

**DIRECTORY OF
DEMENTIA SERVICES**

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Worried about memory?

Support and 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 them to a specialist for further assessment, however this is not always the case and GP's are capable of diagnosing Dementia themselves too.

- In Worcestershire this may be the Early Intervention Dementia Service or the Older Adult Community Mental Health Team
- In Herefordshire this may be the Memory Assessment Team, Community Dementia Nurses, the Care Home In-Reach Team or the Older Adult Community Mental Health Team.

'...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 gives you time to adjust to your diagnosis.



It's empowering and can help you take control.



Access to advice and support.



You can make better choices and plan for the future.



Access to Group Dementia Support Networks.



It may help you and your family.



Find out about groups, cafés and social activities.

“Orientation” clocks are available which show the time, day and date, and am or pm.

Whiteboards 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.

Practical Tips

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



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



Worcestershire

Dementia Cafés

Age UK Wyvern Dementia Café Information

Café	Where	When	Contact Details
Bromsgrove	Bromsgrove Rugby Football Club, Finstall Rd, Bromsgrove, B60 3DH	2 nd Wednesday of the Month 10:30am - 12:30pm	0333 038 3711 dementia-wellbeing-service@ageukwyvern.org
Droitwich	Clubhouse, The Glyn Mitchell Memorial Ground, Hanbury Rd, Droitwich, WR9 7DU	1 st Tuesday of the Month 10:30am - 12:30pm	
Hartlebury	Parish Hall, Waresley Court Road, Hartlebury, Kidderminster, DY11 7TQ	3 rd Friday of the Month 1:30pm - 3:30pm	
Malvern	Barnards Green Cricket Club, N End Ln, Barnard's Green, Malvern, WR14 2ET	1 st Wednesday of the Month 10:30am - 12:30pm	
Pershore	Pershore Civic Centre, Queen Elizabeth Dr, Pershore, WR10 1PT	3 rd Tuesday of the Month 10:30am - 12:30pm	

Age UK Wyvern Dementia Café Information

Café	Where	When	Contact Details
Redditch	Redditch Borough Community Sports and Social Club, Cherry Tree Walk, Redditch, B97 6PB	1 st Wednesday of the Month 10:30am - 12:30pm	0333 038 3711 dementia-wellbeing-service@ageukwyvern.org
Tenbury Wells	The Library, 24 Teme St, Tenbury Wells, WR15 8AA	1 st Thursday of the Month 10:30am - 12:30pm	
Upton-upon-Severn	The Hill Community Centre, Milestone Road, Upton-upon-Severn, WR8 0EN	3 rd Wednesday of the Month 10:30am - 12:30pm	
Worcester	Warndon Community Hub, Shap Drive, Warndon, Worcester, WR4 9NX	2 nd Tuesday of the Month 10:30am - 12:30pm	

Worcestershire Dementia Café Information

Café	Where	When	Contact Details
Broadway (Today's Our Day)	United Reform Church Hall, 77 High Street, Broadway, Worcestershire, WR12 7AL	Every Thursday 2:00pm - 4:00pm	07949 296738 Markp.broadwayurc@outlook.com
Bromsgrove (Memory Change Café)	Bromsgrove Methodist Church Centre, 19 Stratford Road, Bromsgrove, B60 1AS	3 rd Friday of the Month 2:00pm - 4:00pm	01527 835843
Colwall (Admiral's Café)	Colwall Village Hall, Mill Lane, Colwall, Malvern, Worcestershire, WR13 6EQ	1 st Thursday of the Month 11:00am - 1:00pm	01684 540658
Chaddesley	Chaddesley Village Hall, Chaddesley Corbett, Kidderminster, DY10 4QA	Every 2nd Wednesday 2:00pm - 3:00pm	01386 442111 office@evesham.church
Droitwich (Dementia Memory Café)	Mulberry Tree Hill, Droitwich, WR9 7SS	3 rd Thursday of the Month 2:30pm - 3:30pm	01905 958716

Worcestershire Dementia Café Information

Café	Where	When	Contact Details
Evesham (Memory Café)	20 Church Street, Evesham, WR11 1DS	Monthly (Mondays) 1:30pm 3:00pm	01386 429454
Evesham (Richmond Village Dementia Café)	Richmond Villages, Wood Norton, Evesham Rd, Evesham, WR11 4TY	1 st Wednesday of the Month 10:30am - 12:30pm	Tori or Louise: 01386 862209
Evesham (Tea Service)	All Saints Church, Market Place, Evesham, Worcestershire, WR11 4RW	Every Friday 2:00pm - 4pm	Rosie: 01386 339847
Inkberrow (With You in Mind)	St Peters Church, Inkberrow, Worcestershire, WR7 4DZ	4 th Thursday every Month 11:00am - 12:30pm	Melanie: 07976 789 444 or 01386 793035
Pershore (Dementia Café)	Willow Bank, Tilesford Park, Pershore, Worcestershire, WR10 2LA	2 nd Wednesday of the Month	01386 442213

Worcestershire Dementia Café Information

Café	Where	When	Contact Details
Pershore (Memory Meadow Café)	Heathlands Residential Home, Pershore, WR10 1NG	1 st Sunday of the Month 11:00am - 1:00pm	01386 562 220
Redditch (Dementia Café)	5 Dark Ln, Astwood Bank, Redditch, B96 6AS	1 st Thursday of the Month 2:00pm - 4:00pm	07973 846587 hello@redditchkingfisherrotary.org
Stourport (Dementia Café)	St Michael's Church, Church Dr, Stourport-on-Severn, DY13 9DD	1 st and 3 rd Tuesday of the Month 2:00pm - 4:00pm	Liz Bloomer: 01299 825009
Tewkesbury (W&E Dementia Café)	Longdon Village Hall, Bear Lane, Longdon, Tewkesbury, GL20 6AZ	1 st + 3 rd Wednesday of Month 2:00pm - 3:30pm	Sandra: 01684 833636
Worcester (Dementia Sports Cafe)	Worcester Rugby Club, Hindlip, Worcester, WR3 8TR	Every Wednesday 10.30am - 12.00pm	Harry Smith: 01905 964940

