

Information and Support Directory for those living with dementia and their Carers

Cheshire East Area

The best place for someone living with dementia is to remain at home independently for as long as possible. Therefore, it is important that the right provisions are in place to support these people to remain in the community and ensure that our community based settings are set up in a way that will continue to be inclusive and support residents who have dementia (including taking into account any future needs).

There are already a range of services and good practice across the Borough of Cheshire East that currently support people with dementia, their carers and families, to remain in their communities.

This directory identifies some of that good practice and services



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Local Dementia Support and Services

The Alzheimer's Society have produced a booklet on all the groups available in the Cheshire East area. Also, the End of Life Partnership have developed a similar booklet. You will find the below groups included in these booklets, but we wanted to also put them into this directory to ensure we have as much information in one place as possible.

Alzheimer's Society booklet is attached below, and there is a link to the End of Life Partnership (Dementia Activity Clubs – Cheshire East) below also.



Alz Soc Group
Services CE Jan 2024.i

<https://eolp.co.uk/help-for-you/>

ALSAGER

There are volunteers at **Alsager Community Support** who are always willing to help and can provide you with a free Dementia Support Pack, as well as a listening ear and practical support. They can help you to complete benefit forms and help to find a range of daily support, for example care agencies, cleaners, gardeners, hot meal delivery plus much more.

Either pop into **19,21 Crewe Road, Alsager, Stoke-on-Trent, ST7 2EW** to meet one of their friendly trained volunteers or contact them on **01270 876605**. **When:** Mondays to Fridays 9.30am to 12.30pm. You can also keep up to date by following them on Facebook.

Heydays

Weekly social club for over 65's (including people with early/mid dementia). Socialise and take part in fun stimulating activities. Carers welcome to stay. Tuesdays 2- 4.30pm at 13 Club, Cedar Ave, Alsager ST7 2PH. Opens 48 weeks a year. Cost £3
Contact Kath Knight **07443 492573**

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Alsager Dementia Friendly Community

Memory Café on the **last Friday** in the month supporting people living with dementia, their carers, and families. Where: Alsager Library Sandbach Rd N, Alsager, Stoke-on-Trent ST7 2QH. **11am to 12.45pm**. Refreshments, activities, and information. No charge.

Singalong on the **second Wednesday** in the month. **Twyford House, Richard Woodcock Way, Stoke-on-Trent ST7 2DF 2.30pm to 4pm**. Singalong to well-known songs. Songbooks provided. Tea and biscuits, No charge.

For further information contact Kath Reader on 01270 873975 or at alsager.dfc@gmail.com

Carer breaks in Alsager.

Caring for someone can be a full-time job and all carers need a break every now and then. There are different types of breaks:

Keystone Support Centre: Offers activities, advice and support, and complimentary therapy for carers.

Takes place at: Church Lawton Memorial Hall. Every Tuesday 1pm– 4pm. See <http://www.keystonesupportcentre.org.uk/>

Contact: 01270 872157 or 07936 185328 or email contact@keystonesupportcentre.org.uk

Alsager Carers Club - Meet and chat with other carers for support. Just turn up.

Takes place at: Alsager fire station. Every 2nd Wednesday of each month 2pm.

Cheshire East Carers Hub Carers Coffee and Chat Group Meet and chat with other Carers, speak to a Carers Support Worker and take a well-earned break from your caring role whilst enjoying a coffee.

Takes place at: Alsager library. Every 3rd Tuesday of the month 1.00pm until 3.00pm

Contact: 0300 303 0208.

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BOLLINGTON

Coffee and Chat – is for anyone wanting to know more about dementia. **Takes place at:** Bollington Library. Every Wednesday from 2pm – onwards. **Contact:** Just call in to the library or contact Dementia Friendly Bollington via Facebook

Time to Talk - Suitable for those living with dementia and their carers. Time to talk offers advice and support. No need to book, just drop in. Below are the times and dates for 2024:

Date	Where	Time
Wed 7th February	Bollington Town Hall	2pm-3:30pm
Wed 3rd April	Bollington Town Hall	2pm-3:30pm
Wed 12th June	Bollington Town Hall	2pm-3:30pm
Wed 28th August	Bollington Town Hall	2pm-3:30pm
Wed 9th October	Bollington Town Hall	2pm-3:30pm
Wed 4th December	Bollington Town Hall	2pm-3:30pm

For further information contact Clare Johnson clare.johnson@cheshireeast.gov.uk or Francis Underhill frances.underhill@eolp.org.uk

CHELFORD

Memory Lane Café - For carers, relatives and friends coping with memory issues, which may include a Dementia. The cafe is a place where you can discuss any issues or just meet new friends and chat. Relax and enjoy the break. **When:** Fortnightly on a Tuesday from 2pm until 4pm (starting 9th January 2024). **Where:** The Hub, 31 Elmstead Road, Chelford, SK11 9BS. **Telephone:** Bee Crisp on 07836 386550 or **Email:** bee.crisp@yahoo.co.uk

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CONGLETON

Company Corner – is for anyone wanting company and a chat, it is dementia friendly.

Takes place at: Congleton Cricket Club, Booth Street, Congleton CW12 4DG. Every Monday 10am until 12pm.

Contact: Liz on **0771 7736645**

Forget me Not club – is a social and activity group and is for those living with dementia and their carers.

