

Information and support for people living with dementia in Broadland



Admiral Nurse Direct (Dementia UK)

Helpline offers practical advice and information for anyone affected by dementia.

Contact: **0800 888 6678**, www.dementiauk.org

Aylsham Care Trust

Provide various dementia support services, including CST sessions, an outreach support service, carers groups, training for carers, drop-in groups, and luncheon clubs.

Contact: **01263 733385**, sarah@aylshamcaretrust.com, www/aylshamcaretrust.co.uk/dementia-care-group

Alzheimer's Society

Alzheimer's Society supports people with dementia, their carers and families and provides information, advice and advocacy across Norfolk. Alzheimer's Society also runs a variety of support groups, dementia cafés and carer training courses.

Contact: **Norfolk office - 01603 763 556**, norfolk@alzheimers.org.uk, www.alzheimers.org.uk

Age UK Norfolk

Offer general advice about staying well, advice about driving in later life, welfare, benefits and money matters. They also run local dementia cafes in some areas and offer home support and care to older people.

Contact: **Norfolk office - 01603 787 111**, info@ageuknorfolk.org.uk , www.ageuk.org.uk/norfolk

Be Ready For It!

This website encourages people in Norfolk and Suffolk to talk openly about death and dying. It will give you details about some of the ways you can plan ahead and make choices about your palliative and end of life care.

www.bereadyforit.org.uk

British Red Cross

- Equipment Loans
- Older People's Outreach support service
- Home from Hospital (Settling in service)

Contact: **01603 426361**, <http://www.redcross.org.uk/Where-we-work/In-the-UK/Southern-England/Cambridgeshire-Norfolk-and-Suffolk>

Broadland District Council

Contact: **01603 431133**, reception@broadland.gov.uk, www.broadland.gov.uk

- **Handyperson+ Service in Broadland** - this service can help anyone over 65 with small household repairs and minor adaptions – as well as identifying other measures which could help make your home a safer, secure place. The service is charged at an hourly rate of £15 (or may be free to those on means tested benefits).

Contact: **01603 430518**, handy@broadland.gov.uk.

Cinema City Norwich

Dementia-Friendly Screening: Open to all, these new screenings aim to provide a fun, safe and inclusive experience for people living with dementia, as well as their families and carers; each showing is specially enhanced to suit their needs: the lights are left on low, no adverts or trailers are played and the audience is allowed to move around and sing along to any musical numbers they like. Complimentary tea, coffee and biscuits will be on offer before the screening and there is a 20-minute interval halfway through the film.

<https://picturehouseblog.co.uk/2016/10/18/dementia-friendly-screenings/>

Dementia Connect (Alzheimer's Society)

A dementia services directory for anyone affected by dementia in England, Wales and Northern Ireland. With over 4,000 listings of local information, support and services, it's the most comprehensive and easy-to-use online directory of its kind. Enter your postcode or place name to find voluntary, statutory and private services nearest and most relevant to you. Each listing includes a map and clear, essential information about that service.

<https://www.alzheimers.org.uk/local-information/dementia-connect>

Dementia Cafes and Support Groups

- **Acle – Dementia Café**, meet 3rd Thursday of the month, 1.30pm - 3.30pm, Acle Methodist Church Hall, Bridewell Lane, Acle NR13 3RA. Run by the Alzheimer's Society.
Contact: **01603 763556** norfolk@alzheimers.org.uk.
- **Aylsham – Aylsham Care Trust**, offer a variety of groups including a 'coffee and chat' style group and a Carers Support Group, Aylsham Care Trust (ACT), St Michael's Avenue, NR11 6YA.
Contact: Sarah Purdy at Aylsham Care Trust **01263 733385** sarah@aylshamcaretrust.com
- **Aylsham - Singing Together**, meet second Friday of the month, 2pm – 3:30pm, Green Lane View, St Michael's Avenue, Aylsham, NR11 6YA. This is a new group which started in October 2015. It's mission is to improve the well-being of carers. We have several trained volunteers and our support varies according to need. The group provides peer support and networking to carers and their cared for.
Contact: Norfolk Carers Support **01603 219924**.
- **Aylsham – The Sycamore Tree**, meet every other Monday (excluding bank holidays), 10.30am – 1.45pm, Jubilee Family Centre. Run by volunteers from Aylsham Community Church. Lunch included, a donation of £2.50 per person is suggested.
Contact: Jubilee Family Centre Office **01263 734801** info@jubileefamilycentre.org.
- **Brundall – Forget-me-not Dementia Café**, meet Tuesday 2pm - 4pm and Thursday 10am - 12pm, The Hub, St Laurence Church, Church Lane, Brundall NR13 5NA.
Contact: Revd Peter Leech **01603 715136** peter.leech@live.co.uk.
- **Heartsease – “Care n Share”**, meet first Wednesday of every month 10am – 12noon, Heartsease Lane Methodist Church, Heartsease Lane, Norwich NR7 9NR. A relaxed informal meeting providing support for people with memory difficulties and their carers.
Contact: Norfolk Carers Support **01603 219924**.