Worcestershire Dementia Café Information

Café	Where	When	Contact Details
Worcester (Connect Café)	The Belmont, John Comyn Drive, Worcester, WR3 7NS	Every Thursday 2:00pm - 3:30pm	01905 677427
Worcester (Dementia Café)	Severn House, Worcester, WR1 2NE	Every Monday 10:30am - 12:00pm	Isobel Brick: 01905 459329
Worcester (Tea & Support Coffee Morning)	Lyppard Hub, Ankerage Green, Warndon Villages, Worcester, WR4 0DZ	Every Tuesday 11:00am - 12:30pm	Carolyn Yates: 01905 616841
Worcestershire FA Connections Café	Worcestershire FA, County Sports Ground, Claines Lane, Worcester, WR3 7SS	Monday and Friday 12:30pm - 2:30pm	anna.konstantinides@worcestershirefa.com
Worcester (Toby Carvery Dementia Pub Club)	-	1 st Wednesday of the Month 12:00pm - 3:00pm	01905 420404

Worcestershire

Events and Activities

Age UK Wyvern Activities Information

Event/Activity	Where	When	Contact Details
Allotment Group	Plot 233, Nogains, Pershore, WR10 1HY	Every Tuesday 10:30am - 12:30pm	01905 724294 info@ageukwyvern.org
Connect Club (Malvern)	Storer Court, 3 Geraldine Road, Malvern, WR14 3NT	1 st and 3 rd Tuesday of the Month 10:30am - 12:00pm	01905 724294 info@ageukwyvern.org
Connect Club (Worcester)	Chantry House, St John's Worcester, WR2 5AX	Every Monday 10:00am - 12:00pm	01905 724294 info@ageukwyvern.org
Connect Club (Worcester)	Rowan Court, May Avenue, Worcester, WR4 9HA.	Every other Wednesday 2:00pm - 3:30pm	01905 724294 info@ageukwyvern.org
DEEP Group (Worcester)	Hickories Smokehouse, Cripplegate Park, Tybridge Street, Worcester, WR2 5BA.	2nd Monday of the Month 10:30am - 12:00pm	01905 724294 dementia-wellbeing-service@ageukwyvern.org

Age UK Wyvern Activities Information

Event/Activity	Where	When	Contact Details
Dementia Group Outings	Variety of venues across Worcestershire	4 th Wednesday of the Month Typically from 10:00am	01905 724294 dementia-wellbeing-service@ageukwyvern.org
Digital Café (Malvern)	Malvern Library, Graham Road, WR14 2HU	Every Thursday 10:00am - 12:00pm	01684 560666 art.shrimpton@ageukwyvern.org
Digital Café (Persnore)	Persnore Library, Church Street, WR10 1DT	Every Friday 10:00am - 12:00pm	01905 724294 art.shrimpton@ageukwyvern.org
Music Connect (Malvern)	Elgar Court, 35 St Andrews Rd, Malvern, WR14 3PT	Every other Friday 10:00am - 12:00pm	01684 560666 info@ageukwyvern.org

Age UK Wyvern Activities Information

Event/Activity	Where	When	Contact Details
Walk and Talk (Worcester)	Willow Barn, Manor Farm, Malvern Road, Worcester, WR2 4BS	Every Monday 10:15am onwards	01905 724294 info@ageukwyvern.org
Young Onset Dementia Social Group	Various leisure venues across Worcestershire	3 rd Wednesday of the Month Typically from 12:00pm	01905 724294 dementia-wellbeing-service@ageukwyvern.org

Worcestershire Activities Information

Event/Activity	Where	When	Contact Details
Avenbury Care Farm	Avenbury Care Farm, Rhea Farm, Bishops Frome, Worcestershire, WR6 5BQ	Weekdays 9:30am - 3:30pm	07393 148343
Belmont Book Club	The Belmont, John Comyn Drive, Worcester, WR3 7NS	Every Monday 2:00pm - 3:30pm	01905 677427
Belmont Games Afternoon	The Belmont, John Comyn Drive, Worcester, WR3 7NS	Every Friday 2:00p m - 3:30pm	01905 677427
Carers Support Afternoon Tea	Heathlands Residential Care Home, Persnore, WR10 1NG	Last Thursday of the Month 3:00pm - 4:30pm	Rebekah: 07483 431551
Community Coffee Morning	Breme Residential Care Home, Bromsgrove, B61 8EF	1 st Tuesday of the Month 10:30am - 12:00pm	Rebekah: 07483 431551

Worcestershire Activities Information

Event/Activity	Where	When	Contact Details
Conquest Art	Church Hall (rear entrance), Link United Reformed Church, Worcester Road, Malvern, WR14 1SS	2 nd & 4 th Thursday of the Month 2:15pm - 4:15pm	Janet Bingham: 01684 562188
Creative Parcels	Anytime to use at home. If you would like to order a parcel, they cost just £6 and the deadline for ordering is the 15 th of each month.		Sarah: 07894 715680
Dementia Support Group	Riverside Elim Church, Dog Lane, Bewdley, DY12 2EF	Every Tuesday (dog friendly) 10:30am - 12:00pm	01299 405535
Dementia Information & Support	The Belmont, John Comyn Drive, Worcester, WR3 7NS	Every month Contact us for next occurrences 6:30pm	01905 677427
Friendship Hub (Worcester Wheels)	-	Weekdays 10:00am - 2:00pm	01905 450654

