

LEICESTER CITY & LEICESTERSHIRE



LOCAL SERVICES GUIDE

This guide provides information about Alzheimer's Society's range of Services for people affected by dementia across Leicester City, Leicestershire & Hospitals.



CONTACT THE DEMENTIA SUPPORT SERVICE:



0116 2316921



Leicestershireandrutland@alzheimers.org.uk

Dementia Support service for Leicester city, county and hospitals.

Our dementia support workers offer information and practical guidance to help people across Leicester City and Leicestershire to understand dementia, cope with everyday challenges and prepare for the future.

Going into hospital? We also provide a wide range of quality information for people with dementia, carers, family, friends and health professionals before, during and after a stay in one of Leicester's hospitals.

All support is currently provided over the phone, online or in writing. Soon we will be able to resume face to face visits, and a range of groups in the community.

Our Dementia Support Service, Advocacy service, memory cafes and Carers' Information & Support Programmes (CrISP) are funded by Leicester City Council, Leicestershire County Council and the City, East and West Clinical Commissioning Groups (CCGs).

The support we can provide you is part of the dementia pathway in Leicester City and Leicestershire. You can contact us as you require throughout the dementia journey to explore and review your support options. **Please do not hesitate to contact us on 0116 2316921.**

Advocacy – Leicester City

Provides an "issue based" response in order to empower people and maximize their independence. The advocacy service supports people to understand their rights and express their views. Advocates help to empower people to make informed choices and decisions.

Service is for people with dementia, their carers and families.

Contact us: 0116 2316921

Summary of information you can request from the Dementia Support Service:

We can provide you with information on a variety of topics as you require:

Planning ahead

Decisions about health and finance, for example Lasting Power of Attorney.

Keeping safe and well

Emergency planning, smoke alarms, crime reduction.

Benefits check / money advice

- Disability benefits, such as Attendance Allowance / Personal Independence Payment.
- Means tested benefits such as Pension Credit, Employment Support Allowance, Carer's Allowance.
- Help with debt, health costs, energy costs.
- Council tax reductions with regards to disability or dementia.

Join dementia research

Options to become involved in research.

Health and Social Care professionals and local services that can help you

Adult Social Care, community mental health teams, occupational therapists, speech and language therapists, continence services, podiatry, dieticians, physiotherapy, advocacy, local and voluntary sector services, etc.

Support / services you may wish to access

- Aids / adaptations such as grab rails, bath hoists, etc.
- Assistive technology for example calendar clocks, lifelines, safer walking technology, medication reminders, etc.
- Help with personal care, meals, shopping, cleaning.
- Day care, companionship, respite, permanent care.
- Transport, Blue Badge, RADAR keys

Carer support

- Emotional support, Carers' assessments, Carers' rights

OUR GROUP SERVICES

Locally we offer a variety of groups for people living with dementia and their carers. Due to social distancing measures we are offering our group services virtually, through Zoom. Please see information below for details of what these groups provide and **contact the dementia support service on 0116 2316921 for further information on how to join us on Zoom.**



Virtual Memory Cafes

Dementia Cafés provide information about living with dementia and other services available locally in an informal and comfortable environment. They are also a place to relax, socialise and meet other people with dementia and their carers.

Memory Café	First Monday of every month	2.45 – 4.15pm
Early onset Memory Café	Second Monday of every month	2.45 – 4.15pm
Memory Café	Third Friday of every month	1.15 – 2.30pm
Asian Memory Café	Fourth Monday of every month	1.15 – 2.30pm



Virtual Singing for the Brain ®

Singing for the Brain brings people together in a friendly, fun and social environment. Based around the principles of music therapy, the stimulating sessions include vocal warm-ups and singing a variety of familiar and new songs.

Contact: Kyle Newman, Singing for the Brain Leader.

Tel: 07736841558

Email: singinglady98@gmail.com

First Wednesday of every month	1.00 – 2.30pm
Third Wednesday of every month	1.45 – 3.15pm

Carer Information & Support Programme (CrISP)



The Carer Information and Support Programme is a series of workshops for people caring for a family member or friend with dementia. It provides an opportunity for you to talk in a friendly and confidential environment about your experiences and the impact they are having on you.

Zoom on Tuesdays 3.00 - 4.30pm and Wednesdays 11.15 12.45pm

'Worried about your memory' Information sessions



- Are you worried about your memory or someone else's memory?
- Are you waiting to be seen by the memory clinic?

Join a short session providing you with information and guidance.

Contact the Dementia Support Team on 0116 2316921 to book your place.

'Post dementia diagnosis' Information sessions



- Have you or a loved one recently been diagnosed with dementia?

Join a short session providing you with information and guidance.

Contact the Dementia Support Team on 0116 2316921 to book your place.

Volunteering in Leicester, Leicestershire & Rutland

Are you interested in spending time helping people with dementia and their carers? Perhaps you would like to offer your help with fundraising and events?

If your answer to any of these is yes then please come and join us. Contact us today at: Volunteers@alzheimers.org.uk

Focus on Dementia Network



We want your help

People with dementia, carers, friends and family of people with dementia. Share your experiences to help improve the lives of people affected by dementia.

Alzheimer's Society is the UK's leading dementia charity. Help shape our work by sharing your experiences to enable us to deliver excellent services for people affected by dementia. We want to hear from people of all backgrounds as every voice matters.

There are many opportunities to get involved.

Examples include:

- Help us develop information materials
- Take part in recruiting and training our staff and volunteers
- Tell us how we can improve our services What do you get out of it?
- Increase your confidence and gain a feeling of purpose
- Meet new people and learn new skills
- Help other people affected by dementia

**For more information visit alzheimers.org.uk/yoursay or
Contact the Dementia Support Service on 0116 2316921.**

OUR NATIONAL SERVICES

The Dementia Support Service in Leicestershire operates between 8.30am-5.00pm, Monday to Friday.

If you live outside of Leicestershire, do not have a GP in Leicestershire, or wish to speak to an advisor out of these hours, the Dementia Connect Telephone Hub is here for you:

Dementia Connect Telephone Hub

Our dementia advisers are available on the phone to give you the support you need.

Call us for support on [0333 150 3456](tel:03331503456).

<https://www.alzheimers.org.uk/dementiaconnect>

Support line opening hours

Monday – Wednesday 9:00am – 8:00pm

Thursday – Friday: 9:00am – 5:00pm

Saturday – Sunday: 10:00am – 4:00pm

We also offer online support through:

- **Talking Point –**

Our online community is a place where you can ask questions, share experiences and get information and practical tips on living with dementia. It's free to use, open 24 hours a day and all you need is an internet connection.

- **Dementia Connect our online Directory –**

Our comprehensive directory allows you to find advice and information about our support services.

Simply enter your post code or location to find support near you.

- **Information and Support –**

Our wide range of publications and information online will help you to understand dementia and plan for the future. We'll help you to live well with dementia by providing the right information, which is focused on practical advice and support at the right time.

Contact us at: [alzheimers.org.uk/get support](https://www.alzheimers.org.uk/get-support)



Changing the way the nation thinks talks and acts about dementia

What is a Dementia Friend?

A Dementia Friend learns a little bit more about what it is like to live with dementia during a Dementia Friends Information Session and then turns that understanding into action.

For further information about a session near to you:

Tel: 0116 231 6921

www.dementiafriends.org.uk

Alzheimer's Society
4 Oak Spinney Park
Ratby Lane
Leicester
Leicestershire
LE3 3AW

Tel: 0116 231 6921

Email: leicestershireandrutland@alzheimers.org.uk

www.alzheimers.org.uk

Updated 12 October 2020

Our services are funded for you by

