

Information for People affected by Dementia in Shropshire, Telford and Wrekin

January 2024 3rd Edition



This Booklet

This booklet has been developed by Shropshire, Telford & Wrekin Dementia Action Alliance. We are a voluntary organisation that works with dementia friendly community groups across the area. We also work with businesses and other organisations that have committed to become more 'dementia friendly'. What does that mean? It means adapting so that people living with dementia find it easier to remain fully engaged in their communities. From listening to people affected by dementia, we've heard about the difficulty of finding out about available groups and resources. Rather than relying on searching the internet, people have asked for an easy guide to what is available locally. We hope this booklet will help fill this gap. Our first two issues have been very well received and we have distributed 4,000 in the last couple of years.

All the information in this booklet has been confirmed as at November 2023, but things change so you are advised to get in touch directly with groups/organisations/resources to get up-to-date information on what is available.

We promised that we would review and update this booklet regularly and this issue includes updates on a number of changes. If you discover that information is out of date, or you know of other services or resources that can helpfully be included please do get in touch. Our contact details are below.

We are always keen to welcome individuals and organisations to our Dementia Action Alliance – with a particular welcome to people affected by dementia. If you have updated information to share or you would like to get involved with the DAA, please email us on shropshiretelfordandwrekindaa@gmail.com.

Have you recently been diagnosed with dementia?

You may have been expecting your diagnosis, or it may be a complete surprise and shock. It often is for people.

You are not alone. People who are newly diagnosed feel all sorts of emotions, and often feel very down for a while. People may feel lost and alone, frightened of their future, and reluctant to talk about it to anyone. They may suddenly lose self-confidence. That is quite normal.

But remember...you are the same person you were the day before your diagnosis. Nothing has changed other than being given a label for symptoms you have been experiencing. And many people find it helpful to understand why they were having those symptoms. It is really important to carry on with life, to do what gives you pleasure, to meet your friends, and to live as you wish. ***Keep active, Keep engaged, Keep as fit as you can.***

Having a diagnosis has advantages

It gives you access to support from a number of groups and organisations, as well as support for family or friend 'carers'. You can find lots of information about dementia on the internet, and the Alzheimer's Society website is a good place to start. It has lots of helpful information leaflets online, as does the Dementia UK website.

Try to go to one or two support groups. They are all different, and one may suit you. Some offer activities, some are just a chat over a drink and cake. If you don't feel comfortable at one, try another. It really does help when you talk to others who are going through similar experiences. That's true both for people living with dementia and for family or friend 'carers'.

Hints and tips for family or friends caring for someone living with dementia, by Barbara Rogers.

“ On of the first things I would say to other carers is to try not to feel angry about the situation. Life should go on as normally as possible. You will experience a roller coaster of emotions and this is when other carers are invaluable to talk to – find out about carer groups locally and attend until you find one that suits you.

Remember your loved one needs to keep their independence, so do not do things for them that they are able to do for themselves, and get them help you with housework, gardening etc if they can!

Also, try to find out more about what to expect in the future (again other carers are invaluable) and follow up on the support services in this booklet that apply to you and the person you care for.

Make sure you register with your local authority to be a (family) carer for your loved one. Look into things like applying for Personal Independence Payment (PIP); applying for the discount on the person with dementias' Council Tax; applying for a Blue Badge (P 36); completing a Lasting Power of Attorney (P 40) ; have your Wills in place and apply for Attendance Allowance for them (P 41).

Remember you are not alone “Don’t count the days, make the days count”

Services for people affected by Dementia in Shropshire, Telford and Wrekin

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1. National Help Lines

Dementia Connect – Alzheimer’s Society

Telephone: 0333 150 3456. *If you speak Welsh, call the Welsh-speaking support line on 03300 947 400. There are also facilities for other languages and speech or hearing difficulties – see the website.*

Website: <https://www.alzheimers.org.uk/dementia-connect-support-line>

Alzheimer’s Society support line, for dementia support, personalised information, support and advice.

🕒 Monday to Wednesday 9am-8pm, Thursday and Friday 9am to 5pm, Saturday and Sunday 10am and 4pm.

Dementia Support Forum - Alzheimer’s Society

Website- <https://forum.alzheimers.org.uk/>

A helpful online community where anyone who is affected by dementia can receive valuable support.

🕒 It's free, open day or night, and can be accessed online

Admiral Nurse Dementia Helpline – Dementia UK

Telephone: 0800 888 6678 Dementia Helpline

Website: <https://www.dementiauk.org/information-and-support/specialist-diagnosis-and-support/admiral-nurse-dementia-helpline/>

Email: helpline@dementiauk.org

For anyone affected by dementia, if you are anxious or distressed, either a family carer or friend, or you have a diagnosis of dementia.

🕒 Speak to a specialist Admiral Nurse 7 days a week, 9am –9pm Mon-Fri; 9am to 5pm Sat and Sun Open Bank Holidays 9am to 5pm except 25th December.

2. Information and Support Services

Alzheimer's Society Dementia Link Workers

Telephone: 01952 250392 (this is an answerphone and you will get a 'callback')

Email: shropshire@alzheimers.org.uk

Website: <https://www.alzheimers.org.uk/get-support/your-support-services/dementia-support>

For information and practical guidance to help you understand dementia, cope with day-to-day challenges and prepare for the future.

Admiral Nurses - Dementia UK Shropshire and Telford and Wrekin

Telephone: 01952 580479

Email: helpline@dementiauk.org

Website: <https://livewell.telford.gov.uk/services/1180/admiral-nurse>

Specialist dementia support for families through the Admiral Nurse service. Admiral Nurses are also available to any ex-military personnel anywhere in the country via SSAFA – www.ssafa.org.uk. And the national helpline (see previous section) is open to all

Home from Hospital – South Shropshire

Tel: 01584 878046

Email: hfh.enquiries@ageukstw.org.uk Website:

<https://www.ageuk.org.uk/shropshireandtelford/our-services/home-from-hospital-205d5048-a4da-ec11-bea2-00155d806b13/>

Free short-term help and support for older people leaving hospital, after an illness or in a crisis. The aim of this service is to support people to remain at home and lead as active and independent a life as possible. We can offer free social and practical support for up to six weeks

3. Groups for People with Dementia to Attend

DEEP (Dementia Engagement and Empowerment) Shropshire

Email: georgerook51@gmail.com

Telephone: 07976 189641

Website: <https://www.dementiavoices.org.uk>

Peer support groups, run by people with dementia for people with dementia. Chat with others living with dementia over coffee or tea.

🕒 Shrewsbury Riversiders DEEP Group meets every Friday morning. Most meetings are on ZOOM at 11, but on the last Friday of each month we meet face to face. Meetings are held in different places so please contact the facilitator, George Rook (e-mail address above). to find out details for each meeting, and to get the ZOOM invitation to the online meetings.