Worcestershire Activities Information

Event/Activity	Where	When	Contact Details
Garage Art group	58 Bridge Street, Town Centre, Evesham, Worcestershire, WR11 4RY	Contact the team for session times	01386 442696
Singing for the Brain (Redditch)	Windmill Centre, Rye Grass Lane, Redditch, B97 5YE	Every Tuesday 10:30am - 12:00pm	01432 371137
Singing for the Brain (Kidderminster)	Trinity Methodist Church, Churchfields, Kidderminster, DY10 2JL	Every Tuesday 1:00pm - 2:30pm	01432 371137
Strong & Steady Exercise Classes	For the exercise class schedule and locations please contact Rachael. Open to 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 join a class.		Rachael Trickey: 07717 422188

Worcestershire Activities Information

Event/Activity	Where	When	Contact Details
Stepping Out Daytime Discos	Barker St, Worcester, WR3 8NP	Monthly afternoons including Saturdays	07814062277
Singing for the Brain (Redditch)	Windmill Centre, Rye Grass Lane, Redditch, B97 5YE	Every Tuesday 10:30am - 12:00pm	01432 371137
Singing for the Brain (Kidderminster)	Trinity Methodist Church, Churchfields, Kidderminster, DY10 2JL	Every Tuesday 1:00pm - 2:30pm	01432 371137
Singing for Wellbeing (Evesham)	Cavendish Park Care Home, Evesham, WR11 3DX	Every other Friday 10:45am - 12:30pm	Kim: 01386 210010

Worcestershire Activities Information

Event/Activity	Where	When	Contact Details
Strong & Steady Exercise Classes	For the exercise class schedule and locations please contact Rachael. Open to 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 join a class.		Rachael Trickey: 07717 422188
Wick Care Farm	Wick Grange Farm, Owletts Lane, Wick, Pershore, Worcestershire, WR10 3PB	Weekdays 10:00am - 3:00pm	07460 128098 info@wickcarefarm.co.uk

Worcestershire

Dementia Meeting Centres

Worcestershire Dementia Meeting Centres

Centre	Where	When	Contact Details
Droitwich	The Pavilion, King George Playing Fields, Briar Mill, Droitwich, WR9 0RZ	Every Wednesday 10:30am - 2:30pm £32 for the day £16 for half a day	KGMC_Bebkel25@outlook.com
Evesham & District	Church St Hub, 20 Church Street, Evesham, Worcestershire, WR11 1DS	Every Tuesday & Thursday 10:00am - 3:00pm £45 for the day	Sally Dance: 01386 429454 edmhss@btconnect.com
Malvern (Soup & Sing)	Church of Ascension, Somers Park Avenue, Malvern, WR14 1XA	Every Tuesday 12:30am - 2:30pm £5 per person	01684 252003 es@mlwc.church

Worcestershire

Dementia Day Care Centres

Worcestershire Dementia Day Care Centres

Centre	Where	When	Contact Details
Alcester Daycare	The Baptist Church Hall, Henley Street, Alcester, B49 5AJ	Mondays, Wednesdays and Thursdays £45 per day Includes light lunch and refreshments	01789 765971 (answerphone) 07841 699765 (day care) info@alcesterdaycare.org
Bromsgrove (VIP Day Centre)	Amphlett Hall, Crown Close, Bromsgrove, B61 8DW	Weekdays 9:00am - 5:00pm £10 per hour - £5 lunch + VAT (min 4 hrs per day)	01527 375015 bromsgrove@vipdaycentre.co.uk
Malvern Bathing Service (Friends of the Elderly)	Friends of the Elderly Malvern, Perrins House, Moorlands Road, Malvern, WR14 2TZ	Monday - Sunday 10:00am - 4:00pm Must be booked in advance	01684 562701

Worcestershire Dementia Day Care Centres

Centre	Where	When	Contact Details
Kidderminster (Friends of the Elderly)	The Fred Bennett Centre, George Street, Kidderminster, DY10 1PX	Weekdays (excl Bank Holidays) 9:30am - 3:30pm £83 per day (covers breakfast, lunch, afternoon tea and activities)	Jeanette: 01562 825490
Malvern (Friends of the Elderly)	The Lodge, 148 Graham Road, Malvern, WR14 2JW		01684 218281 DCMalvern@fote.org.uk
Pershore (Stonebow House)	Stonebow House Residential Care Home, Worcester Road, Pershore, WR10 2DY	Tuesday, Thursday and Friday Full or half days 10:00am - 5:00pm	01905 840245
Redditch (VIP Day Centre)	The Barn, Winyates Craft Centre, Winyates, Redditch, B98 0LA	Weekdays 9:00am - 5:00pm £10 per hour - £5 lunch + VAT (min 4 hrs per day)	01527 375014 redditch@vipdaycentre.co.uk

