow, Tenbury Business Park, Bromyard Road, Tenbury Wells, WR15 8FA	Ria Baxter - 01584 318030 contact@kyrebroke.org.uk To visit the website click HERE
STARS (Worcester)	Tuesday - Friday 9.00 - 15.00 hrs	Horizon Centre, Stanley Road, Worcester, WR5 1BE	Helena or Catriona - 01905 355995 starsworcester@gmail.com For the website click HERE
VIP (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
VIP (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

Meeting Centres for people living with dementia and their carers, friends and families

Centre	Date and time	Venue	Contact details
 Droitwich Spa	Wednesday-Friday 10.30 - 15.30 hrs	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
 Kidderminster	Every Friday 10.30 – 15.30 hrs	The Tulip Tree Centre, Castle Road, Kidderminster, DY11 6TH	0800 008 6077 referralhub@ageukhw.org.uk For the website click HERE
 Stourport	Every Tuesday 10.30 – 15.30 hrs	The Coach House, Ravenhurst, Sanctuary Care, Lickhill Road, Stourport on Severn, DY13 8RU	0800 008 6077 referralhub@ageukhw.org.uk For the website click HERE
 Malvern Link	Every Tuesday & Wednesday 10.00 – 15.00 hrs	St Matthias' Church, Church Road, Malvern, WR14 1LX	01905 724294 To visit the website click HERE
 Malvern Hills	Every Friday 10.00 – 15.00	Nora Parsons Centre, Venn Lane, Wichenford, WR6 6XY	01905 724294 To visit the website click HERE

Meeting Centres (continued)
for people living with dementia and their carers, friends and families



Worcester Bank
House

Every Monday
10.00 – 15.00 hrs

Bank House, 7 Shaw Street,
Worcester, WR1 3QQ.

01905 724294
To visit the website click [HERE](#)

Age UK Herefordshire & Worcestershire Dementia Wellbeing Service

The Dementia Wellbeing Service 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.

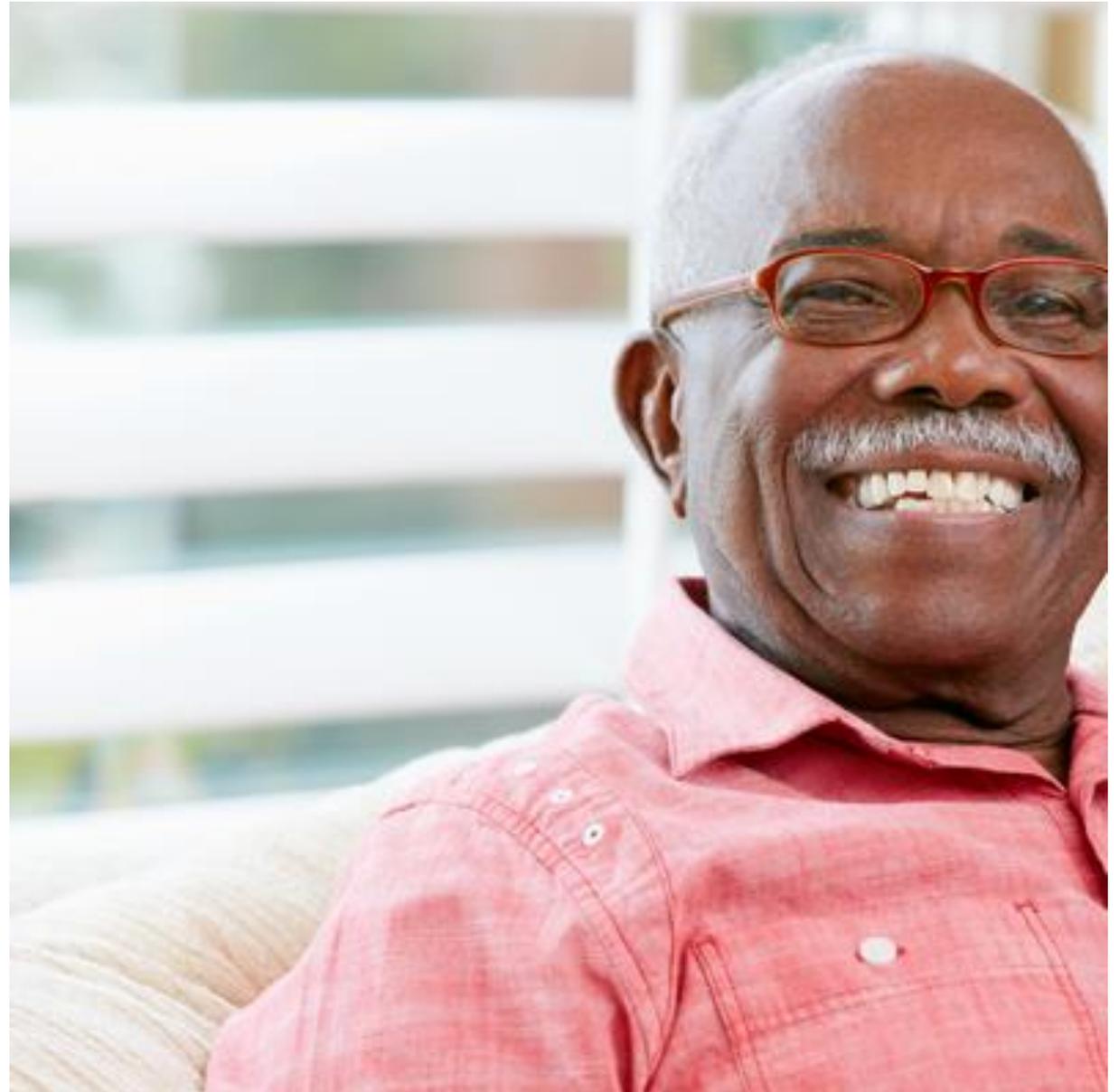
Referrals can be made by a healthcare professional or via self-referral, following a diagnosis from a Worcestershire GP. During your initial conversation with the service, we will organise a home visit appointment from one of our Dementia Wellbeing Officers - they will then be your central point of support.