'Forget me not' tea

Telephone: Sarah Thorpe 07982 248949

Email: sarah.thorpe121@gmail.com

Website:

<http://www.standrewschurchshifnal.org.uk/forgetmenot.html>

🕒 A free group, run by the church, for people living with dementia and their carers to enjoy together. Share social, emotional and spiritual connections, with activities and friendship.

📅 Monthly @ St Andrew's Church, Church Street, Shifnal, TF11 9AB

'Forget me not' tea

Telephone: Bernice Firmin 07817 529750

Email: bernice160@btinternet.com

A free group, run by the church, for people living with dementia and their carers to enjoy together. Share social, emotional and spiritual connections, with activities and friendship.

🕒 First Wednesday of each month. St Peter's Church Hall, Monkmoor Road, Shrewsbury SY2 5BE.

Coffee and Chat (CnC)

Telephone: Bernice Firmin 07817 529750

Email: bernice160@btinternet.com

All are welcome, including people affected by dementia. Share social, emotional and spiritual connections, with activities and friendship.

🕒 [Tuesdays 10am – 12am in the Hall and Thursdays 10am – 12am in church - St Peter's Church and Church Hall, Monkmoor Road, Shrewsbury SY2 5BE.](#)

'Let's Meet Together'

Telephone: Sue Hanscombe 01952 245 982 or 07762 139 426

Email: mariesue38@gmail.com

A warm and loving atmosphere for social, emotional and spiritual care for those with memory loss or dementia and for those who care for them.

🕒 [Meets monthly at Holy Trinity Church, Waterloo Road, Hadley, Telford, TF1 5NX. 2.00 – 4.00pm third Thursday of the month.](#)

Care and Share groups – Community Resource

Telephone: 01743 360641

Email: enquiries@community-resource.org.uk

Website: www.community-resource.org.uk

Support groups for people with dementia or memory loss and the family members who care for them offering 'mutual support'

🕒 [Groups in Albrighton, Market Drayton and Shrewsbury.](#)

PALZ (Professionals with Alzheimer's or dementia from other causes)

Email: info@palzglobal.org.uk

Website: <https://palzuk.org.uk>

Please contact us by email if you would like to find out more through a telephone conversation. ALL ARE WELCOME!

Enjoy a range of interesting Guest Speakers providing intellectual stimulation and meet other people in a similar situation with supportive friends and family very welcome

🕒 [Meetings 10.00am on the third Tuesday of every second month \(beginning in January 2024\) at Shropshire Events and Conference](#)

Centre, Royal Shrewsbury Hospital, Mytton Oak Road, Shrewsbury
SY3 8XQ Free admission and parking.

Warm Welcome on a Wednesday

Telephone: Hilary Griffin 01952 810892

A social group for anyone affected by or living with dementia – we follow a theme each month with activities, singing led by our music

leader and seated movement with percussion. Come and enjoy a cuppa and chat with us.

🕒 1st Wednesday of each month 1.30-3.30pm Parish Rooms in New Street, Newport.

Messy Vintage Shrewsbury URC Group

Email: Ann Davies via

admin@shrewsburyunitedreformedchurch.com

Telephone: Church Office 01743 368932

Website: www.shrewsburyunitedreformedchurch.com/messy-vintage

A group run by the church where social, emotional and spiritual connections can be nurtured through activities and friendship. It is an inclusive, accessible group reaching out to older people, those living with memory loss, confusion or dementia, and their carers.

🕒 First Friday of each month 2pm to 4pm St Nicholas Hall, adjacent to Shrewsbury United Reformed Church, Coleham Head, Shrewsbury, SY3 7BJ

Age UK Shropshire Telford & Wrekin Dementia Support Groups

Telephone: 01743 233123 Option 3

Email: enquiries@ageukstw.org.uk

Website: <https://www.ageuk.org.uk/shropshireandtelford/our-services/dementia-support/dementia-support-groups/>

Social opportunities for people living with dementia and memory difficulties, their families, carers and friends for companionship, support, information and interesting activities at venues across Shropshire, Telford & Wrekin. Costs £13 for a couple.

Mayfair Community Centre – Church Stretton

Telephone: 01694 722077

Email: information@mayfaircentre.org.uk

Website: <https://www.mayfaircentre.org.uk/>


Address: Easthope Road, Church Stretton, Shropshire, SY6 6BL

Offers a range of activities and services for people with a wide variety of needs including social isolation, physical disabilities, mental health needs and dementia. Includes support and advice to carers; respite care; and a 'Care and Share' (dementia support) group.

Memory Café – Church Stretton

E-mail: csdementiafriends@gmail.com

A session run by Church Stretton Dementia Friends for people with memory issues and their carers

 1pm to 3pm second Wednesday of each month at Church Stretton Library, 5 St Laurence Cl, Church St, Church Stretton SY6 6DQ

'Focus on Dementia' - Alzheimer's Society

Website: <https://www.alzheimers.org.uk/get-involved/dementia-voice/local-groups>

For people with dementia only – 'Dementia Voice' Local focus groups influencing Alzheimer's Society's and other organisations' work. They do this by sharing their personal experiences of dementia, knowledge and skills, to shape a wide range of projects and topics chosen by them.

Dementia Friendly Coffee Morning – Shrewsbury Town in the Community- Extra Time Hub and Radfield Home Care

Telephone: 01743 245 555

Website:

<https://www.shrewsburytowninthecommunity.com/extra-time-hubs/>

A fantastic chance to come and have a chat and a cuppa as well as join in with many different activities including walking football, crafts, board games and gardening.

🕒 **Tuesday every week from 10-12 at a cost of £3.00**

Memory Café -

Telephone: 01691 622584

Email ourspace@bethphage.co.uk

Welcoming people living with dementia and their family and friends to interesting conversation, activities, trips, music advice and support.

🕒 **Second Tuesday of every month. Free. Our Space, Ellesmere Community Centre and Library Trimpley Street, Ellesmere SY12 0AE**

Friendship Groups – Telford Forum 50+

Telephone: 07932 828333/07552 975676

Email: info@forum50plus.org.uk

Website: www.forum50plus.org.uk

Address: Senior Citizens Forum, Box 7, Unit D Stafford Park 9, Telford, TF3 3AF

Forum 50+ offers a range of activities including friendship groups; computer support and befriending services. Membership is free and open to people over the age of 50, or their carers or families, or those who have an interest or involvement with older people.

Memory Café – Home Instead Telford

Telephone: 07903 175997

Pop in no need to book! Refreshments and cake, an opportunity to speak with others share stories and reminisce. Open to those living with dementia and their carers.

🕒 **10am -12:00 noon, every second Monday and every last Wednesday of the month. Dawley Annex, Dawley Town Hall New Street, Dawley, Telford TF4 3JR Shropshire, UK. Free.**

Support Group for People with Dementia –Alzheimer’s Society

Telephone: 01952 250392

Email: Shropshire@alzheimers.org.uk

This group is intended for people with dementia. Carers can attend but are asked to sit separately to allow peer support for people with dementia. Referrals and to book for the group to Jacquie Pomeroy, Alzheimer’s Society -details above.