Worcestershire Dementia Day Care Centres

Centre	Where	When	Contact Details
Tenbury Wells (Kyrebrook Day Care Centre)	Unit B Clarkes Meadow, Tenbury Business Park, Bromyard Road, Tenbury Wells, WR15 8FA	Weekdays 9:00am - 3:00pm £39 per day - £6 lunch	Ria Baxter: 01584 318030
Wichenford (Nora Parsons Centre)	Nora Parsons Centre, Venn Ln, Wichenford, Worcester, WR6 6XY	Every Monday 9:30am - 3:00pm £10 per day Respite to families and friends, including coffee, tea, biscuits and a 2-course meal	07535 521556
Worcester (VIP Day Centre)	Unit 18, Lowesmoor Wharf, Worcester, WR1 2RS	Weekdays 9:00am - 5:00pm £10 per hour - £5 lunch + VAT (min 4 hrs per day)	01905 783 663 worcester@vipdaycentre.co.uk

Herefordshire Dementia Cafés

Herefordshire Dementia Café Information

Café	Where	When	Contact Details
Hereford (Memory Café)	St John's Methodist Church, Sy Owen's Street, Hereford, HR1 2PR	Every 4th Thursday of Month 10:30am - 12:00pm	Charlotte: 01432 804480 charlotte.banks@dementiamattershere.org.uk
Hereford (Open House Friendship Café)	Challenge Community Church, Belmont Road, Hereford, HR2 7JW.	Every Thursday 10:00am - 12:00pm Open to all, is dementia friendly	01432 277676
Hereford (The Swan's Café Muse)	A music café for armed forces veterans living with dementia The Courtyard, Hereford.	Every Wednesday 11:00am - 3:00pm	01789 267567
Hereford (Young Dementia Support Group)	The Garden Room at St Michael's Hospice, Bartestree, Hereford, HR1 4HA.	Last Thursday of the month 10:00am - 12:00pm (excluding December)	01432 852080

Herefordshire Dementia Café Information

Café	Where	When	Contact Details
Leominster	Grange Court, Pinsley Road, Leominster, HR6 8NL	4 th Tuesday of the Month 10:30am - 12:00pm	Charlotte: 01432 804480 charlotte.banks@dementiamattershere.org.uk
Leominster (Living Well Circle)	The Old Priory (behind the Priory Church) Leominster, Herefordshire, HR6 8EQ	Every Monday 1:00pm - 3:00pm	Charlotte: 01432 804480 charlotte.banks@dementiamattershere.org.uk
Leominster (Young Dementia Social Café)	The Old Priory (behind the Priory Church) Leominster, Herefordshire, HR6 8EQ	Every Monday 10:00am - 12:00pm	Charlotte: 01432 804480 charlotte.banks@dementiamattershere.org.uk
Ledbury	Ledbury Community Hall, Lawnside Rd, Ledbury, HR8 2AE	1 st Friday of the Month 10:30am - 12:00pm £2.50 per couple	Charlotte: 01432 804480 charlotte.banks@dementiamattershere.org.uk

Herefordshire Dementia Café Information

Café	Where	When	Contact Details
Peterchurch	Peterchurch Village Hall, Closure Pl, Peterchurch, Hereford, HR2 0RS	3 rd Friday of the Month 10:30am - 12:00pm £2.50 per couple	Charlotte: 01432 804480 charlotte.banks@dementiamattershere.org.uk
Ross-on-Wye (Memory Café)	Larruperz Centre, Grammar School Cl, Ross- on-Wye, HR9 7QD.	First Tuesday of the Month 11:30am - 1:30pm £5 per couple	Charlotte: 01432 804480 charlotte.banks@dementiamattershere.org.uk

Herefordshire

Events and Activities

Age UK Wyvern Activities Information

Event/Activity	Where	When	Contact Details
Connect Club (Bromyard)	Buttsfield House, New Road, Bromyard, HR7 4AD	Every Wednesday 10:00am - 12:00pm	0333 0066 299 contact@ageukwyvern.org
Connect Club (Bromyard)	Oaklands Cafe, 5 Broad Street, Bromyard, HR7 4BQ	2 nd Tuesday of the Month 12:00pm - 2:00pm	0333 0066 299 contact@ageukwyvern.org
Connect Club (Hereford)	Great Western Court, Cannonmoore Street, Hereford, HR4 9YA	Every Friday 10:00am - 12:00pm	0333 0066 299 contact@ageukwyvern.org
Connect Club (Leominster)	Norfolk House, Etnam Street, Leominster, HR6 8AQ	Every Tuesday 10:00am - 12:00pm & Every Thursday 12:00 - 2:30pm	0333 0066 299 contact@ageukwyvern.org

Age UK Wyvern Activities Information

Event/Activity	Where	When	Contact Details
Digital Café (Hereford)	Hereford Library, Town Hall, HR1 2PJ	Every Tuesday 2:00pm - 4:00pm	0333 0066 299 art.shrimpton@ageukwyvern.org
Digital Café (Ledbury)	Ledbury Library, The Master's House, HR8 1EA	Every Tuesday 12:00pm - 2:00pm	0333 0066 299 art.shrimpton@ageukwyvern.org
Digital Café (Ross-on-Wye)	Ross-on-Wye Library, HR9 7AN	Every Tuesday 10:00am - 12:00pm	0333 0066 299 art.shrimpton@ageukwyvern.org

Herefordshire Activities Information

Event/Activity	Where	When	Contact Details
Chapel Creatives CIC (Ross-on-Wye)	Baptist Church at 18 Crofts Lane, Ross-On-Wye, HR9 7AD	The service is currently between venues, so we are running a weekly Craft & Coffee morning Thursday from 10am to 12pm	Mary Deaville: 07828 007257
Crafts @ Challenge (Hereford)	Challenge Community Church, Belmont Road, Hereford, HR2 7JW	Every Thursday 1:00pm - 3:00pm	01432 277676
EveryBody Dance	Everybody Dance Offer a variety of movement based projects from cross- generational tea dances to walking in nature.		07870 429528
Haygrove Community Garden (Ross-on-Wye)	Old Gloucester Road, Ross-on-Wye, HR9 5PB	Tuesday - Friday There is a fee for this service.	07972 624378

