






A SIMPLE GUIDE TO DEMENTIA SUPPORT SERVICES IN AND AROUND SALISBURY 2017

Safer and Supportive Salisbury Group

-  **There is lots of support available for people living with dementia in Salisbury – it can be confusing finding your way around so this simple listing is here to help**
-  **Salisbury is working hard to become a dementia friendly city and new services are becoming available all the time – staying in touch with support group will help you know what is on offer**
-  **Things change all the time – it is always worth checking beforehand with the people organising activities about dates and times**

The front cover photo shows Laverstock Memory Group members enjoying a day looking at the archives in Salisbury Cathedral Library. Photo credit Ashley Ramsden

**We have listed the services available now
under the following headings**

ADVICE AND INFORMATION

THINGS TO DO

COMING SOON....

HELP FOR CARERS

PLANNING AHEAD

SPEAKING OUT ABOUT YOUR NEEDS

OTHER PLACES TO GO FOR HELP

***This booklet was sponsored by a private donor and edited
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Salisbury Group. Contact her on 01722 326261 or
anneinbemerton@gmail.com with
amendments or suggestions.***

ADVICE AND INFORMATION

The NHS If you are worried about memory problems (your own or someone in the family) start off with your GP who will refer you for specialist help if that is what is needed.

Alzheimer's Support is contracted to provide support services to people with dementia and their carers in Wiltshire. Their team of Dementia



Advisers work across the County - David Burton and Steve Slater cover the Salisbury

area. They are specialists in understanding the needs of people living with dementia and have a great deal of knowledge about local services. Steve or David will visit you in your own home to talk through your needs and work with you to create a Support Plan and stay in touch at least every six months. **Tel 01225 776481.**

Alzheimer's Society have a National helpline 0300 222 1122, e mail wiltshire@alzheimers.org.uk or website www.alzheimers.org.uk. Local offices 29a Brown Street Salisbury, Tel 01722 3262326.



Dementia Friends Alzheimer's Society's Dementia Friends

programme is the biggest ever UK initiative to change people's perceptions of dementia aiming to transform the way we think, act and talk about the condition. www.dementiafriends.org.uk

Age UK Wiltshire provides advice and information on all sorts of issues that affect older people generally. Local offices at New Street Chambers, 15 New Street, Salisbury SP1 2P Tel 01722 335425

Laverstock Memory Support Group A discussion group for people living with dementia meeting on Wednesday mornings in Laverstock. At the same time but separately family carers and friends meet to share their experiences. Contact: Elizabeth Bartlett on 07812 381463 or elizabethbartlett@ntlworld.com for more details.

THINGS TO DO

Alzheimers Support one to one Support at Home

This service matches trained, paid support workers with people living with dementia for high quality companionship and outings in the community. The service has just been nominated for a national award. Call **01225 776481** to find out more or email office@alzheimerswiltshire.org

Foresters Day Opportunities Service provide a full day (9 am to 4 pm), half day or hours by arrangement day care for people with dementia from Monday to Thursday at Alzheimers Society 29a Brown Street Salisbury. Tel **01722 326236**, email Salisbury@alzheimers.org.uk

Feel better with a Book: a reading group for people living with dementia and their carers in the Library, first, second and fourth Thursdays 11.00 to 12.30. Fun, and good for the memory.

Café Connect Memory Cafe: Alzheimer's Support runs this informal, friendly meeting on the fourth Thursdays of each month in St George's Hall Harnham, when there is no music session, 10.30am to 12 noon.



Side by Side helps people with dementia keep doing the things they love and get out and about supported by a trained volunteer. It can help people with dementia, who sometimes feel isolated or find it difficult to leave their homes, to continue to feel part of their local community.

People with dementia are matched with likeminded people with similar interests. Together they can explore the local area and take part in activities they'd both enjoy. It is available seven days a week. Volunteers are criminal records checked. To find out more contact Diane Jenkins, Side By Side Coordinator on **01722 326236** or email: sidebysidewiltshire@alzheimers.org.uk

Music for the Mind: singing together in a group is



therapeutic and
hugely enjoyable
for people living
with dementia and
their family carers.
Alzheimers
Support run a
group in Harnham

at St George's Hall on the first, second and third
Thursday of each month, from 10.30 am to 12
noon. Phone Kate Western on **01225 776481** or
book online at www.alzheimerswiltshire.org.uk

*Photo credit: Rosalind Conlon leading Movement for the Mind
group for Alzheimer's Support: photograph by Grant Newton
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Tai Chi sessions for people living with dementia
and their carers at Salisbury Medical Practice,
Friday mornings 10.30 to 11.30 Contact Katy
Gillingham on **0172 333034** to book.

Memory Café at Salisbury Medical Practice,
Fisherton House, Wilton Road on the 4th
Wednesday of every month 1.30-3 pm

Mind the Gap

Are you feeling imaginative, dramatic and ready for some creative play? *Mind the Gap* is a lively, social group for ages 55+ that meets in the Community Room at Salisbury Playhouse from 10.30 to 11.30 every Friday morning in term times for workshops in a variety of arts and devise performances for the local community. For a free taster session or to book a place please contact 01722 320 333

Care homes sometimes provide day care - Willowcroft and Bemerton Lodge are homes that do so locally.

