

Dementia support in Central Huddersfield

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.

Central Huddersfield

Shall We Dance styles include the Waltz, Quickstep, Cha Cha Cha and Jive. Classes are suitable for any skill level and are instructor-led, providing guidance, advice, support and motivation for all. The classes are held at the **John Smith Stadium, Stadium Way, Huddersfield, HD1 6PG**, every Monday at 2.00 pm to 3.00 pm. For more information call 01484 234092.

'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%'

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. They 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.

Sessions are held at **Bates Mill, Milford Street, Huddersfield, HD1 3DX**, on Mondays at 10.30 am to 12.30 pm. For more information call 01484 516224 or 07880 731767, or visit <http://www.hootcreativearts.co.uk/en/whatson>

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 **Lion Chambers, 32-34 John William Street, Huddersfield, HD1 1ES**. Please visit www.commlinks.co.uk for more information or call 01484 519097 or email clear.huddersfield@commslinks.co.uk

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 are held at **St Patricks Catholic Club, Trinity Street, Huddersfield, HD1 4DA** on the first and third Wednesday of every month at 1.30 pm to 3.30 pm and on the second and fourth Friday of every month at 10.30 am to 12.30 pm. Please call 01484 429865 for more information.

Living Well with Dementia Group (Making Space)

is a weekly group giving people with dementia a chance to share experiences and meet new people. The group meet every Tuesday and Wednesday at **The Media Centre, 7 Northumberland Street, Huddersfield, HD1 1RL**, 10.30 am to 12 noon. For more information call 01484 483083 or visit <http://www.makingspace.co.uk/in-your-community/kirklees/living-well-with-dementia/>

Huddersfield Carers Support Group (Making Space) is a group for present carers of people living with dementia to meet with other carers for mutual support, share experiences, offer each other encouragement and emotional support in a safe and confidential environment. The group meet on the first Tuesday of the month at 7.30 pm to 9.00 pm at **12 St George's Square, Huddersfield, HD1 1JF**. For information visit <http://www.makingspace.co.uk/in-your-community/kirklees/carer-support-groups/>

Head of Steam, Dementia Support Group, (Making Space) is a social weekly group for people with dementia and their carers. The group meet at the **Head of Steam Pub, Huddersfield, HD1 1JB** every Tuesday at 10.00 am to 11.30 am. For more information call 01484 483083 or visit <http://www.makingspace.co.uk/in-your-community/kirklees/head-of-steam-social-groups/>

Working Carers (Carers Count) meet the first Tuesday of each month to discuss issues around managing work and being a carer, with people in similar situations. They meet at the **Sainsbury's Café, Southgate, Huddersfield, HD1 6QR** at 5.00 pm to 7.00 pm. For more information call 0300 0120231 or visit www.carerscount.org.uk

Carers Coffee and Chat (Carers Count) meet up for a coffee and a chat on Mondays, fortnightly at **Carer's Count, Upperhead Row, Huddersfield, HD1 2JN**. For information call 0300 0120231 or email info@carerscount.org.uk

The Great Outdoors Project, Revenue Chambers, St Peters Street, Huddersfield, HD1 1DL 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/interests and are free to attend.

- **Create Space** offers interactive Art and Craft activities in the **Packhorse Centre Huddersfield**. The session is suitable for carers and the person they care for (over 18). There is a nominal fee for the sessions.
- **Stimulate your Senses** offers a workshop for sensory based activities, relaxation and mindfulness. This session will be held at **Greenhead Park** (starting in April 2015).

For more information please email contact@S2R.org.uk or call 01484 539531 or visit <http://www.s2r.org.uk/s2r/article/28>

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. There are various activities available, for information call 01484 234092.