Herefordshire Activities Information

Event/Activity	Where	When	Contact Details
Hereford Community Farm	Hereford Community Farm, Warham Court, Breinton, Hereford, HR4 7PF	Monday - Friday £40.00 a day Bring a packed lunch	Julie Milsom: 07971 423817
Herefordshire Growing Point	The Holme Lacy Campus, Holme Lacy, Hereford, HR2 6LL	Weekly, contact for full details. £3.00 per hour for the individual	07816 257983
Queenswood Wellbeing Forest Garden (Leomisnter)	Dinmore Hill, Leominster, HR6 0PY	Open Mondays 10:00am - 2:00pm Free and open to all	01432 630088
Singing for Health and Happiness (Hereford)	St Martins Church, Ross Road, Hereford, HR2 7RJ	2 nd & 4 th Friday of the Month 10:00am - 12:00pm £3.00 per session	Roger: 07974 834072

Herefordshire Activities Information

Event/Activity	Where	When	Contact Details
Singing for Health and Happiness (Tupsley)	United Reform Church, Hampton Dene Road, Hereford, HR1 1UJ	Fortnightly on a Friday 10:00am - 12:00pm £3.00 per session	Roger: 07974 834072
Singing for the Brain (Hereford)	Saxon Hall, Putson Community Centre, Hoarwithy Road, Hereford, HR2 6HE	Contact for full details 10.30am - 12:00pm Voluntary Donation: £2	01432 371 137 denise.wood@alzheimers.org.uk
Singing for the Brain (Ross-on-Wye)	Tudorville & District Community Centre, Walford Avenue, Ross-on-Wye, Herefordshire, HR9 5PZ	Contact for full details 2:00pm - 3:30pm Voluntary Donation: £2	01432 371 137 denise.wood@alzheimers.org.uk
Young Dementia Herefordshire Support Group	The Court Yard, Edgar Street, Hereford, Herefordshire, HR4 9JR	Last Thursday of the Month 10:30am onwards Please telephone to check.	07922 042434

Herefordshire

Dementia Meeting Centres

Herefordshire Dementia Meeting Centres

Centre	Where	When	Contact Details
Hereford Meeting Centre	Fred Bulmer Centre, Wall Street, Hereford, HR4 9HP	Every Monday 11:00am - 3:00pm	Charlotte: 01432 804480 charlotte.banks@dementiamattershere.org.uk
Leominster Meeting Centre	The Old Priory (behind the Priory Church) Leominster, Herefordshire, HR6 8EQ	Tuesday - Friday 10:00am - 3:00pm This is a chargeable service	Charlotte: 01432 804480 charlotte.banks@dementiamattershere.org.uk
Ross Meeting Centre	Tudorville and District Community Centre, Walford Avenue, Ross on Wye, HR9 5PZ	Every Thursday 11:00am - 3:00pm We provide a simple lunch £12.00 (for member and carer)	Charlotte: 01432 804480 charlotte.banks@dementiamattershere.org.uk

Herefordshire

Dementia Day Care Centres

Herefordshire Dementia Day Care Centres

Centre	Where	When	Contact Details
Orchard House Day Care (Hereford)	Orchard House, The Walk, Withington, Hereford, HR1 3PR	We have activity programmes to promote healthy minds and wellbeing and will adapt programmes based on feedback. £16.58 per day for Council commissioned £34.07 for self-funders	Margaret Young: 01432 850671
The Garden Room Daycare Service (Hereford)	The Garden Room, Gruneison Street, Hereford, HR4 0DZ	Half day 9:00am - 12:30pm £35 with lunch Full day 9:00am - 4:00pm £50 with lunch	01432 278435
Whitchurch House Day Care Service (Ross-on-Wye)	Whitchurch House Residential Home, Ross on Wye, HR9 6BZ	Day care/day ops for over 65s (includes dementia) £40 per day, lunch included	01600 890655

Herefordshire Dementia Day Care Centres

Centre	Where	When	Contact Details
Mortimer Care Day Care Centre	Mortimer Homecare Ltd, 5A Broad Street, Leominster, Herefordshire, HR6 8BT	Tuesdays, Wednesdays and Thursdays 9:45am - 3:00pm We welcome older people for a day of freedom and joy where they can engage in stimulating & varied daily activities. £45.00 per person and includes all food and refreshments. Transport costs and arrangements are to be met by the client.	Leigh-Anne Stanik: 01568 600526

Age UK Wyvern

Directory of Services

Age UK Wyvern

Directory of Services



Dementia Wellbeing Service - Age UK Wyvern

The Dementia Wellbeing Service brings together a number of services and activities which offer support, information and guidance. These include Dementia Cafés, 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.

Phone: [0333 038 3711](tel:0333 038 3711) Email: dementia-wellbeing-service@ageukwyvern.org

Help at Home - Age UK Wyvern

Our at home services are ideal for older people who are finding it difficult to complete day to day tasks and need a little helping hand at home. We offer flexible, competitively priced gardening and homeworking to work around your needs.

Phone: [01905 724294](tel:01905 724294) Email: helpathome@ageukwyvern.org

Age UK Wyvern

Directory of Services



Home from Hospital - Age UK Wyvern

Here to help you get back up onto your feet after a stay in hospital.