🕒 [Second Wednesday of month at the Watergate Centre, 5 Watergate, Whitchurch, SY13 1DW](#)

800 Club – Bishops Castle

For more information google 800 Club Bishops Castle

This group’s aim is to offer information and support for those caring for someone with dementia. There is often a speaker, followed by time to chat informally.

🕒 [Meets in the back room of the Six Bells Pub in Bishop’s Castle usually on the first Monday of every month at 10.30am.](#)

Dementia Support group: Bishops Castle- Age UK

Telephone: 01743 233 123

Email: enquiries@ageukstw.org.uk

For further information search internet for Age UK Dementia Support Bishops Castle

Run by UK Shropshire Telford & Wrekin service. This group supports local people with dementia and memory difficulties, their families, carers and friends.

🕒 [Meets on fourth Monday of month at Grange Road Community Centre, 21 Drews Leasow, Bishops Castle SY9 5EW](#)

Tea with a Pony

Telephone 01952 443752

Email info@cavaliercentre.org.uk

Website: www.cavaliercentre.org

The Cavalier Centre in Much Wenlock offers ‘Tea With A Pony’.

These are amazing sessions specially designed for elderly people living with dementia or other disabilities. Spend around 20

minutes enjoying a cup of tea or coffee and a slice of cake while watching a riding session from the comfort of our viewing gallery. Tea with a Pony sessions cost £15 per person plus one free family member or carer.

Hands Together Ludlow

Telephone: 01584 817 250

Website: <https://www.handstogetherludlow.org.uk>

Facebook: <https://www.facebook.com/handstogetherludlow>

Provides a range of services that can be support for people living with dementia and their families, from the Good Grief Café, Social Space, Walks For All and Community Fridge to digital inclusion courses and drop in help. The building also houses the CAB Ludlow branch, and Hands Together Ludlow can refer in for appointments

4. Music and Singing Groups

‘Singing for the Brain’ Alzheimer’s Society

Telephone: 01952 250392 (this is an answerphone and you will get a ‘callback’)

Email: shropshire@alzheimers.org.uk

Website: <https://www.alzheimers.org.uk>

For people with dementia and their carers. Singing can improve your brain activity, wellbeing and mood. You don’t need to be a good singer to benefit!

🕒 [Gains Park Community Centre, Pensfold, Shrewsbury, SY35HF Market Drayton](#)

🕒 [The Fire Station, Maer Lane, Market Drayton TF9 3AL Telford](#)

🕒 [Salvation Army, Lion Street, Oakengates, 2F2 6AQ](#)

Community Sing-a-Long - Home Instead, Shrewsbury, Ludlow, and Oswestry

Website: <https://www.homeinstead.co.uk/shrewsbury-ludlow-oswestry/blog/monthly-sing-a-long/>

This inclusive session happens monthly and is open to everyone who wants to spend the afternoon with great company and have some fun. Tea, coffee, cakes, and scones are provided for attendees.

🕒 One Friday a month, Methodist Chapel in Bayston Hill.

'Community Singing Sessions: Songs from the Movies' Wem

Telephone: 01939 238 279 or visit Wem Town Hall

Website: <https://www.wemtownhall.co.uk/whats-on/dementia-friendly/>

Relaxed, fun and interactive singing sessions featuring classic and popular songs from throughout the 20th century.

🕒 3rd Monday and Friday each month. Wem Town Hall, 28-32 High St, Wem, Shrewsbury SY4 5DG

Singing Groups, Shrewsbury and Telford – Age UK Shropshire and Telford

Telephone: 01743 233 123

Email: enquiries@ageukstw.org.uk

Website:

<https://www.ageuk.org.uk/shropshireandtelford/activities-and-events/singing-groups/>

An enthusiastic group of singers aged 50+. Weekly sessions are fun, informal and dementia friendly

🕒 Orchard Singers, United Reform Church, Coleham Head, Shrewsbury SY3 7BJ. Tuesday 1.45pm – 3.15pm

🕒 Acorn Singers, Hadley Community Centre, 30 High Street, Hadley TF1 5NL. Wednesday 1.30pm – 3.15pm. Cost £6.50

5. Arts and Crafts and Wellbeing activities

Dementia Friendly films

Telephone 01939 238 279 or visit Wem Town Hall

Website: <https://www.wemtownhall.co.uk/whats-on/dementia-friendly/>

A safe environment for people living with dementia to re-engage with cinema and their community.

🕒 **First Monday and Friday each month. Wem Town Hall, 28-32 High St, Wem, Shrewsbury SY4 5DG**

Art by Post – The Southbank Centre

Website: <https://www.southbankcentre.co.uk/creative-learning/arts-wellbeing/artbypost>

E-mail via web site

Telephone 020 7960 4206

This is a free scheme that sends booklets by post monthly to people living with dementia and carers, as well as other adults living with one or more long-term health conditions, who are at risk of isolation)

Dementia Radio

Website: <http://m4dradio.com>

Music of any genre/ era. It's a group of five themed radio stations available 24 hours a day, 365 days a year playing music that evokes memories. It was developed on internet so can only currently be used on 'devices' (e.g. laptops etc) or 'Alexa'

Saturday Matinee for the over 60s!

Telephone: 01691 622584

Email ourspace@bethphage.co.uk

Enjoy a free morning of cinema! The idea of the Saturday Matinee is for people living with dementia to enjoy a film club. It is an inclusive session so open to all – if you're over 60. Refreshments provided.

🕒 First Saturday of every month. Free. Our Space, Ellesmere Community Centre and Library, Trimpey Street, Ellesmere, SY12 0AE

Forget-me-not Films

St John's Church, Saltwells Drive, Muxton, Shropshire TF2 8RJ
For more details, and to confirm date contact Jo Lefroy on 01952 604281

🕒 Usually on the 3rd Thursday of each month – watch a classic film and enjoy tea and cake.

Feed the Birds -Shropshire

Website: <https://www.shropshirewildlifetrust.org.uk/feedthebirds>

Find out more in this short animation on Youtube:

<https://www.youtube.com/watch?v=AUGJvG7htHE>

This scheme recruits and trains volunteers across Shropshire who are then matched with people living in their community who may have any of a range of age-related illnesses and conditions including dementia. All volunteers are DBS checked and they visit once a week to chat and help with filling up a bird feeder which is provided by the scheme.

Feed the Birds- Telford and Wrekin

Telephone: Chloe 01952 385114

E-mail: ftb@telford.gov.uk

A growing number of people are housebound, isolated and lonely, or at risk of becoming so. Feed the Birds Telford is designed to help to tackle this through setting up and supporting weekly bird feeding visits. Bird feeding can provide great pleasure to those who are housebound and a weekly visit by a bird feeding friend can offer valuable regular social contact. Clients will be visited by their volunteer in their home, once a week for up to an hour, to help feed the birds. This includes putting up bird feeders, cleaning them, replacing seed and chatting about birds that have been using the feeders. Chatting about the birds is often a starting place for a whole range of conversations

6. Digital Inclusion

Get Connected- Telford and Wrekin

Telephone: 01952 380000.

