

Dementia support in Rural 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.

Almondbury

Shall We Dance 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 at **Almondbury Sports Centre, Fernside Avenue, Huddersfield, HD5 8PQ** every Wednesday at 5.30 pm to 6.30 pm. For information call 01484 234092 <http://www.kirklees.gov.uk/events/documents/ShallWeDanceTimetable.pdf>

Kirklees Day Care provides social contact and craft tuition in a friendly environment for older people with dementia who are eligible under social care criteria for day care, and for private clients. The council provides services at **The Homestead, Hurst Knowle, Almondbury, Huddersfield, HD5 8SG** (Monday to Friday). Please call 07976 194 149 for more details or visit <http://communitydirectory.kirklees.gov.uk/communityDirectory/organisationdetails.aspx?orgid=5391>

Caring for our Community A tea/coffee afternoon is held the first Wednesday of each month 1.00 pm to 2.30 pm at **The Homestead**, for people who have memory problems or care for someone who does. The afternoons allow people to have a drink and chat with others in similar circumstances. For information call 01484 221882 or visit <http://www.kirklees.gov.uk/community/careSupport/gettingOut/pdf/Homesteadsdayopportunities.pdf>

Wesley Centre Friendly Club is a lunch club for older people and people with dementia. They provide an opportunity for people to meet in a social setting, providing transport where necessary, a hot meal, the opportunity to take part in Tai Chi and entertainment. The activities are held Mondays from 10.15 am to 1.15 pm, at **The Wesley Centre, Almondbury Methodist Church, Westgate, Almondbury, Huddersfield, HD5 8XJ**. For information call 01484 545659 or 01484 532864 or visit <http://communitydirectory.kirklees.gov.uk/communityDirectory/organisationdetails.aspx?orgid=5189>

'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%'

Honley

Shall We Dance, 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 at **Honley Squash and Fitness Club, Eastgate, Honley, Huddersfield, HD9 6PA** every Friday, 2.30 pm to 3.30 pm. For information call 01484 664884 or visit <http://www.kirklees.gov.uk/events/documents/ShallWeDanceTimetable.pdf>

Honley Carers Support Group (Making Space) is a support group for carers of people with a diagnosis of dementia. The group meets every second Monday of each month, 10.30 am to 12 noon at **Honley Community Centre, Stoney Lane, Honley, Huddersfield, HD9 6DY**. For information call 01484 483083 or visit <http://www.makingspace.co.uk/in-your-community/kirklees/carer-support-groups/>

Kirkburton

A **Memory Group** for people with dementia is held on Mondays at 10.30 am to 3.00 pm, a Food and Film Club (film followed by 2 course lunch cooked on premises) is held on Wednesdays at 10.00 am to 1.15 pm, on Thursdays there is Computer skills at 10.30 to 12.30 and on alternate Fridays there is a Day Club from 10.30 am to 3.00 pm. Transport available for those who need it. All held at **The Hub, Riley Lane, Kirkburton, HD8 0RZ**. For information call 01484 860077 or email denbydalecentre@denbydalecentre.org

The Foxglove Support Group (Making Space) is a support group for younger people with dementia and their carers or family members. The group meet every third Wednesday of the month at the **The Foxglove Pub, Penistone Road, Kirkburton, Huddersfield, HD8 0PQ**, 7.00 pm to 9.00 pm. For information call 01484 483083 or visit <http://www.makingspace.co.uk/in-your-community/kirklees/>

Monthly Tea Dance (Steps for Life), at **The Hub, Riley Lane, Kirkburton, Huddersfield, HD8 0RZ** take place every last Thursday of each month at 2.00 pm to 4.00 pm. Steps for Life is for people with early onset dementia. One to one meetings are available providing support, motivation and information to help you 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

Kirkheaton

Side by Side Memory Group, Kirkheaton is a small group of people who meet every Friday at the **Parish Centre, Church Lane, Kirkheaton, HD5 0BH**, to support and encourage each other to learn to live well with memory problems. The group meetings run from 10.30 am to 2.30 pm and include refreshments and lunch. The group also take part in a variety of creative activities, including singing, armchair movement, painting, team games, storytelling and more. For information call 01484 540313 or 07936285597 or visit http://www.kirkheatonchurch.org.uk/content.php?page_id=82

Meltham

Side by Side Memory Group, is a small group of people who meet every Monday at **Meltham Methodist Church, Mill Moor Road, Meltham, Holmfirth, HD9 5JU**, to support and encourage each other to learn to live well with memory problems. The group meetings run from 10am to 12 noon and include refreshments. The group also take part in a variety of activities, including quizzes, word games and discussions. For information call 01484 540313.