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

Age UK Herefordshire & Worcestershire Companion Line & REACH

The Companion Line is here to support people who may benefit from a regular call from one of our volunteers. The REACH service is also available for older members of the LGBTQ+ community. 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 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:** referralhub@ageukhw.org.uk | **Website**



Age UK Worcester & Malvern Hills and Age UK Bromsgrove, Redditch & Wyre Forest 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](#)



Community Travel Worcestershire

In all parts of the UK, on every day of the year, thousands of community transport staff and volunteers help people to stay independent, participate in their communities and access vital public services and employment.

Community Transport Schemes can help get you around. If you need transport for medical appointments, shopping, social clubs etc. a scheme near you may be able to help.

As all schemes rely on volunteers giving of their time, pre-booking is essential with a minimum of 48 hours notice.

Minibuses, Cars and MPV's are available and many can accommodate wheelchair users.

Phone: 0300 330 1399 | **Website**

Dementia Dwelling Grant with Millbrook Healthcare

Dementia Dwelling Grant Subject to availability of funding the council will consider providing non means-tested assistance to provide aids and adaptations in the home designed to enable people with memory loss or a diagnosis of dementia to manage their surroundings, retain their independence and reduce feelings of confusion.

Customer service team:

PILScontactus@millbrookhealthcare.co.uk or 0330 124 8205



Hereford & Worcester Fire and Rescue Service

Hereford & Worcester Fire and Rescue Service is closely involved with dementia charities and works in close partnership with the Alzheimer's Society and Age UK. For more information on fire safety advice visit their website

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 (charged 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

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](#)



Dementia Wellbeing Information - Herefordshire

Dementia Café's for people living with dementia and their carers, friends and families

Café	Date and time	Venue	Contact details
Admiral's	Last Monday of the month 14.30 – 16.30 hrs	Spires Restaurant, Hereford County Hospital, Stonebow Road, Hereford, HR1 2ER	Admiral.herefordshire@nhs.net
Memory Café	Every 4 th Thursday of the month 12.00 – 14.00 hrs	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 House	Every Thursday 10.00 – 12.00 hrs	Challenge Community Church, Belmont Road, Hereford HR2 7JW	01432 277676 info@ccchurch.org.uk To visit the website click HERE
The Swan's	Every Wednesday 11.00 – 15.00 hrs	A music café for armed forces veterans living with dementia The Courtyard Hereford	01789 267567 To visit the website click HERE

Activities and Events

for people living with dementia and their carers, friends and families

Name/activity	Date and time	Venue	Contact details
 Digital Activities	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
Chapel Creatives CIC	Thursday from 10am to 12pm	Baptist Church at 18 Crofts Lane, Ross-On-Wye HR9 7AD	Mary Deaville - 07828007257
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
Every Body Dance	For full details visit the website or contact Rachel Freeman		07870429528 rfeverybodydance@gmail.com To visit the website click HERE
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

Activities and Events for people living with dementia and their carers, friends and families

Herefordshire Football Association	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 HERE
Herefordshire Growing Point	Weekly, contact for full details.	The Holme Lacy Campus, Holme Lacy, Hereford HR2 6LL	07816 257983 hgrowingpoint@yahoo.co.uk To visit the website click HERE
Queenswood Wellbeing Forest Garden	Open Mondays from 10.00 - 14.00 hrs	Dinmore Hill, Leominster, HR6 0PY	01432 530088 info@queenswoodandbodenhamlake.org To visit the website click HERE
Singing for Health and Happiness	2 nd and 4 th Friday each month 10.00 – 12.00 hrs	St Martins Church, Ross Road, Hereford, HR2 7RJ	Roger on 07974 834072 singing4handh@gmail.com To visit the website click HERE
Singing for Health and Happiness (Tupsley)	Fortnightly on a Friday each month 10.00 – 12.00 hrs	United Reform Church, Hampton Dene Road, Hereford	Roger on 07974 834072 singing4handh@gmail.com To visit the website click HERE

Activities and Events for people living with dementia and their carers, friends and families