To register your interest or to request a place at upcoming sessions
Or to keep up to date with new programme and locations
availability go to the Website:

https://www.telford.gov.uk/info/20369/telford_online/6647/digital_face_to_face_support_and_learning

Are you over 65? Do you want to Get Connected with the digital world? We can help you to learn the essentials such as: email, what is email, how does it work, how can it benefit you; shopping online safely or keeping in touch with friends and family.

 Sessions are held in locations across Telford and Wrekin.

Digital Inclusion -AGE UK

Email: enquiries@ageukstw.org.uk

Telephone: 01743 233 123

Age UK Shropshire Telford & Wrekin computer training makes today's digital world understandable and relevant to you.

Our IT training is run by experienced volunteers and is suitable for those who know nothing about IT and those wanting to know more about a device they already have.

Our experienced Digital Champion volunteers can help you engage with technology to:

- Keep in touch with family and friends
- Manage your finances, order prescriptions or shop online
- Share photos or be creative
- Find out what's on in your local area
- Learn more about your hobbies and interests

Hands Together Ludlow

Telephone: 01584817250

Website: <https://www.handstogetherludlow.org.uk/get-digital>

Provides a range of services to support people living with dementia including training and support to help people get online or improve their digital skills.

Zoom Virtual Meeting Guide (DEEP)

<https://www.youtube.com/watch?v=iK0WAS3Kt4&list=PL92A9B339E2AEAD73&index=5&t=37s>

A short tutorial (7 minutes) on how to use Zoom to set up meetings- developed by the Dementia Engagement and Empowerment Project (DEEP)

7. Physical Activity

'Elevate Strength and Balance' Classes

Telephone: 07852 871589

Email: elevate@energizestw.org.uk

Website: <https://www.energizestw.org.uk/elevate-classes>

Elevate classes are designed to improve strength, balance, and confidence for local people aged 60+ The programme is aimed at people feeling a little unsteady on their feet, have a fear of falling and wanting to reduce their risk of falls.

Kingswood "Nature Connections"

Contact: Helen Heywood 01902 558132

Email: helen.heywood@wolverhampton.gov.uk

Kingswood Trust is a countryside location In South Staffordshire, on the A464 near Albrighton, close to Codsall, Perton and Pattingham. It offers walking, interaction and nature. There's a dementia-friendly focus – for individual visits or for bespoke visits for groups. Get in touch for more details.

Dementia Friendly Strolls - Newport

E-mail: dementiafriendlynewport@gmail.com

Telephone: 01952 550852

These run on selected Wednesdays -April -October

We know that there are real benefits for people with a diagnosis of dementia and their carers being outdoors and undertaking light

exercise and at the same time meeting others and being able to chat. Our walks are led by volunteers trained in safe walking procedures and dementia awareness and communication. The gentle strolls will be suitable for all and end with a chance for a coffee at The Hub afterwards.

🕒 [Wednesday 11.30 am meet at The Hub Community Café 139 High Street, Newport, TF10 7BH](#)

8. Church Services

Saturday Special Worship

Wem Methodist Church, Aston Street, Wem SY4 5AU. Contact Ann Johnson 01939 232035 for further information

A short informal service, followed by refreshments, suitable for all with a special welcome for people with dementia

🕒 [2nd Saturday of the month at 10.30am](#)

9. Libraries

Shropshire Libraries

"Reading Well Books on Prescription" for dementia

A collection of books is available at larger branches. These books have been chosen by experts, as helpful to people living with dementia and their carers. They include information books, personal stories and 'Pictures to Share' books for people living with dementia.

Website: <https://shropshire.gov.uk/libraries/>

Tel: 01743-255024

Home Library Service

Ask at your local branch for details of our Home Library Service

Books Aloud

Sit back, relax and listen to great stories and poems read aloud.

Free drop-in group for adults at selected libraries

E-library

Free access to e-books, e-audiobooks, magazines and newspapers with your library card

Concessionary card

Concessions including longer loan period, reduced late fees and carer status

Shared Memory Bags

Shared Memory Bags are an easily portable collection of items, books and activities to share at home or in a group to prompt conversation. Borrow a shared memory bag from Shropshire Libraries free of charge for three weeks using your library card. There are a number of themes available including Music, Working Life, Seaside etc.

Website: <https://shropshire.gov.uk/libraries/>

Oswestry Memory Loss Collection

A tremendous range of loanable resources to support those living with memory loss at home, including jigsaw puzzles, CDs, games, Fidget Widgets, reminiscence cards, song books and more. The items are based at Oswestry Library but can be requested free of charge by any Shropshire Libraries member and borrowed for three weeks using the most convenient library branch for collection and drop-off.

Telford Libraries

Keeping Active: Live Well with Dementia

The Keeping Active Live well with Dementia collection is a project that has been developed by Telford & Wrekin Libraries working with SPIC (Shropshire Partners in Care). This collection includes jigsaws, books, puzzles, DVD's, table top games, floor & inflatable games and activities for sensory & motor skills development. Items can be borrowed free of charge by an individual, a family member or care provider.

For more information about this collection please email: libraryenquiries@telford.gov.uk

Reading Well Books on Prescription Dementia

This recommends books that you may find helpful if you live with Dementia, are caring for someone with Dementia or want to find out more about the condition. The books include information and advice, help after diagnosis, practical support for carers and personal stories.

Pictures to Share Books

These books have been developed to for people living with Dementia to enjoy reading. They can be used as a group activity or for quiet time.

Scrapbooks

Large size Scrapbooks full of pictures & memorabilia from different decades. Great for reminiscing about household brands and sharing memories.

Jigsaw Puzzles

These jigsaw puzzles have been specially designed and tested to help users in early-mid stages to complete the puzzles unassisted. They range from 13 pieces, 24 pieces and 35 pieces all with colourful and well thought out pictures.

Puzzles with a Difference

This includes Mosaic puzzles, Vintage Cars and building games.

Table Top Games

A variety of games that can be played as a group activity, including Scrabble (Large Print), a variety of Bingo games, Playing Cards and many more.

Floor Games

Large size games that can be played on the floor or on tables, includes Snakes & Ladders, Connect 4 and more.

Inflatable Games

Fun and very large size inflatable floor games, all come supplied with a pump.

Sensory & Motor Skills

Games to aid sensory and motor skills.

Reminiscence DVD's

Each Memory Bank pack contains a DVD with six short films as well as an accompanying book with user guide, film notes, discussion ideas, activities and photos. The Pictures to Share DVD's contain photographs set to peaceful music.