Practical support for a short time following a stay in hospital, supporting people to regain their confidence and independence. Including, greeting you at home, linking with support networks, food shopping, benefit checks, pendant alarms and blue badge applications.

Phone: [01905 724294](tel:01905724294) Email: hfh@ageukwyvern.org

Information & Advice - Age UK Wyvern

Expert advisors are trained on a number of topics so that we can best help support you and your needs.

Our aim is to provide you with the facts, so that you can make choices and decisions knowing that you have reliable information.

Phone: [01905 724294](tel:01905724294) Email: ianda@ageukwyvern.org

Age UK Wyvern

Directory of Services



Maintenance Cognitive Stimulation Therapy - Age UK Wyvern

Opportunities for people living with mild to moderate dementia to take part in meaningful and stimulating activities, which have been proven to help maintain memory and mental functioning.

Fun, supportive environment, where people can build new friendships (from quizzes to creative activities to interesting discussions)

Maintenance Cognitive Stimulation Therapy sessions are by prior arrangement only.

Phone: 0333 038 3711 Email: dementia-wellbeing-service@ageukwyvern.org

Befriending - Age UK Wyvern

Befriending provides companionship to lonely or isolated older people who best need it and help provide a crucial link to the outside world.

It is important that we provide encouragement and support for clients to participate in local activities and help them develop new relationships.

Phone: 01905 724294 Email: info@ageukwyvern.org

Worcestershire (non-Age UK)

Directory of Services

Worcestershire (non-Age UK)

Directory of Services

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 MPVs (Multi-Purpose Vehicles) are available and many can accommodate wheelchair users.

Phone: 0300 330 1399

Home Instead Companionship Service

Our Care professionals are trained with a specialist City and Guilds qualification, backed by a team trained up to degree and Masters level by the Dementia Studies department at the University of Worcester.

Our Care professionals can provide regular companionship at home or are all fully insured for their own cars to take clients out to appointments or social gatherings, theatre, etc. They do not wear uniform and we ensure continuity of companions to build up trust and, we hope, friendship.

Phone: 01905 420404 Website: homeinstead.co.uk/worcester

Lifeline Scheme

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.

Phone: 01527 534 060

Email: lifeline@bromsgroveandredditch.gov.uk

Worcestershire (non-Age UK)

Directory of Services

Shared Days

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](tel:01905937866) Email: gills@sharedays.co.uk

Community Housing Tech

Living with dementia and memory loss can be worrying and overwhelming but there are some simple devices that can help you or a loved one to live well with dementia.

Our life enhancing range of alarms and sensors can help with:

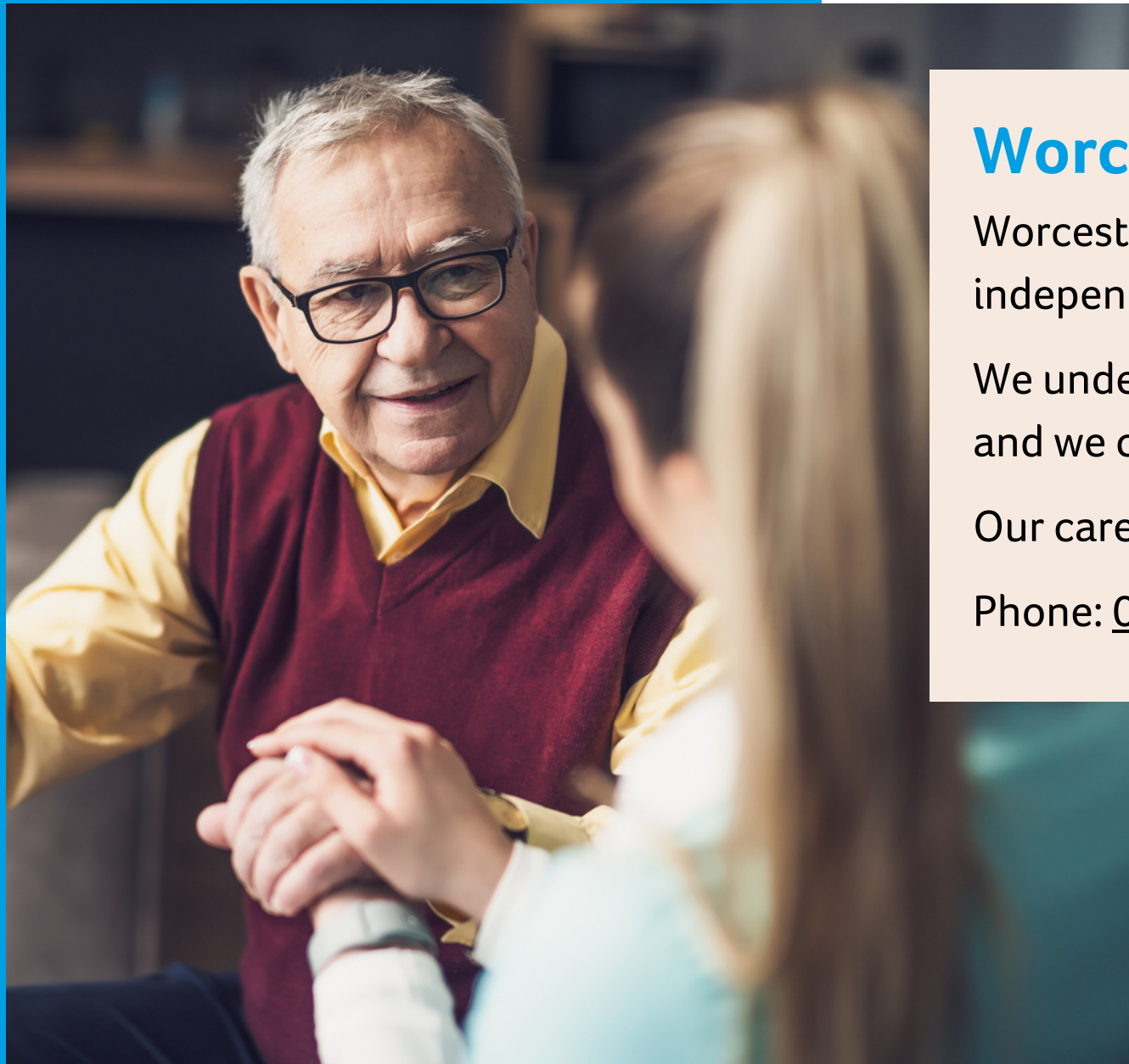
- Planning and carrying out tasks, including those with multiple steps
- Communication by improving speech and hearing
- Mobility and keeping safe inside and outside your home
- Keeping a sense of independence, confidence and the ability to carry on with the things you enjoy doing.

