



## Learning to Care: Dementia Further Resources



### -Alzheimer's Society

- *Contact: southwarkandlambeth@alzheimers.org.uk / 020 7735 5850*
- Dementia Advisors offer 1-2-1 information about all aspects of living with dementia and support to access services. They can meet with the person diagnosed with dementia and/or their family/friends/carers together or separately. Support can be accessed via a referral from a memory clinic/GP or self-referral.
- Daffodil Activity Group is an informal meet up on Tuesdays 11am-1pm in Nunhead (SE15 3QQ) for people with dementia and their family/friends/carers with a focus on socialising with the group.
- Alzheimers.org.uk has lots of information about types of dementia, symptoms, diagnosis and treatments. There is also advice on getting support and maintaining an active and independent lifestyle. Printed literature can be given upon request.
- Alzheimer's Society have recently produced a new free guide to help carers understand dementia and how to support someone living with the condition, as well as how to look after themselves. Email [learningtocare@bellhouse.co.uk](mailto:learningtocare@bellhouse.co.uk) to be sent an electronic link or for details on how to order the guide.

### -Age UK Lewisham & Southwark (Other boroughs offer similar services; search your postcode online at [ageuk.org.uk](http://ageuk.org.uk))

- Safe and Independent Living (S.A.I.L) project: S.A.I.L questionnaires allow AgeUK to connect elderly residents of the boroughs to a wide range of local services at once, including financial support, linking to social groups, and help with transport and home safety. *Contact the team on 020 7358 4077 / [sail@ageuklands.org.uk](mailto:sail@ageuklands.org.uk)*
- Stones End Day Centre in Elephant and Castle is an accessible day centre for vulnerable older people in Southwark, providing lunch, activities and transport. It costs £40 per day, which can be self-funded or accessed via Social Services personal budgets. Stones End is the only day centre in the UK with 'PARO', a therapeutic robotic baby seal which often has a calming effect on those living with dementia as it elicits an emotional caring response. *Contact Brenda Wade on 020 7358 4052 / [Brenda.wade@ageuklands.org.uk](mailto:Brenda.wade@ageuklands.org.uk)*

### -St Christopher's – Coach4Care

- *Contact Anna (a.warhurst@stchristophers.org.uk) 07718250363*
- Coach4Care is an initiative that has been set up to train ex-carers to become coaches for current carers who are looking after someone with a life limiting and/or progressive illness, including dementia. They are currently looking for more people who are interested in becoming coaches, as well as carers who would like to receive coaching.

### -National Institute for Clinical Excellence (NICE)

- NICE have created a short leaflet on what support people can expect to receive after a dementia diagnosis. Email [learningtocare@bellhouse.co.uk](mailto:learningtocare@bellhouse.co.uk) to be sent the leaflet.

## Carer's Hub Lambeth

- Contact Ellen ([connect@carershub.org.uk](mailto:connect@carershub.org.uk)) 020 7501 8970
- Carer's Hub Lambeth offers 1-2-1 support and signposting for people caring for someone with dementia (as well as other groups of carers). Either the carer or the person being cared for must live in Lambeth or be registered with a GP in the borough.
- Dementia Carer's Peer Support Group: in collaboration with Alzheimer's Society Lambeth, this group has been set up as a safe space for dementia carers to learn from each other, swap tips, share stories and meet others facing similar issues. Group facilitators collaborate with the group to decide on themes and topics to explore. The group meets on the third Wednesday of every month 1-3pm at 336 Brixton Road.

## -Link Age Southwark

- Contact: [info@linkagesouthwark.org](mailto:info@linkagesouthwark.org) / 020 8299 2623
- Befriending is a great way to combat social isolation and loneliness in older people, with Link Age Southwark matching volunteers and older people for a weekly visit. This service is available and free of charge to residents of Southwark aged 60+ or residents of any age with dementia. Befriending can be offered to those living independently with mild-moderate dementia.
- Dementia specific services, which can be accessed for free by those of any age living with mild-moderate dementia, include a fortnightly dementia peer support group, a fortnightly dementia reading group
- For all of the above services, a self-referral form can be downloaded at [linkagesouthwark.org](http://linkagesouthwark.org)

## -Healthwatch Southwark

- Contact [bron@communitysouthwark.org](mailto:bron@communitysouthwark.org) or [rosa@communitysouthwark.org](mailto:rosa@communitysouthwark.org) / 020 7358 7005
- Carer's Survey: Healthwatch Southwark are currently running a survey for unpaid carers living in the borough, with a focus on how well they are being supported. Healthwatch Southwark is very keen to hear from those caring for someone with dementia but the survey is not exclusively for this group. It can be found online at <https://bit.ly/2GhOHBB> or you can email [learningtocare@bellhouse.co.uk](mailto:learningtocare@bellhouse.co.uk) for a printable copy. Please complete and send the survey as soon as possible (stamped addressed envelopes can be provided if needed).

## -Picture House

- Picture House offer monthly dementia friendly film screenings at a reduced rate of £4 per person with a free place for accompanying carers. 'Dementia friendly' means that the screenings are adapted to suit the needs of people living with dementia: the lights are left on low, there are no adverts or trailers and the audience is free to move around and sing along to musical numbers! Book in person at the box office or call 020 7294 7908
  - West Norwood – 4<sup>th</sup> Friday of each month
  - East Dulwich – 1<sup>st</sup> Thursday of each month
  - The Ritzy Brixton – last Tuesday of each month

## -Books & Films

- ***The 36-Hour Day***, book by Nancy L. Mace & Peter V. Rabbins: a guide for family members and carers on coping with the challenges of dementia
- ***Knickers in the Fridge and A Pillow Down the Pan***, books by Jane Grierson: two heart-warming and uplifting books about Jane and her mother who has dementia; filled with gentle humour and anecdotes on how they deal with dementia in their daily lives
- ***Where Memories Go: Why Dementia Changes Everything***, book by Sally Magnusson: a sad yet funny book about Sally's experience caring for her mother Mamie during many years of living with Alzheimer's
- ***Together Again***, a short film by Dementia UK: this emotive 3-minute animation available online explores the emotional impact of dementia on family members and how support from professionals (in this case, Admiral Nurses) can help. It also highlights the importance of music and photographs as tools for reminiscence
- ***Do I See What You See?*** a short-animated film about Posterior Cortical Atrophy (PCA), a rare type of dementia that affects vision rather than memory