

Kirklees-wide dementia services and support

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 closer to where you live, please take a look at the locality factsheets, which are also available.

Making Space is the **Kirklees Dementia Information Service** which provides quality advice and support to people experiencing the symptoms of Dementia. Their services include advice, information, peer support groups, memory clinics, Dementia Cafés, luncheon clubs, specific support for carers and much more. They will get to know you as an individual and offer understanding and practical advice on how you and your carers can live life to the full. They aim to enable you and your carers to shape your life around your personal aspirations and circumstances. For information call 01484 483083 or visit www.kirklees.gov.uk/community/careSupport/healthWellbeing/dementia.aspx

Admiral Nurses are specialist dementia nurses who give much needed practical and emotional support to family carers, as well as the person with dementia. They offer support to families throughout their experience of dementia that is tailored to their individual needs and challenges. They provide families with the knowledge to understand the condition and its effects, the skills and tools to improve communication and provide emotional and psychological support to help family carers carry on caring. The scheme has been launched as part of a partnership between South West Yorkshire Partnership NHS Foundation Trust, national charity For Dementia, Kirklees Council and NHS Kirklees.

For information call 01484 434638 (Kirklees) or 0845 257 9406 (Admiral nursing direct helpline) or visit www.kirklees.gov.uk/community/careSupport/healthWellbeing/admiralNurses.aspx

Age UK Calderdale & Kirklees provide information and advice on benefits, grants and exploring cheaper fuel options to help reduce poverty, increase health and wellbeing and reduce social isolation to older people and their carers. They deliver drop in sessions in Huddersfield and Batley and provide support via telephone and e-mail. For information call 01484 535994 or visit www.ageuk.org.uk/calderdaleandkirklees

The Alzheimer's Society provides local information and advice as well as some support services to people affected by dementia in their communities. Their local services include 'Singing for the Brain' and carers education sessions for people with dementia, support and befriending services to help partners and families cope with the demands of caring. For more information call the Alzheimer's Society national dementia helpline on 0300 222 1122 or 01484 429865 (Kirklees Office) or visit www.alzheimers.org.uk/site/custom_scripts/branch.php?branch=true&branchCode=12831&areaBC=NOYO

Carers Count is a new service for any adult in Kirklees who gives, or has given, time and energy, without being paid, to look after an adult family member or friend who cannot manage on their own. Carers Count has been set up to promote the wellbeing of carers so they can continue in their caring role and have a life of their own. For information call 0300 012 0231 or visit www.carerscount.org.uk

Carers Trust is a major new charity for carers. They work to improve support, services, and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, has a disability or has mental health or addiction problems. Services available include a 'sitting service', where volunteers sit with the cared for person, giving the carer a 2 or 3 hour break once a week. For more information about services available please call 01484 537036 or visit www.carerstrustmidyorkshire.org.uk

Clear provides 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 bases in central **Huddersfield** and **Dewsbury**. For information call 01484 519097 or visit www.commlinks.co.uk/clear

Connect to Support is a new website for people needing support in Kirklees. You can find everything you need to help you with your support here, from local to national products and services, plus information, advice and much more. Visit <https://kirklees.connecttosupport.org/>

Dementia Adventure specialise in designing and delivering small group short breaks and holidays for people living with dementia and their carer to enjoy together. They are an alternative to traditional respite in that they enable people living with dementia to get outdoors, connect with nature, themselves and their community, and retain a sense of adventure in their lives. All travel, tickets, accommodation and itinerary are arranged for you and each couple is supported by a Dementia Adventure team member, an extra pair of hands for you and your carer to help with as little or as much as you require.

For more information call 01245 237548 or visit www.dementiaadventure.co.uk

Dementia Awareness sessions arranged by Gateway to care in Kirklees provide people living with dementia and their carers a basic overview of dementia, time to reflect on the experiences of the person with dementia, space to explore common experiences and problems experienced by carers, simple techniques to help carers with their communication skills and details of different support services available for carers. For more information call 01484 414933 or Text "Gateway" and your question to 07781482931.

Dementia Carer is a great website to understand more about dementia and help learn about caring for someone who is living with dementia. The website has numerous links to different organisations which can help with specific elements in caring for someone with dementia. You can find helpful information about daily activities, working with others, looking after yourself and much more. Visit www.dementiacarer.net

Dementia Friends is a national initiative that is being run by Alzheimer's Society. It is funded by the government, and aims to improve people's understanding of dementia and its effects. Alzheimer's Society is working with volunteers and other organisations, such as Kirklees Dementia Action Alliance and Making Space Dementia Information Service, to achieve this goal. For information visit www.dementiafriends.org.uk

Dementia UK is a national charity, committed to improving quality of life for all people affected by dementia. Visit www.dementiauk.org for more information or call 02076 974160 for any enquiries.