10. Day Care Centres

Age UK Shropshire Telford & Wrekin Day Centres

Email: enquiries@ageukstw.org.uk

Website: <https://www.ageuk.org.uk/shropshireandtelford/our-services/day-centres/>

Age UK run around 22 local day centres across Shropshire, Telford and Wrekin for older people who cannot easily get about.

🕒 Each centre is open one day a week, usually between 10.00am and 3.00pm. Cost is around £10, this includes a two-course hot meal and activities.

Connect For Life (Oswestry)

Telephone: Alison Humphreys (Coordinator) 07582 207972

Email: connectforlife@hotmail.com

Website: <https://www.connectforlife.co.uk/>

Connect for Life is a day support group for older people, particularly those with memory difficulties, dementia or who are socially isolated.

🕒 Sessions take place at the Gateacre Pavilion, Gateacre Avenue, Oswestry, SY11 1DR during the day. The group provides brain stimulating activities, respite for carers, fun and friendship and a two course lunch. There is charge per session.

11. Respite Services

Age UK Shropshire Telford & Wrekin Dementia Respite

Telephone: 01743 233 123 extension 252 or phone 07854 853203

Email: enquiries@ageukstw.org.uk

Website: <https://www.ageuk.org.uk/shropshireandtelford/our-services/dementia-support/dementia-respite/>

🕒 Operating from 10.00am-4.00pm in peaceful, 5-star accommodation at Withywood in Shrewsbury. Our weekly dementia respite service provides time for carers to run errands, meet friends or simply have a few hours to themselves, safe in the knowledge that their loved one is being cared for. Costs £60 per day.

12. Support for Carers

Shropshire

Shropshire Carers Support Team at Shropshire Council

Telephone: 01743 341995 for referrals and self-referrals Mon – Fri 9am to 5pm

Email: Shropshire.Carers@shropshire.gov.uk

Website: <https://www.shropshire.gov.uk/the-send-local-offer/family-support/shropshire-carers-support-team/>

A dedicated Carer Support Team provides information and support for unpaid adult carers in Shropshire as well as for professionals working with unpaid carers.

Carers Assessments

Carers are entitled to have their support needs assessed by their local council through a 'carers assessment' which should enable them to receive supportive information about support and services and help to identify whether they meet the criteria for funded support. The assessment is free.

For information go to the website at

<https://shropshire.gov.uk/shropshire-choices/caring-for-someone-else/carer-assessments/>

Carers Emergency Plan

Carers in an emergency situation that affects their caring responsibilities are advised to contact Shropshire Council's First Point of Contact – 03456 789044 during office hours and the Emergency Duty Team - 03456 789040 for emergencies out of office hours. To find out more about how to compile your own Carers emergency plan go to:

<https://www.shropshire.gov.uk/media/24155/information-about-carer-emergency-plan-aug-22.pdf>

Carer Register

On enrolment to the Carer register you will receive a Carers card, which can be used to identify yourself as a carer and in emergency situations will alert people that there is someone who is relying on you, an emergency plan to complete and the offer of a 5 part FREE email course delivered by Mobilise. Go to

<https://www.shropshire.gov.uk/the-send-local-offer/family-support/shropshire-carers-support-team/>

For carers who are unable to access the internet please contact the Shropshire Carers team on 01743 341995 and the team will complete the form on your behalf while we are talking with you on the telephone.

Telford and Wrekin

Telford & Wrekin All Age Carers Centre - Carers Support & Guidance

Telephone: 01952 240209

Website: www.telfordcarers.org.uk

Family carers of all ages may wish to receive informal emotional, practical support and social activities with other family carers. The Carers Centre Team takes account of the family situation and supports carers on their individual 'Carers Journey.' They can also connect carers with other agencies to assist them.

Carers Assessments

Carers are entitled to have their support needs assessed by their local council through a 'carers assessment' which should enable them to receive supportive information about support and services and help to identify whether they meet the criteria for funded support. The assessment is free. To request a Carers Assessment ring Family Connect on 01952 385385 (when prompted please select option three). Or if the person you care for has a Social Worker/Adult Practitioner - you can request an assessment from them. For more information go to:
https://www.telford.gov.uk/info/20567/care_and_support_for_adults/3684/carers_assessment

Emergency Response Carers Service (ERCS)

Website:

https://www.telford.gov.uk/info/20568/looking_after_someone/3691/carers_emergency_service

If eligible, this ensures that family carers can access free replacement home-based support for up to 72 hours in the event of an emergency.

To access the Emergency Response Carers' Service contact:

Weekdays (office hours)

Monday to Friday from 9am to 5pm contact Family Connect on 01952 385385, please select option 3 and ask for the Emergency Response Carers' Service.

Weekends and out of office hours

Friday 5pm through to Monday 9am and public holidays contact Emergency Duty Team (EDT) on 01952 676500, ask for the Emergency Response Carers' Service.

Carers Wellbeing Guide

Go to www.Telford.gov.uk and search 'Carers Wellbeing Guide' for a downloadable/ printable version.

This guide recognises the vital role Carers play in looking after loved ones and the impact to their own wellbeing. It offers a one

stop guide to the latest information, advice, guidance and contacts to support carers.

Other

'Lets talk about Dementia'

Telephone: 01952 250 392 (this is an answerphone and you will get a 'callback')

Email: Shropshire@alzheimers.org.uk

Website: <https://www.alzheimers.org.uk/about-us/our-dementia-programmes/carers-information-support-programme>

A series of sessions for carers, family and friends of people recently diagnosed with dementia. Clients must be registered with a GP in Shropshire.

'Understanding Dementia' Course

To find out about enrolling please call: 07891 099460 or 01785 221257 or email wellbeingrec@mpft.nhs.uk

Website: <https://recovery.mpft.nhs.uk/>

Run by the Wellbeing & Recovery College this is a Two-Week Course (1 hour 30 minutes each week). It is an introduction to Dementia and provides information on the signs and symptoms of Dementia and the most common types that individual's experience as well as exploring practical tools and coping skills for day-to-day wellbeing for all those supporting a person living with Dementia

Dementia Carers Count

Website: <https://dementiacarers.org.uk/>

Dementia Carers Count is a national charity, offering a range of free services that give family carers the opportunity to learn and understand more about dementia and to connect with others in a similar situation. They offer practical advice on the reality and challenges of being a carer.

'Stress Management for Carers' Course

Telephone: 07716450707 (Karen Cromwell)

Email: francesenfrance@gmail.com

Contact either Karen or Frances for further information including dates of next course. The course is designed to focus on the needs of the carer: teaching them how to reduce their stress, build resilience and care for themselves. The goal is to help them avoid burn-out, so that they can continue to care at home, for as long as is safely possible. Cost £85 (some reduced rates available)

Mobilise

Website: <https://www.mobiliseonline.co.uk/>

Mobilise is an online service that harnesses the collective knowledge, wisdom and expertise of unpaid carers, in order to empower those that care to thrive.