- **Hellesdon – Dementia Café**, meet 3rd Monday of the month, 10.30am - 12.30pm, Hellesdon Community Centre, Wood View Road, Hellesdon NR6 5QB. Run by the Alzheimer's Society. Contact: **01603 763556** norfolk@alzheimers.org.uk.
- **Reepham – Dementia Group**, meet 2nd Monday of the month 12-2pm (excluding bank holidays) at Kerri's Farmhouse Pine Café, The Old Railway Station, Station Road, Reepham NR10 4LJ. Contact: **01603 873355** clerk@reephamtowncouncil.org.uk
- **Sprowston – Community Dementia Café**, meet 3rd Thursday of the month 10am – 12 noon, Diamond Centre, School Lane, Sprowston NR7 8TR. Contact: **01603 430142**, growyourcommunity@broadland.gov.uk.

Dementia Friendly Norfolk

A website offering information, answers, reassurance and access to help_locally, plus a search of dementia-friendly places where people can visit, go out for meals, or meet up safely.

Contact: www.dementiafriendlynorfolk.com

Hospices

Offer support for people with life limiting illnesses including dementia. Hospices serving Broadland are:

- Priscilla Bacon Lodge (Norwich). Contact: 01603 255720
- St Elizabeths Hospice (Ditchingham). Contact: 01473 727776
- St Nicholas Hospice (Bury St Edmunds). Contact: 01284 766133

Independence Matters

A not-for-profit company that offers a range of services for people and carers, such as personal assistance in the home and out and about, supported living ranging from light touch to 24-hour help, respite breaks and day centres.

Contact: **0300 790 0508**, contactus@independencematters.org.uk, www.independencematters.org.uk

N-ABLE – Norfolk Community Alarms and Telecare equipment

Contact through Norfolk County Council: **0344 800 8020**

National Dementia Helpline (Alzheimer's Society)

A helpline that provides information, support, guidance and signposting to other appropriate organisations.

Contact: **0300 222 1122**

Norfolk Carers

A Norfolk County Council and NHS funded Carers Support Service for Norfolk (formerly called Carers Agency Partnership) that supports unpaid carers in Norfolk. Their partners include Age UK Norfolk, Norfolk Carers Support, and Norwich and Central Norfolk MIND.

They can offer a range of services to support you with the practical and emotional aspects of caring. They offer a Carers Handbook, Advice Line and Information Hub about services for all carers.

Contact: **Carers Advice Line 0808 808 9876 (Open 9am - 5pm Monday - Friday, 10am - 2pm Saturday)**, <http://norfolkcarers.org.uk/>

Norfolk Carers Support

A charity which provide specialist support to unpaid Carers in Norfolk. Provide information and advice, support services for young carers, young adult carers and adult carers, and small grants to carers groups.

Contact: **01603 219924**, admin@norfolkcarerssupport.org, www.norfolkcarerssupport.org

Norfolk and Suffolk Dementia Alliance

Online resources and training.

Contact: www.dementia-alliance.com

Norfolk Community Transport Association

Information about community transport schemes and services available in the area where you live.

Contact: **07415 789554**, membership@ncta.org.uk, www.ncta.org.uk

Norfolk County Council

Information on all County Council services including social care and support.

Contact: **0344 800 8020**, information@norfolk.gov.uk, www.norfolk.gov.uk

- **Norfolk Library Service**

Contact: libraries@norfolk.gov.uk, www.norfolk.gov.uk/libraries

- **Reading Well Books on Prescription for Dementia** – This scheme recommends books you might find useful if you have dementia, are caring for someone with dementia, or want to find out more about the condition. The books include information and advice, help after diagnosis, practical support for carers and personal stories. All titles on the Dementia booklist can be reserved free of charge from any Norfolk library and borrowed for up to 6 weeks.
- **Home Library Service** - a free home delivery service to anyone living in Norfolk who is unable to use a branch or mobile library, either temporarily or on a permanent basis, as well as carers whose caring responsibility prevents them from using the library.
- **Reminiscence kits** are also available to borrow from the library. The kits are designed for working with individuals at various stages of memory loss and those with communication difficulties.
- **Shared Reading** - Read Aloud groups which meet regularly and where members can choose to read and are invited to give personal responses. Sessions help people to share a love of reading and demonstrate the wellbeing benefits of reading together. The sessions are highly inclusive and in a safe environment.

- **Norfolk Directory** - a useful online directory that can be used to find a range of clubs, groups and services in Norfolk. The search results can be narrowed to just list those organisations within 1, 5 or 10 miles of your postcode or widened to include the whole of Norfolk. There is also the facility to refine by age range, day of week, time of day, accreditation.

Contact: www.norfolk.gov.uk/directory

- **Norfolk Trusted Trader** - a directory of businesses checked by Trading Standards and supported by customer references. Trusted Traders provide a wide range of services, including home maintenance and improvement, car servicing and repairs, and personal care

services. The scheme helps consumers in Norfolk to make informed choices, and older and vulnerable people throughout Norfolk to remain safe and independent in their own homes. Norfolk Trusted Trader is operated by Norfolk County Council Trading Standards Service in partnership with Referenceline.

Contact: trustedtrader@norfolk.gov.uk, www.norfolk.gov.uk/trustedtrader.

The Mabel Rose Day Centre

A unique day service for people living with dementia, located close to the pretty village of Little Plumstead. They offer an abundance of meaningful activities and therapies within their large activity centre. A family run business with over 20 years experience in caring for adults with dementia.

Contact: **01603 722756**, mail@norfolkdaycare.co.uk, www.norfolkdaycare.co.uk