The Great Outdoors Project organises a range of outdoor activities for anyone over the age of 18 on various sites across Kirklees. Activities can be tailored to your needs and interests and are free to attend. For more information please email togo@s2r.org.uk, call 01484 539531 or visit www.s2r.org.uk/s2r/article/28

Hoot Creative Arts Ltd (Breathing Space)

Referred participants can take part in weekly sessions offering people with dementia and their family members, partners, carers or support workers a range of creative activities. It's proven that taking part in creative activities has positive benefits to mental and physical health and well-being. Weekly group sessions are where people make friends and have fun. Sessions include music and song, movement, dance and visual arts. It's a place to revisit forgotten stories, songs, creative skills and movement and explore new and exciting ones. Absolutely no previous experience is needed. For more information call 01484 516224 or 07880 731767, or visit <http://www.hootcreativearts.co.uk/en/whatson>

Kirklees Dementia Action Alliance is made up of members of the local community and businesses aiming to improve the lives of people living with dementia and their carers. For more information please call 07854028219 or visit http://www.dementiaaction.org.uk/local_alliances/4731_kirklees_dementia_action_alliance

Kirklees Memory Service provides assessment, diagnosis and consideration of possible treatment options, for people diagnosed with Alzheimer's disease. Referrals to the service usually come from GPs or other professionals. The team includes Nurses, Occupational Therapists, Doctors and Admiral Nurses, call 01484 434630. For information visit <http://communitydirectory.kirklees.gov.uk/communityDirectory/organisationdetails.aspx?orgid=7387>

Kirklees Good Neighbours - Royal Voluntary Service (formerly WRVS) provides practical support to reduce isolation and promote independence. It does this through personalised befriending, active befriending sessions; lunch and social clubs; and volunteering opportunities. All staff are being trained as Dementia Friends Champions and all volunteers will be trained as Dementia Friends. The service gets referrals from Gateway to care, health trainers, occupational therapists, community matrons, district nurses and GPs. They are part of a national RVS campaign to increase the number of male volunteers and provide 'man friendly' activities that they are participating in, call 0845 6080122. For information visit <http://www.royalvoluntaryservice.org.uk/get-help/services-we-provide/practical-support-at-home/good-neighbours>

Kirklees Home From Hospital Project - Royal Voluntary Service (formerly WRVS) is aimed at preventing re-admittance in the peak period after discharge when older people can be particularly vulnerable and in need of extra support. The service would be particularly beneficial to those that may not need or fit the criteria for care but may require extra support. It would be a short term intervention between 6 and 10 weeks, subject to a discretionary extension if needed. A safe and well-being check in the home upon return would be done ensuring that the house is safe, warm and essentials like bread and milk are available. Support would then be provided in the following areas: shopping, going for walks or trips out, collecting prescriptions, transport, assistance to clinical appointments, support with administrative tasks, companionship and much more. There will be no limitation on the number of interventions in a week. For information visit <http://www.royalvoluntaryservice.org.uk>

Richmond Fellowship Employment Service

supports adults living in the Kirklees area who have mental health problems, autistic spectrum conditions or early onset dementia who want to progress into voluntary work, education or paid work. They also support people in work to keep their job. They aim to encourage each individual's sense of independence, and to help them to develop the skills necessary to achieve their goals. For information call 01484 434866 or 01924 694655 or email KirkleesES@richmondfellowship.org.uk

Sharing the Care - Supporting someone with Alzheimer's disease and other types of dementia requires an insight into the psychological and emotional journey that both the person living with dementia and the carer travel, as well as a practical understanding into the illness itself. Sharing the Care is available to help you through this journey. They offer support and care to the person living with dementia in Huddersfield and Kirklees, and their carers. Services they offer include accompanied outings and social activities, monitoring of health and communication, advocacy for people with dementia, accompanying to appointments and relaying of information, enabling financial transactions such as payment of bills and much more. For more information visit www.sharingthecare.org.uk/about-us.html or call 07525 176309, email stcdementiasupport@hotmail.co.uk

Circle Dance Kirklees is a dance project aimed at increasing dance based activity for people with dementia. The project will train volunteers, support workers, professionals etc to support people with dementia to be more active in their communities. Once trained, volunteers can run Circle Dance sessions for people in their community. For more information call 01484 234092.

Steps for Life is for people with early onset dementia, who enjoy physical activity. It includes one to one meetings providing support, motivation and information to help people with early onset dementia become more active. For information call 01484 234092 or visit http://eatwell4life.kirklees.nhs.uk/fileadmin/eatwell/documents/Documents_for_download/steps4life_A5_Leaflet.pdf

Touchstone Advocacy & Brokerage Services

work across Kirklees with people living with mental health difficulties, including dementia. They provide advocacy support both in hospitals and in the community. Their goal is to enable people to have a voice on issues that are important to them, providing information, encouraging choice and independence and promoting people's rights and entitlements. The Brokerage Service supports individuals who are accessing 'self-directed support' from Kirklees Council to improve their mental health and wellbeing. They work with people to give them greater choice, confidence and control over the care and support they receive. To find out more about the services, call 01924 460211 or visit www.touchstonesupport.org.uk

Carephone Home Safety Service - Whether you are young or old, able to live at home alone or not - it's always good to know that help is never far away. Carephone Home Safety Service offers peace of mind, 24 hours a day, 365 days a year to a wide range of people, using Telecare products. For information visit www.kirklees.gov.uk/carephones

Mears Home Improvements Dementia Support

Service provides practical support to people living with dementia. Kirklees residents can request a free home visit offering advice on how to stay safe and independent at home with the use of technology and by making small changes to home furnishings. This visit will assess whether free practical measures can be installed such as door/cupboard signs, bright grab rails, bright light switch covers, calendar clocks, bright toilet seats and highlighted steps/banisters. For information call 0800 0324483 or email MHIKirklees.enquiries@mearsgroup.co.uk

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>

More information

Other factsheets available in this series are:

- Dementia support in Batley
- Dementia support in Dewsbury and Mirfield
- 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

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