'The World Turned Upside Down' film

This delves into the reality of living with dementia and caring for a person with dementia. Co-created with people affected by dementia, it explores scenarios from different points of views around the journey with dementia.

Go to <https://www.alzheimers.org.uk/blog/watch-world-turned-upside-down-film-about-dementia-and-communication>

13. Dementia Carers Peer Support groups

Alzheimer's Society run groups that provide a friendly and supportive environment to talk to other carers about how dementia affects your life. For all: Telephone: 01952 250392 (this is an answerphone and you will get a 'callback') or Email: shropshire@alzheimers.org.uk

Website: <https://www.alzheimers.org.uk/get-support/your-support-services/peer-support>

Shrewsbury

🕒 First Tuesday of the month from 10.30am to 12noon, St Giles Church Fellowship Room, Wenlock Road, Shrewsbury, SY2 6JP

Whitchurch

🕒 Fourth Thursday of every month, 2.30-4pm Shropshire Fire & Rescue Service, Whitchurch, SY13 1QL.

Church Stretton

🕒 Second Friday of every month, 2-3.30pm Mayfair Community Centre, Church Stretton, SY6 6BL.

Wem Carers Group

Contact: Shropshire Carer Support Team, Shropshire Council, Shirehall, SY2 6ND. Telephone 01743 341995 or contact Alwyn Thomas on mobile: 07891097015; e-mail: alwyn23@talktalk.net or alwynt1703@gmail.com

For carers and the person they care for (if wished) Come along for a cup of tea and a chat.

🕒 Meetings are held on the Second Thursday of every month at Wem Methodist Church Hall, Aston Street, Wem, Shrewsbury, Shropshire SY4 5AU from 2.00 pm until 4.00 pm or at Wem Town Hall.

'Still Caring'

Telephone: 01743 233123

Email: enquiries@ageukstw.org.uk

<https://www.ageuk.org.uk/shropshireandtelford/our-services/still-caring-593c84db-8ce9-ed11-9139-0003ff32f9a6/>

An informal group for former carers or those caring for someone in a care home. Meeting for coffee in to make new friends and find out what social opportunities are happening locally.

🕒 Various Shrewsbury locations on the first Friday of the month 11am – 12.30pm

Dementia Carers and People Living with Dementia group

Contact via A star Care Agency on 01948 302 131 or Julia Alanthwaite, Carer Support Practitioner on 01743 250 677 or 07815 976 385

🕒 First Monday of each month 1.30 to 3pm in the Archibald Worthington Club, Whitchurch, Shropshire, SY13 1AX

14. Dementia Research

'Join Dementia Research'

Website: <https://www.joindementiaresearch.nihr.ac.uk/>

The National Institute for Health Research (NIHR) in partnership with Alzheimer Scotland, Alzheimer's Research UK and Alzheimer's Society have developed 'Join Dementia Research', a service which allows people to register their interest in participating in dementia research and be matched to suitable studies. The service delivers new opportunities for people to play their part in beating dementia; connecting researchers with people who want to participate in studies.

15. Practical Support

Adult Social Care – Shropshire

For adults who require first-time help, support or advice about social care in Shropshire

Telephone: First Point of Contact team on 0345 678 9044

Website: <https://shropshire.gov.uk/adult-social-care/where-can-i-get-help/first-point-of-contact/>

🕒 Mon-Thurs 8.45 – 5pm, Fri 8.45 - 4pm

For emergency calls, existing clients can still call the out of hours service on 0345 678 9040.

Adult Social Care – Telford and Wrekin

To contact Adult Social Care in Telford and Wrekin

Go to -

https://www.telford.gov.uk/info/20728/contact_adult_social_care_asc

This gives options as to how you access help, either face to face; drop in or telephone advice. Or ring 01952 916 030.

Independent Living Centre – Telford

Website: <https://livewell.telford.gov.uk/Services/3117>

Address: Independent Living Centre, 3A Hazeldine House, Telford Town Centre, Telford, TF3 4JL

Telephone: 01952 457181

Email: ILCTelford@Telford.gov.uk

The Independent Living Centre has been a joint venture between Adult Social Care teams and the Council for Voluntary Services in Telford. Giving the local community the opportunity to access advice and equipment to stay independent at home and in the community. Also offers 'Welcome to Chat' sessions for general adult social care advice and guidance in other venues:

Shropshire Fire and Rescue Service – Free Safe and Well Visits

Have you considered how safe you are from a fire are in your home? You could complete an online home fire safety check to find out, and be given advice about any risks, OR go to <https://www.safelincs.co.uk/hfsc/> to try it out OR request free a safe and well visit in your home by calling 01743 260200 or emailing us safeandwell@shropshirefire.gov.uk Free Safe and Well Visits OR scan the QR code below.

A visit can help to reduce the risk of having a fire / keep people safe from fire within their home. Householders in high-risk vulnerable groups may be offered free smoke detectors as part of this service. We will: Arrange a convenient time to visit; Talk about the main causes of fire in the home; Test smoke alarms; Discuss points to consider when making a home fire escape plan and Give advice on the action to be taken in the event of a fire.



Age UK Shropshire Telford & Wrekin: Help at Home

Telephone: 01743 233 788

Email: enquiries@ageukstw.org.uk

Website: <https://www.ageuk.org.uk/shropshireandtelford/our-services/home-help/help-at-home/>

Includes free services and a 'charged for' practical help service, and anyone over the age of sixty may be eligible.

Age UK Shropshire Telford & Wrekin: Befriending Service

Email: enquiries@ageukstw.org.uk

Website: <https://www.ageuk.org.uk/shropshireandtelford/our-services/home-help/help-at-home/>

Age UK Shropshire Telford & Wrekin has a team of volunteers who provide companionship and support for older people. A volunteer can visit you in your own home, provide a regular telephone call for those who enjoy a friendly chat or accompany you to access social activities in your neighbourhood.

16. Bereavement

Cruse Bereavement Care

Telephone: free helpline 0808 808 1677

Website: <https://www.cruse.org.uk/get-help>

A national charity offering free bereavement support services to adults and young people living in Shropshire, Telford & Wrekin who have been affected by the death of someone close.

Tell Us Once

Website: <https://www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once>

Government service, to make it simpler to notify all departments of a death, by giving information only once. A registrar will explain the Tell Us Once service when you register the death. They will either: complete the 'Tell Us Once' service with you or give you a unique reference number so you can use the service yourself online or by phone.

17. Leaflets and Aids

‘This is Me’

Website: just google ‘This is Me booklet Alzheimer’s Society’ for more information and to download or order.

‘This is me’ is a simple leaflet for anyone receiving professional care who is living with dementia or experiencing delirium or other communication difficulties. It can be used to record details about a person who can’t easily share information about themselves.

‘Butterfly scheme’

Website: <https://butterflyscheme.org.uk/>

This scheme, used in many local hospitals, helps staff to identify people with dementia and/or confusion and support them better by using a Butterfly symbol. Patients can choose whether to opt into this scheme.