<p>Singing for Health and Happiness (Tupsley)</p>	<p>Fortnightly on a Friday each month 10.00 – 12.00 hrs</p>	<p>United Reform Church, Hampton Dene Road, Hereford</p>	<p>Roger on 07974 834072 singing4handh@gmail.com To visit the website click HERE</p>
<p>Young Dementia Herefordshire Support Group</p>	<p>Last Thursday of the month at 10.30 hrs onwards however please telephone to check</p>	<p>The Court Yard, Edgar Street, Hereford, Herefordshire, HR4 9JR</p>	<p>07922 042434 info@youngdementiaherefordshire.org To visit the website click HERE</p>

Day Centres for people living with dementia and their carers, friends and families

Centre	Date and time	Venue	Contact details
The Garden Room	Half day 9.00 – 12.30 hrs Full day 09.00 – 16.00 hrs	The Garden Room, Gruneison Street, Hereford, HR4 0DZ	01432 278435 info@wykenhurst.co.uk To visit the website click HERE
The Garth	Monday's and Wednesdays from 9.30 till 3pm.	The Garth, The Square, Kington, HR5 3BA	Pat Prior - 01544 230502 To visit the website click HERE
Field Farmhouse	All day care	Field Farmhouse Residential Home, Hampton Bishop, Hereford, HR1 4JP	01432 273 064 admin@fieldfarmhouse.net To visit the website click HERE
Mortimer Care	Tuesdays, Wednesdays and Thursdays 9.45am - 3pm.	Mortimer Homecare Ltd, 5A Broad Street, Leominster, Herefordshire HR6 8BT	Leigh-Anne Stanik 01568 600526 leighanne@mortimerhomecare.co.uk To visit the website click HERE
Orchard House	Contact for more details	Orchard House, The Walk, Withington, Hereford, HR1 3PR	Margaret Young (Registered Manager) 01432 850671 To visit the website click HERE
Whitchurch House Day Care Service	Contact for more details	Whitchurch House Residential Home, Ross on Wye, HR9 6BZ	01600 890655 whitchurchhouse@googlemail.com To visit the website click HERE

Meeting Centres
for people living with dementia and their carers, friends and families

Centre	Date and time	Venue	Contact details
 Hereford Veterans	Every Monday 10.30 - 15.30 hrs	Drybridge House Day Centre, St Martins Street, Hereford, HR2 7SG	0800 008 6077 referralhub@ageukhw.org.uk For the website click HERE
Leominster	Tuesday to Friday 9.00 - 15.00 hrs	The Old Priory (behind the Priory Church) Leominster, Herefordshire, HR6 8EQ	Joy Vallanti - 01568 368180 leominstermeetingcentre@gmail.com To visit the website click HERE
Ross	Wednesdays 11.00 - 15.00	Christ Church, Edde Cross Street, Ross on Wye	Elaine / Anne - 07498 032839 rossmeetingcentre@gmail.com To visit the website click HERE

Age UK Herefordshire & Worcestershire Companion Line & REACH

The Companion Line is here to support people who may benefit from a regular call from one of our volunteers. The REACH service is also available for older members of the LGBTQ+ community. 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

Our specialist Training team deliver workshops for individuals and organisations that wish to improve their knowledge of dementia. Understanding can help carers and family members support people to live well with dementia Our courses include:

- **Dementia and how to avoid it.**
- **Dementia training for family members supporting the newly diagnosed**
- **Dementia at the second stage and beyond**
- **Dementia awareness training for informal carers in the community**
- **Dementia awareness training for Health and Social Care Professionals**
- **Dementia training and the Practical Skills you will need.**

Phone: 0800 008 6077 | **Email:** referralhub@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**

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**



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**

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 & Support

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 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**

Hereford & Worcester Fire & Rescue

Hereford & Worcester Fire and Rescue Service is closely involved with dementia charities and works in close partnership with the Alzheimer's Society and Age UK. For more information on fire safety advice visit their website.

Website



Memory Service Herefordshire (GP referral)

Memory Assessment Service provides specialist assessment, diagnosis and treatment services.

Website

Older Adult Community Service

Older Adult community Services run 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

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 information



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 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](#)

Other useful information



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**

Community Housing – Technology Enabled Care Services

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:** tecs@communityhousing.co.uk | **Website**

Dementia Friends

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

Other useful information



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 Carers Count

Provide free support courses for family and friends caring for someone with dementia, including young onset dementia.

Phone: 020 3096 7894 | **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**

Other useful information



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

Other useful information



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

Rare Dementia Support

Between 5% and 15% of people living with a dementia have a rare dementia. This can bring with it a unique and complex set of challenges, including difficulties with language, vision, movement and behaviour. However, there is a widespread lack of understanding and a shortage in the resources needed to support those affected. Rare Dementia Support (RDS) is a world-leading, UK-based service led by the UCL Dementia Research Centre (DRC). They aim to empower, guide and inform people living with a rare dementia diagnosis and those who care about them. Find out more about the 7 rare dementias they support.

Website

Other useful information



tide

tide is a UK-wide network connecting carers and former carers of people with dementia to create real change together.

Email : carers@tidecarers.org.uk | **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