

Dementia support in Dewsbury and Mirfield

This fact sheet lists organisations that can provide you and your carer with help and support.

Some of these activities may require a small contribution. There may be other activities that you could attend in your local area. This information was correct at time of going to print but please make contact with the specific group before attending.

Shall We Dance is weekly dance classes held at the **Dewsbury Sports Centre, Longcauseway, Dewsbury WF12 8EN**. Dance styles include the Waltz, Quickstep, Cha Cha Cha and Jive. Classes are suitable for any skill levels and are instructor led, providing guidance, advice, support and motivation for all. The classes are held every Monday at 1.30 pm to 2.30 pm. For information call 01924 325020 or visit <http://www.kirklees.gov.uk/events/documents/ShallWeDanceTimetable.pdf>

'Studies have shown that dancing regularly can prevent dementia, reduce falls and increase overall physical and mental health and well-being. Some studies claim that due to the quick decision making that some dancing requires it can prevent dementia by 76%'

Daisy's Chain of Activity Cafés come for a 3 course meal, interesting activities and support and advice from experienced professionals for people with dementia and their carers. The activity cafés run every Thursday and Friday at the **Dewsbury Nazarene Church, Aldams Road, Dewsbury, WF12 8AE** at 10.30 am to 2.30 pm. Activities range from drama and music workshops, jewellery and craft sessions, pool tournament and much more.

For information call 08452 690231 or visit <http://stanleystainingproject.org.uk/daisys-chain-of-activity-cafes/#/wp-content/uploads/2014/04/Daisys-Chain-Poster.jpg>

Sing with us (Alzheimer's Society) is a fun and stimulating Singing for the Brain® session, for people with dementia, their families and carers. They meet at **Dewsbury Minster, Rishworth Road, Dewsbury, WF12 8DD** on the first and third Fridays of every month at 10.30 am to 12.30 pm. For information call 01484 429865 or email c&k.service@alzheimers.org.uk

Living with Dementia Group and Carer's Support Group (Making Space) for people with dementia and their carers and provides an opportunity to meet with others in the same situation for support and friendship. They meet every second Tuesday of the month, 10.30 am to 12 noon at **Dewsbury Minster, Rishworth Road, Dewsbury, West Yorkshire, WF12 8DD**. For information call 01484 483083 or visit <http://www.makingspace.co.uk/in-your-community/kirklees/carer-support-groups/>

Clear is a service providing support for people in Kirklees with a range of mental health needs including Dementia to reach their goals and aspirations. They provide a range of social, leisure and skill based activities which support self-help, wellbeing and recovery. A variety of activities are offered on a 3 monthly timetable at **Clear, 26 Bond Street, Dewsbury, WF13 1AU**. For information call 01924 465054 or email clear.dewsbury@commlinks.co.uk or visit <http://www.commlinks.co.uk/clear>

Pick me up Exercise Class (Steps for Life) is an exercise class designed to support people with early onset dementia. Exercises are based on improving co-ordination, balance, awareness and perception of body and surroundings. They are held at **Dewsbury Fire Station, Huddersfield Road, Dewsbury, WF13 3RN** on Mondays at 1.15 pm to 2.15 pm. For information call 01484 234092.

Ping Pong Activity Class (Steps for Life) supporting people with early onset dementia. Sessions are held at **Dewsbury Fire Station, Huddersfield Road, Dewsbury, WF13 3RN** on Mondays at 2.30 pm to 3.15 pm. For information call 01484 234092.

Working Carers (Carers Count) meets the third Monday of each month to discuss issues in regards to managing work and being a carer, with people in similar situations. They meet at the **Sainsburys Café, Goods Lane, Railway Street, Dewsbury WF12 8EB** at 5.00 pm to 7.00 pm. For information call 0300 0120231 or visit <http://www.carerscount.org.uk/>

Happy Memories Dementia Support Group Thursday activity group at **St. Paulinus Parochial Hall, Dewsbury, WF13 2QG** at 12.00 pm to 3.00 pm every two weeks and Tuesday activity club at **St Andrews Church, Old Bank Road, Mirfield, WF14 0HX** at 12.00 pm to 3.00 pm every two weeks. They also run a **Carers Friendship Group** on the fourth Monday in the month at **St Andrews Church, Old bank Road, Mirfield, WF14 0HX** at 1.30 pm to 3.30 pm, please call Cath or Ron on 01924 737068 for dates of groups and more information.

Knowl Park House, Mirfield - Dementia Day Opportunities provides day care for older people with dementia, Monday to Friday at **Knowl Park House, Crowlees Road, Mirfield, WF14 9PP**. They also hold coffee afternoons for carers of people with dementia on the second Wednesday in each month from 1.00 pm to 2.30 pm. For information call 01924 326460 or visit <http://communitydirectory.kirklees.gov.uk/communityDirectory/organisationdetails.aspx?orgid=7441>

WomenCentre offers a dementia friendly service for women in Kirklees supporting mental health and wellbeing. The activities below are for women and their carers, though the carer would also need to be a woman. Mondays, drop in at 12.00 pm to 3.00 pm, Relaxation from 3.30 pm to 4.30 pm at **7 Wellington Street, Dewsbury WF13 1LY**. For more information call 01484 450866 or email louise.warner@womenscentre.org.uk.

Mirfield Drop-in Dementia Café (Making Space) for people who need information and advice regarding memory problems and support is held on the 4th Friday of the month at 1.00 pm till 3.00 pm at **Trinity Methodist Church, Huddersfield Road, Mirfield, WF14 8AB** For information call 01484 483083.

The **Herbert Protocol scheme** asks carers or family members of people with dementia to complete a form to be given to the police should the person go missing, saving valuable investigation time...because when someone goes missing every second counts. For further information visit <http://www.westyorkshire.police.uk/dementia/herbert-protocol>

Safe Places Scheme is a place you can go to for help when you are out and about. You will need to get a free Safe Place card and write on it vital telephone numbers of people who can help you such as a relative or carer. When you need help, take the card into any shop or building showing the sign in their window and ask them for help. For more information, contact Samantha Jones, on 01484 340811 or email smanantha.jones@mencapinkirklees.org.uk

More information

Other factsheets available in this series are:

- Kirklees-wide dementia services and support
- Dementia support in Batley
- Dementia support in Cleckheaton and Spen
- Dementia support in Central Huddersfield
- Dementia support in Rural Huddersfield

Helpful websites

- **Kirklees Council:** www.kirklees.gov.uk/dementia or telephone 01484 414933
- **Alzheimer's Society Factsheets:**
<http://www.alzheimers.org.uk/site/scripts/documents.php?categoryID=200137>
- **Dementia Friends:** www.dementiafriends.co.uk
- **Dementia UK:** www.dementiauk.org
- **NHS Choices:** <http://www.nhs.uk/Pages/HomePage.aspx>
- **Kirklees Dementia Action Alliance:**
http://www.dementiaaction.org.uk/local_alliances/4731_kirklees_dementia_action_alliance