Phone: [0345 130 1469](tel:03451301469)

Email: tecs@communityhousing.co.uk

Worcestershire (non-Age UK)

Directory of Services



Worcestershire Association of Carers

Worcestershire Association of Carers is a registered charity founded in 1997 providing an independent source of information, advice and support for unpaid adult carers in Worcestershire.

We understand and value the role of unpaid carers and the contribution they make to community, and we complete statutory carers assessments on behalf of Worcestershire County Council.

Our carers helpline is open from 9:00am - 5:00pm Mon, Tue, Thu & Fri and 9:00am - 8:00pm Wed.

Phone: 0300 012 4272

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.

Phone: 01905 768 053 Email: socialcare@worcestershire.gov.uk

Worcestershire (non-Age UK)

Directory of Services



Worcestershire Admiral Nurse Service

The Admiral Nurse service is a collaboration between Herefordshire and Worcestershire Health and Care NHS Trust and Dementia UK.

Admiral Nurses are specialist dementia nurses. They provide life-changing support for families facing dementia, helping to prevent or manage complex issues. They can give tailored health advice, emotional support and can help build links with other health and care professionals. For many families, they can be a lifeline.

Admiral Nurse service appointments and visits provide an opportunity to seek specialist advice, support, and clinical guidance, in confidence. Admiral Nurses have the skills, knowledge, and experience to support families where there are complex needs.

Anyone can be referred to the Admiral Nursing Service provided that they are the family or unpaid carer of someone with a confirmed diagnosis of dementia who lives (and/or is registered with a GP practice) in Worcestershire.

Search online for 'Herefordshire and Worcestershire Admiral Nurses' to find out more or to complete a self-referral form. If you cannot complete the online form, please leave a message.

Phone: 0300 123 1734 Website: www.hacw.nhs.uk/services/service/admiral-nurses-31

Worcestershire (non-Age UK)

Directory of Services

Side by Side Buddying Service

Side by Side pairs fully trained and DBS (Disclosure and Barring Service) 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 focused on the customers own interests.

This is a free service, with the customer only paying their own costs. Suitability is based on an initial assessment with the service co-ordinator.

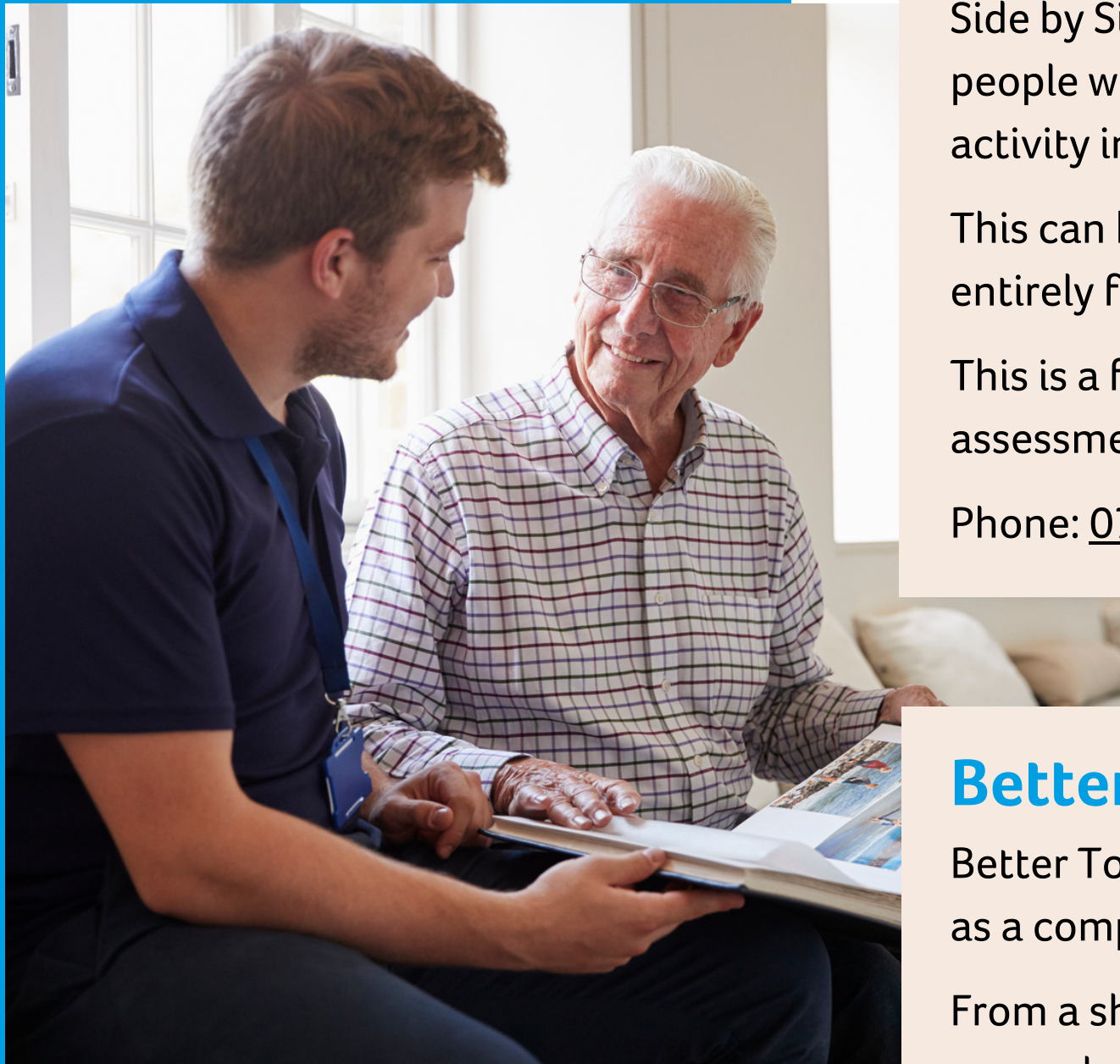
Phone: 07885 228 890 Email: janet.neate@alzheimers.org.uk