‘Johns Campaign’

Website: <https://johnscampaign.org.uk>

This ‘scheme’ applies to hospital settings and is supported locally. Its focus is to ensure that family carers have the ‘right to stay’ with people with dementia in hospital, because having someone you are close to with you will be a positive thing.

‘The Herbert Protocol’

Website: <https://www.westmercia.police.uk/notices/af/herbert-protocol/>

West Mercia Police have introduced the Herbert Protocol across the area to help where vulnerable people (including people living with dementia) go missing. This helps families to record and keep vital information (such as description, photograph, significant places in the person’s life and their daily routine, and medication) on one form, that can be located quickly, if needed by the police because they have gone missing.

Blue Badge Scheme

Shropshire

To find out more and/or to apply go to:

<https://shropshire.gov.uk/parking/blue-badge-parking-scheme/apply-for-or-renew-a-blue-badge/>

Telford and Wrekin

To find out more; to check your eligibility and to apply, go to:

<https://www.gov.uk/apply-blue-badge>.

The Blue Badge scheme provides a national arrangement of parking concessions for people with severe walking difficulties who travel either as drivers or passengers. Cases are judged individually against a series of criteria and dementia is now included as a disability under the scheme.

DVLA - Driving

Website: <https://www.gov.uk/dementia-and-driving>

If you have a driving licence you must tell DVLA if you have a diagnosis of dementia, use the form CG1 on the website. The DVLA will take any decision about a person's ability to continue to drive based on a doctor's report. Many people are able to continue to drive after a diagnosis. Here's the link to the Alzheimer's Society advice page and factsheet on "Driving and dementia":

<https://www.alzheimers.org.uk/get-support/staying-independent/driving-dementia>

Activities to Share

<https://www.activitiestoshare.co.uk/about-us/>

Activities to Share is oriented around the supply of products for that activities for people with specific needs including dementia. Supplies of Games and Puzzles, Arts and Crafts and Books are available to organisations and individual purchasers

Hidden Disabilities 'Sunflower Lanyard'

Website: <https://hdsunflower.com/uk/shop.html>

Sunflower lanyards have become increasing popular as a discreet way of indicating people have a 'hidden disability' such as

dementia. They are now recognised in many shops. They are given out for free at larger branches of many supermarkets and stores (ask at Customer Services) or available to buy from the website.

'Playlist for life'

Website: <https://www.playlistforlife.org.uk/>

Playlist for Life was developed to help people living with dementia and their families connect to the past whilst reducing anxiety, improving mood and evoking memories that can help keep connections alive.

Radar Keys

Website: <https://www.radarkey.org/index> to order keys & <https://www.radarkeys.org/app> to see app availability.

Radar keys allow access to locked disabled toilets at motorway services and sometimes local amenities. They cost about £3.49 plus postage and can be purchased online. There is also an app which shows where all the disabled facilities are

18. Benefits Advice

Age UK Shropshire Telford & Wrekin Benefits Advice

Telephone: 01743 233 123

Email: enquiries@ageukstw.org.uk

Website: <https://www.ageuk.org.uk/shropshireandtelford/our-services/information-advice/benefits-money/>

Advice and information on matters including: Attendance Allowance; Personal Independence Payment (PIP); Carer's Allowance; Pension Credit; Housing Benefit and Council Tax Benefit as well as trained staff to help with Power of Attorney.

Citizens Advice Bureau

National website: www.citizensadvice.org.uk

Provides information and advice on a range of areas including benefits.

Shropshire:

Free Advice Line: 0808 278 7894 (Mon-Fri 10am to 4pm)

Website: <https://www.cabshropshire.org.uk>

Telford and Wrekin:

Telephone: 01952 567193 or 0808 2787988

Email: case@telfordcab.co.uk

Write to or visit : 40 Tan Bank, Wellington, TF1 1HW

Website: www.citizensadvice.telfordandthewrekin.org.uk/

This includes a Deaf Advice Service for deaf or hard of hearing

Personal Independence Payment (PIP)

Website: <https://www.gov.uk/pip>

This can help with extra living costs if you have both a long-term physical or mental health condition or disability and difficulty doing certain everyday tasks or getting around because of your condition

You can get PIP even if you're working, have savings or are getting most other benefits.

Council Tax Reduction for People with Dementia

Certain adults who are 'not counted' (disregarded) for council tax purposes, if you live with other adults who are 'not counted' for council tax you will receive a 25% discount.

An adult with a severe mental impairment such as Alzheimer's or other dementias is entitled to a 25% discount on Council Tax. The Council will need to contact the GP for verification of the condition and the person must also be receiving a qualifying benefit.

(Qualifying benefits include: The high or middle rate of the care component of Disability Living Allowance; Either rate of the daily living component of Personal Independence Payment; Employment and Support Allowance or Attendance Allowance

Shropshire

<https://www.shropshire.gov.uk/council-tax/discountsdisregards-exemptions-and-reductions-for-disabilities/disregards/>

Telford

https://www.telford.gov.uk/info/20399/money_off_your_bill/80/discounts_exemptions_and_reductions

Attendance Allowance

You can claim Attendance Allowance if you: have reached State Pension age; need care or supervision because you have an illness or disability and have needed care or supervision for at least 6 months because of your illness or disability (separate rules for end of life). For Attendance Allowance claim form go to <https://www.gov.uk/government/publications/attendance-allowance-claim-form>

19. Legal

Legal Advice - Solicitors for the Elderly (SFE)

This is an independent national organisation of lawyers who have undertaken specialist training to provide specialist legal advice for older and vulnerable people, their families and carers. This includes communicating in easy, understandable language and explaining any necessary legal terminology. They can help with Wills / Lasting Powers of Attorney ('LPA') / Care Funding/ Gifts/ Advance Decisions and Living Wills.

Website and information on local members: <https://sfe.legal/>

Advance decision to refuse treatment (living will)

An advance decision to refuse treatment lets your healthcare team know your wishes if you are not able to communicate them. It is sometimes known as an ADRT, or a living will and is a decision you can make now to refuse a specific type of treatment at some time in the future.

It lets your family, carers and health professionals know your wishes about refusing treatment if you're unable to make or communicate those decisions yourself.

For more information go to: <https://www.nhs.uk/conditions/end-of-life-care/planning-ahead/advance-decision-to-refuse-treatment/>

ReSPECT Process

ReSPECT stands for Recommended Summary Plan for Emergency Care and Treatment. The ReSPECT process creates a summary of personalised recommendations for a person's clinical care in a future emergency in which they do not have capacity to make or express choices. Such emergencies may include death or cardiac arrest, but are not limited to those events. The process is intended to respect both patient preferences and clinical judgement. The agreed realistic clinical recommendations that are recorded include a recommendation on whether or not CPR should be attempted if the person's heart and breathing stop.