Bradley

Huddersfield Deanery Project deliver 3 weekly sessions for older people; The 'Happy Wednesday Group' is 'aerobics for mature movers'. 'Thursday Friends' group is a weekly lunch club with activities, gentle exercises, raffle and bingo in **Brackenhall**. The 'Friday Friends' is a lunch club, raffle, bingo, book club, nearly new stall and sale of healthy fruit and veg bags. Activities are held in **St Bernadette's Hall Bradley, Huddersfield, HD2 1RH**, for information call 01484 300094 or visit <http://communitydirectory.kirklees.gov.uk/communityDirectory/organisationdetails.aspx?orgid=5165>

Age UK offer groups where you can come along for a chat and a cuppa, lots of different activities and a hot and healthy midday meal at **Sundale House Day Centre, 44 Keldregate, Huddersfield, HD2 1SY**. Open 7 days per week, all day. For information call 01484 559935 or visit www.ageuk.org.uk

Crosland Moor

St Barnabas Luncheon Club, Crosland Moor is a weekly luncheon club for elderly people within the local community. The club runs every Wednesday at 12 noon to 2.00 pm at **St. Barnabas Church, Church Avenue, Huddersfield, HD4 5DF**. For information call 01484 352151 or visit <http://communitydirectory.kirklees.gov.uk/communityDirectory/organisationdetails.aspx?orgid=5198>

Crosland Moor Community Association and Centre is a weekly lunch group that provides a two course hot lunch. The group also provides social activities including dominoes, cards and bingo. Members enjoy companionship and comfort along with a substantial meal. The group meet every Tuesday at 10.30am for coffee, with lunch at 12.30pm at the **Crosland Moor Community Association and Centre, 15 Park Road West, Crosland Moor, Huddersfield, HD4 5RX**. For information call 01484 654189 or visit <http://communitydirectory.kirklees.gov.uk/communityDirectory/organisationdetails.aspx?orgid=543>

Lindley

Lindley Carer's Support Group (Making Space) is for people who care for someone with dementia. They meet every third Monday of the month, 10.30 am to 12 noon at **Lindley Methodist Church, East Street, Huddersfield, HD3 3ND**. For information call 01484 483083 or visit <http://www.makingspace.co.uk/in-your-community/kirklees/carer-support-groups/>

Moldgreen

Friday First (Making Space) is a group which gives people with dementia a chance to share experiences and meet new people, with lunch provided. The group meet on the first Friday of each month at the **United Reformed Church, Moldgreen, Huddersfield, HD5 8AA** at 10.30 am to 2.30 pm. For information call 01484 483083 or visit <http://www.makingspace.co.uk/in-your-community/kirklees/living-well-with-dementia/>

Papillon Café (Making Space) is a friendly social setting for people affected with memory problems and their carers to enjoy a chat, emotional/practical support with light refreshments. The café is held every third Friday of the month, 10.30 am to 12.30 pm at the **United Reformed Church, Moldgreen, Huddersfield, HD5 8AA**. For information call 01484 483083 or visit <http://www.makingspace.co.uk/in-your-community/kirklees/dementia-drop-in-sessions/>

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. All sessions are held at **15 Lord Street, Huddersfield, HD1 1QB** unless stated. Monday, drop in 9.30 am to 12.00 pm, yoga 11.00 am to 12.00 pm. Allotment group, meet at Huddersfield WomenCentre at 9.45 am. Tuesday, massage therapy 10.00 am to 12.00 pm, art therapy 5.45 pm to 7.45 pm. Wednesday, music therapy group 10.30 am to 12.30 pm, walking and nature wisdom 12.30 pm to 3.30 pm, 1:1 music therapy 5.00 pm to 7.00 pm. Singing Together music therapy and song writing 1.00 pm to 3.00 pm (held at **Paddock Village Hall, West View, Paddock, HD1 4TX**). Thursday, 1:1 Music therapy- all day Knit One/talk one knitting and support group 1.00 pm to 3.00 pm. Friday, Sew Good sewing and remodelling clothes 9.30 am to 12.00 pm. For further information: 01484 450866. louise.warner@womenscentre.org.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>

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 Dewsbury and Mirfield
- 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