COMING SOON...

Celebrating Age Wiltshire will present a series of daytime concerts and creative arts events in the centre of Salisbury each month in 2018 with the theme *This Place: living in Salisbury*. Watch out for the flyers. Contact Rebecca Seymour by email Rebecca.seymour@wiltshiremusic.org.uk or phone 07955 249288

DANCE SIX-O specialist dance for dementia classes led by Rosalind Conlon. Contact vickythornton.creativeproducer@gmail.com

Coffee mornings A new group from Alzheimer's Support meeting fortnightly in the community room in Tesco's Southampton Road. Phone Amanda Smith on **07702 911777** for more details.

Circle dancing: Creative projects in the community for people with dementia. Sessions usually include refreshments and an opportunity to socialise with others. For details contact Olivia livmclennan@yahoo.com, Tel **07446 902118, 01722 741025**

HELP FOR CARERS

Carers Support Wiltshire is a local charity supporting unpaid carers in Wiltshire. If you look after someone with dementia we can help you access local services, support groups, education and training and breaks from your caring role. To find out more please contact us **Tel 0800 181 4118 (01380 871690 from a mobile)** www.carersinwiltshire.co.uk. Or email admin@carersinwiltshire.co.uk

Carers Support Groups provided by Alzheimers Society Contact them at 29a Brown Street Salisbury **Tel 01722 326236** e-mail Salisbury@alzheimers.org.uk

Carers cafe at Salisbury District Hospital available for all carers, Thursday afternoons from 2.30 to 4pm in Springs Restaurant. SDH is introducing a new project called John's Campaign which allows a carer to be with the person they care for outside normal visiting hours.

Carers Café at Salisbury Medical Practice,
Fisherton House, Wilton Road, 10.30-11.30am 1st
Tuesday of every month

Monthly Carers' Group is a new group run in partnership between Alzheimer's Support and Gracewell Healthcare's Care Home Salisbury, meeting at Gracewell (opposite Salisbury Medical Practice in Wilton Road) on the third Wednesday of each month. While carers are meeting, their relatives with dementia are invited to join Gracewell's Teapot Club for supported reminiscence and conversation.

NHS Prescription Did you know that carers may be eligible for a payment of £50, on prescription from your doctor, to be used however you wish?

GETTING A BREAK Almost all local care homes offer a service providing short term stays so a carer can get away for a break. A list of those homes can be found on the Your Care Your Support website or from Alzheimers Support.

PLANNING AHEAD

There may be many issues you need to think about in planning for the future, including financial matters. What are the costs of care, do you need to set up an enduring power of attorney or a trust, do you have a will? All the advice services listed above can offer help.

You may also find it really helpful to talk to others about things that have worked for them: the Carers Cafes are a very good way of meeting other people and sharing experience.

Swan Advocacy Living Well project helps people living with dementia to get their wishes down on paper. It helps you to record both your past and your hopes and preferences for the future in a Living Well Plan. You can fill in a template in your own time, available from the SWAN Advocacy website or a trained volunteer can support you to complete the plan. Contact Tel : 03333 44 7928. Email: livingwell@swanadvocacy.org.uk

SPEAKING OUT ABOUT YOUR NEEDS

Healthwatch is an independent organisation helping to ensure quality in health and social care services now and in the future. Tel 01225 434218
E mail info@healthwatchwiltshire.co.uk Website healthwatchwiltshire.co.uk

Laverstock Memory Support Group DEEP Project



is a special project led by people with dementia who visit local facilities and services to see how

dementia friendly they really are. Contact for more details: Elizabeth Bartlett or email elizabethbartlett@ntlworld.com

Wiltshire Service Users' Network supports people to improve and influence services, raise issues, promote good practice, influence our communities. Tel 01380 871800, www.wsun.co.uk
e mail info.wsun@btconnect.com

OTHER SERVICES THAT CAN HELP

Safe and Well Home checks : a totally free service offered by Dorset & Wiltshire Fire and Rescue Service. To request a free Safe and Well visit call **0800 038 2323**

Your Care Your Support: a Wiltshire Healthwatch website aiming to list all care services, including care homes and home care ; searchable by local area. These include providers of care homes and home care. www.yourcareyoursupportwiltshire.org.uk



Safe Places: some local businesses and organisations provide support to anyone in distress when out and about in the community. There are about 25 Safe Places in Salisbury City Centre, identified with this sticker on the door.

WILTSHIRE ALERT / ICE CARD
I need your help.
My details are on the reverse.
Thank you for supporting and
helping me.

Wiltshire ICE cards: a simple credit card size card to carry showing who to contact In Case of Emergency.

Available in libraries, doctor's surgeries etc

Salisbury Dementia Action Alliance

launched in July 2017 aiming to

- Be a bridge between those living with dementia and carers in Salisbury;
- Publicise support available in the Salisbury area for those living with dementia and their carers;
- Organise dementia awareness sessions working in partnership with the Alzheimer's Society and other partners;
- Encourage businesses, social organisations and others to become Dementia Friendly;
- Raise awareness of issues relating to dementia and to those caring for people living with dementia.

Contact karen.linaker@wiltshire.gov.uk

01722 434697/07917 751 728