For more information go to:

<https://www.resus.org.uk/respect/respect-healthcare-professionals>

General Power of Attorney

A General Power of Attorney is also known as an Ordinary Power of Attorney and is a legal document that appoints one or more people (your Attorney/s) to make financial decisions for you (the Donor). A General Power of Attorney applies to all of your affairs.

For more information go to:

<https://www.ageuk.org.uk/information-advice/money-legal/legal-issues/power-of-attorney/>

Lasting Power of Attorney (LPA)

A lasting power of attorney (LPA) is a legal document that lets you appoint one or more people (known as 'attorneys') to help you make decisions or to make decisions on your behalf. In the UK there are 2 types of LPA: health and welfare; property and financial affairs. You can choose to make one type or both. This gives you more control over what happens to you if you have an accident or an illness and cannot make your own decisions (you 'lack mental capacity').

For more information or to download the forms go to:

<https://www.gov.uk/power-of-attorney>

Age UK and the Citizens Advice bureau also give advice and signposting on a number of legal issues.

20. Advocacy services

Age UK Shropshire Telford & Wrekin Advocacy

Telephone: 01743 357 748.

Email: advocacy@ageukstw.org.uk

Website: <https://www.ageuk.org.uk/shropshireandtelford/our-services/information-advice/advocacy/> Independent and trustworthy support for older people facing problems and needing representation or legal advice.

A4U Shropshire & Telford

Telephone: 01743 539201

Email: advice@a4u.org.uk

Web site: <https://a4u.org.uk/>

Address: A4U, Louise House, Roman Road, Shrewsbury SY3 9JN

Provides free and confidential Information, legal advice and advocacy for disability issues, run by and for disabled people.

21. Useful Websites and Publications

Shropshire Council Community Directory

Website: <https://www.shropshire.gov.uk/libraries/community-directory/>

Provides details of organisations and groups who offer support for people affected by dementia across the Shropshire area - online.

Shropshire Choices Support Finder 2023 Booklet

To obtain a copy of this useful booklet free of charge call Shropshire Council's Customer Services on 0345 678 9044 or email firstpointofcontact@shropshire.gov.uk or order online by visiting www.carechoices.co.uk/order-copies-of-a-directory

Provides social care and health information for adults who may have care and support needs and their carers, across the county

Shropshire Choices

Website: <https://shropshire.gov.uk/shropshire-choices/i-need-help/care-and-support-for-different-conditions/dementia/>
Provides information on dementia and what support is available

Livewell Telford

Telford's all age online Community Directory Website:
<https://livewell.telford.gov.uk/>
Provides information on support available across Telford and Wrekin. (search for Dementia and your postcode/area)

Age UK

Website: <https://www.ageuk.org.uk/shropshireandtelford/>
Provides a wide range of leaflets on Dementia (go to Dementia Support) and other topics including: Advocacy, Befriending services, Benefits, Counselling, Day Centres, Help at Home, Home from Hospital and many more.

Alzheimer's Society

Website: <https://www.alzheimers.org.uk/get-support/publications-factsheets>
Wide range of fact sheets/ books and booklets for people with dementia and carers, downloadable and to order.

Dementia UK

Provides a range of downloadable (or to order) information leaflets and online information
<https://www.dementiauk.org/information-and-support/>

NHS UK – Dementia Guide

Website: <https://www.nhs.uk/conditions/dementia/about/>
Lots of information about dementia and where to ask for support

Dementia Diaries - DEEP (Dementia Engagement and Empowerment Project)

Website: <https://dementiadiaries.org/>
This is a UK-wide project that brings together people's diverse experiences of living with dementia as a series of audio diaries that people might find interesting to listen to.

Dementia Help

Website: <https://dementiahelpuk.com/>

Dementia Help offers ongoing tips, advice and support for carers via its website and social media platforms. Practical advice is always from the heart and based on personal experiences.

CogniCare App

For mobile phones – this is a personal guide for family and friends looking after someone with dementia. It will provide advice throughout the caring process. Available free on Google Play – just search CogniCare App

Shropshire Disability Network

Website: <https://shropshiredisability.net/>

Works with people and organisations for the benefit of individuals with all types of disabilities their families and carers. Offers a range of information.

Dementia Explained

Website: <https://www.alzheimersresearchuk.org/kids/teens/>

Dementia Explained is a website that has been developed by Alzheimer's Research UK to help children and teenagers understand dementia, how it affects someone and how this could impact their lives.

Alzheimer's Disease International

Telephone: 020 7981 0880

Email: info@alzint.org

Website: <https://www.alzint.org>

Alzheimer's Disease International (ADI) believes that to win the fight against dementia, a combination of global solutions and local knowledge is required. To facilitate this, ADI aims to work locally, by empowering Alzheimer associations to promote and offer care and support for people with dementia and their carers, while working globally to focus attention on dementia.

22. Have your say

Healthwatch

This is the independent national champion for people who use health and social care services. Their job is to find out what matters to people, and help make sure their views shape the support they need. There is a local Healthwatch in every area of England.

Shropshire

Website: <https://www.healthwatchshropshire.co.uk>

Call: 01743 237884 between the hours of 08:45 – 17:00 Monday to Thursday.

E-mail: enquiries@healthwatchshropshire.co.uk

WhatsApp: 07813 458955

Post or Visit: Healthwatch Shropshire, 4 The Creative Quarter, Shrewsbury Business Park, Shrewsbury, Shropshire, SY2 6LG

Telford and Wrekin

Website: <https://www.healthwatchtelfordandwrekin.co.uk>

Call: 01952 739540 between the hours of 09:00 – 17:00 Monday to Friday.

E-mail: info@healthwatchtelfordandwrekin.co.uk

Post: Healthwatch Telford and Wrekin, Meeting Point House, Southwater Way, Telford, TF3 4HS

23. Dementia Friendly Communities

Dementia Friendly Communities in Shropshire, Telford and Wrekin
A dementia-friendly community is a city, town or village where people with dementia are understood, respected and supported. In a dementia-friendly community people will be aware of and understand dementia, so that people with dementia can continue to live in the way they want to and in the community they choose. In Shropshire, Telford and Wrekin Dementia Action Alliance we have a number of active Dementia Friendly Communities including Newport (Telford and Wrekin), Bishops Castle, Church Stretton and Whitchurch.

We would love to have more so if you are interested in joining an existing dementia friendly community or starting another one, now is the time! To find out about starting a new dementia friendly community email

shropshiretelfordandwrekindaa@gmail.com

To find out more about existing Dementia Friendly Communities 's please email:

Newport (T & W)	dementiafriendlynewport@gmail.com
Bishops Castle	Valerie.woodmansey@btinternet.com
Whitchurch	jhcthornhill@gmail.com
Church Stretton	csdementiafriends@gmail.com

Date of this update December 2023 - All information accurate as of this time (see page 2

Some costs may apply to some services – contact services for details

Please let us know of any changes to services or additional information you think would be useful please email us at:

shropshiretelfordandwrekindaa@gmail.com

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