Carer's Support Group (Making Space) is a support group for people who care for someone with dementia. They meet every first Friday of the month, 10.30 am to 12 noon at **The Crossroads Centre, Meltham, Lane Dyke House, Holmfirth Road, Meltham, Holmfirth HD9 4BX**. For information call 01484 483083 or visit <http://www.makingspace.co.uk/in-your-community/kirklees/carer-support-groups/>

Meltham Group Practice Drop In (Making Space)

is a monthly drop-in, for people who need information and advice regarding memory problems. It is held every first Thursday of the month, 1.30 pm to 3.30 pm at **Meltham Group Practice, 1 The Cobbles, Holmfirth, West Yorkshire HD9 5QQ**. For information call 01484 483083 or visit <http://www.makingspace.co.uk/in-your-community/kirklees/dementia-drop-in-sessions/>

Holmfirth

Side by Side Memory Group, is a small group of people who meet every Wednesday at **Holmfirth Methodist Church, School Street, Holmfirth, HD9 7EQ** at 10.00 am to 12 noon. For more information call 01484 540313 or 07936 285597.

Netherton

Monthly Tea Dance (Steps for Life), at Netherton Community Centre, Rowan Avenue, Netherton, Huddersfield, HD4 7WH, every first Tuesday of each month at 6.45 pm to 8.15 pm. Steps for Life is for people with early onset dementia. One to one meetings are available providing support, motivation and information to help you 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

Scholes

Scholes Young at Heart is a group providing a social experience for older people in the Scholes, Hepworth and surrounding area. They run quizzes, bingo, guest speakers and outings in the summer. Their aim is to get people out of their homes and socialising with other people.

The group meet on the 2nd Tuesday of the month at **Hepworth Village Hall, Towngate, Hepworth, Holmfirth HD9 1TE** from 2.00 pm to 4.00 pm. For information call 01484 687419 or visit <http://communitydirectory.kirklees.gov.uk/communityDirectory/organisationdetails.aspx?orgid=7689>

Skelmanthorpe

Carer's Support Group (Making Space) is a support group for people who care for someone with dementia. They meet every second Friday of the month, 10.30 am to 12 noon at **Skelmanthorpe Library, Commercial Rd, Huddersfield, HD8 9DA**. For information call 01484 483083 or visit <http://www.makingspace.co.uk/in-your-community/kirklees/carer-support-groups/>

Age UK run friendly groups where you can come along for a chat and a cuppa, lots of different activities and a hot and healthy midday meal at **The Phoenix Centre, Dunford Road, Holmfirth, Huddersfield, HD9 2DR** on Mondays. At **Skelmanthorpe Darby and Joan Centre, Barrowstead, Skelmanthorpe, Huddersfield, HD8 9DW** on Fridays. At **Slaithwaite Town Hall, Cross Street, Slaithwaite, HD7 5AF** on Tuesdays and Thursdays. The groups run all day, for information call 07703 318035 or visit <http://www.ageuk.org.uk/>

Slaithwaite

Carer's support group (Making Space) is a support group for people who care for someone with dementia. They meet every fourth Tuesday of the month, 10.30 am to 12 noon at **Church Lounge, Slaithwaite Parish Church, Churchwood Close, Slaithwaite, HD7 5AW**. For information call 01484 483083 or visit <http://www.makingspace.co.uk/in-your-community/kirklees/carer-support-groups/>

Slaithwaite Friendship Club is for elderly and isolated people and people with physical and mental health problems. The club meets on Thursday from 10.00 am to 2.30 pm at **Church Lounge, Slaithwaite Parish Church, Churchwood Close, Slaithwaite, HD7 5AW**. Transport can be provided. The group also provides a lunch, entertainment, games and chair exercises. Additionally, a social club and afternoon tea for elderly and isolated people are held fortnightly on Sundays, 1.00 pm to 4.00 pm at **Sycamore Grange, Sycamore Avenue, Golcar, Huddersfield, HD3 4ST** - For details call 07599 835450 or visit <http://communitydirectory.kirklees.gov.uk/communityDirectory/organisationdetails.aspx?orgid=842#sthash.u8PytBWS.dpuf>

Pick Me Up Exercise Classes (Steps for Life) - Colne Valley Leisure Centre take place every Friday from 1.30 pm to 2.30 pm. Steps for Life is for people with early onset dementia. One to one meetings are available providing support, motivation and information to help you become more active. For information call 01484 234092.

More information

Other factsheets available in this series are:

- Kirklees-wide dementia services and support
- Dementia support in Batley
- Dementia support in Dewsbury and Mirfield
- Dementia support in Cleckheaton and Spen
- Dementia support in Central 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

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