Better Together

Better Together can assist you, or a loved one, to regain confidence in everyday tasks. We are there as a companion and a support network.

From a shopping partner to a travel buddy, or just someone to help navigate the ever evolving world, we are here for you, no matter what your needs.

Phone: 07747030014 Email: enquiries@bettertogetherservices.co.uk



Worcestershire (non-Age UK) Directory of Services

Dementia Advice and Support

Experienced professional advice and personal support.

Susanna offers a [private service](#) and looks to assist and advise on various problems including: poor appetite and sleep, navigating the home, delusions and hallucinations, general confusion, communication difficulties and aggressive outbursts and boredom.

Susanna 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: the consultation fee for this service is £60.00 to which a mileage cost may be added - Susanna has no affiliation with Age UK Wyvern.

Phone: [07813 178 314](tel:07813178314) Email: susannahbirkett@gmail.com

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.

Website: www.hwfire.org.uk

Life Stories

A digital life story book, specially designed for ease of use and recording what is important to you. Create books, add photos and share with family or friends.

To access this software, go to: life-stories.hacw.nhs.uk/

Worcestershire (non-Age UK)

Directory of Services



Michelle's Creative Companionship

Michelle's Creative Companionship can provide tailored support with creative activities, daytime sitting, meal prep, medication prompting and trips out in the community.

My service is invaluable for those living with Dementia or as respite for carers. It aims to support the wellbeing of the person making a difference and enriching their lives.

This service is based on my experience caring for people, with 20+ years as a Registered Nurse before working as a Support Worker and Activities Coordinator.

Call or email to find out more for yourself or a loved one.

Phone: 07952 715 189 Email: michelle.c.companionship@gmail.com

Herefordshire (non-Age UK) **Directory of Services**

Herefordshire (non-Age UK)

Directory of Services



Herefordshire Admiral Nurse Service

The Admiral Nurse service is a collaboration between Herefordshire and Worcestershire Health and Care NHS Trust and Dementia UK.

Admiral Nurses are specialist dementia nurses. They provide life-changing support for families facing dementia, helping to prevent or manage complex issues. They can give tailored health advice, emotional support and can help build links with other health and care professionals. For many families, they can be a lifeline.

Admiral Nurse service appointments and visits provide an opportunity to seek specialist advice, support, and clinical guidance, in confidence. Admiral Nurses have the skills, knowledge, and experience to support families where there are complex needs.

The service is accessed via professional referral only at this time.

You can ask your dementia advisor or another professional within the Older Adult Mental Health Service to refer you to the Herefordshire Admiral Nurse Service.

Herefordshire (non-Age UK)

Directory of Services

Courtyard Top-Up Card

The Courtyard Top-up Card makes 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.

Phone: 01432 340 555 Email: robyn.barratt@courtyard.org.uk

Carer Links

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 663 057 Email: herefordshire@crossroadstogether.org.uk

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 240 235

Herefordshire (non-Age UK) Directory of Services

Creative Ageing at the Courtyard Hereford

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

Phone: 01432 340 555 Email: boxoffice@courtyard.org.uk

Dementia Advisor Service (Alzheimers 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 371 137 Email: herefordshire@alzheimers.org.uk

Herefordshire (non-Age UK) Directory of Services

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

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: www.talkcommunitydirectory.org

Dementia Matters Herefordshire

Dementia Matters 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 804 480](tel:01432804480) 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 822 477](tel:01597822477) Email: info@dmip.org.uk

Herefordshire & Worcestershire (non-Age UK) Directory of Services

Herefordshire & Worcestershire Directory of Services

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: www.herbertprotocol.com

H&W Health and Care NHS Trust

Early Intervention Dementia Services are for patients of any age and works towards providing a timely diagnosis of dementia.

Older Adult Community Mental Health Services

Older Adult Community Mental Health Services provided by Herefordshire and Worcestershire Health and Care NHS Trust, they offer a range of services to support older people living with dementia and their carers including:

1. Memory Assessment Service
2. Community Dementia Nurses
3. Care Home In-Reach Team
4. Older Adult Community Mental Health Team

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