Takes place at: New Life Church, West Road, Congleton, Cheshire CW12 4EY. Every 2nd and 4th Friday of the month at 10.30am until 12pm

Contact: Essential to phone Clare Sheard on **078664 15211** before attending as places are limited.

Time Out group – is a social and activity group and is for people in early to mid-stage dementia, wanting an introduction to day care.

Takes place at: Bromley Farm Community Centre, Edinburgh Road, Congleton CW12 3EN. Every Thursday from 10am until 3pm.

Contact: Glen Williams or Margaret Butcher on **01270 279707** or bscdt@tiscali.co.uk

Dementia Swapshop – Dementia Resources – and is for anyone caring for or supporting a person with dementia.

Takes place at: Congleton Library, during Library hours.

Contact: Available when library is open – ask staff for more details

Dementia Friendly Congleton Group produce a regular leaflet '**Congleton Activities for the Young at Heart**'. As well as activities exclusively for people living with dementia, there are also activities suitable for everyone including those living with dementia. The leaflet also contains many useful contact details. **These leaflets are available in the Congleton Information centre, the library and the museum.**

Cheshire East Carers Hub Coffee and Chat Group for Carers: Meet and chat with other Carers, speak to a Carers Support Worker and take a well-earned break from your caring role whilst enjoying a coffee. Every Third Thursday of the month, **10.30-12.30pm, Congleton Library. Call 0300 303 0208 if you would like to attend.**

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CREWE

Wishing Well: Dementia Friendly Social group. Places need to be booked. Cost £5 (Option to stay for a hot lunch until 1.30pm for a £5 cost). **Where:** Jubilee House, Crewe. **When:** Wednesday's from 10am until 12.15pm. **Telephone:** 01270 256919 or **email :** Gill.tarrant@wishingwellproject.net or Jayne.edwards@wishinwellproject.net

Making Golden Memories is a social and activity group for people living with dementia.

Takes place at: Hopes & Beams, Broad Street, Crewe CW1 3UD. Every Tuesday of the month from 10am until 12pm – or 1pm until 3pm

Contact: 01270 255355

Afternoon Club is a Dementia Friendly social & activity club for those living with dementia, their loved ones, carers and family.

Takes place at: St Mary's Caritas Centre, 65 Delamere Street, Crewe, CW1 2JX, **When:** every Wednesday from 1pm until 3pm

Contact: 07488285861 or 07580097468

Email thethursdayclubnantwich@gmail.com

Forget Me Knot Club supporting Crewe's dementia community. **Takes place at:** St Stephen's Methodist Church, Gainsborough Road, Crewe, CW2 7JX. **When:** every 2nd and 4th Thursday each month, from 1pm until 2.30pm. **Contact:** Deacon Jill Henderson. **Telephone:** 01270 381087. **Email:** 1108deacon@gmail.com

Let's Come Together Group for chat, games, knitting etc. **Takes place at:** St Stephen's Methodist Church, Gainsborough Road, Crewe, CW2 7JX. **When:** every Tuesday from 10.30am until 3pm. **Contact:** Rev Jennie Henshall **Telephone:** 01270 509142.

Email: j.a.henshall@btinternet.com

Belong Experience Day's (Day Care for those living with Dementia): This specialist day care service offers meaningful occupation and the chance to get involved in their community. From classic film screenings to poetry reading, exercise sessions to local history and crafts to flower arranging, this is an alternative to conventional day care. For further details **contact** Belong Crewe on **01270 561200**

Making Golden Memories – an activity club suitable for those living with dementia and their carers. **Where:** Hopes and Beams, Broad Street, Crewe, CW1 3UD **When** – Every Tuesday 10am until 12pm **Cost:** £6. **Telephone:** 01270 255355

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Cheshire East Carers Hub Coffee and Chat Group for Carers: Meet and chat with other Carers, speak to a Carers Support Worker and take a well-earned break from your caring role whilst enjoying a coffee. **Every Second Thursday, 1-3pm, Wishing Well. Please call 0300 303 0208 if you would like to attend.**

B's Café, in Belong Crewe, offers a warm and welcoming space where families, friends and carers of people living with dementia can come together with their loved ones over a lovely cup of tea or coffee and cake! Sessions will take place in The Venue from **2pm – 4pm** and are free to attend. **Call 01270 561200**, for further information or to book your place.

DISLEY

Disley Friends: are a friendly group where everyone is welcome especially family carers, those with memory worries and those living alone. **Cost £2 – Includes Music & Refreshments.**

Where: Disley Community Centre 1:30 -3:30pm. Every 2nd Friday of the month. Dates for 2024 are below:

Date
8 th March
12 th April
10 th May
14 th June
12 th July
9 th August
13 th September
11 th October
8 th November
13 th December

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Time to Talk - Suitable for those living with dementia and their carers. Time to talk offers advice and support. No need to book, just drop in. Below are the times and dates for 2024:

Date	Where	Time
Friday 12 th January	Disley Community Centre, SK12 2BB	2pm until 3.30pm
Friday 8 th March	Disley Community Centre, SK12 2BB	2pm until 3.30pm
Friday 10 th May	Disley Community Centre, SK12 2BB	2pm until 3.30pm
Friday 12 th July	Disley Community Centre, SK12 2BB	2pm until 3.30pm
Friday 13 th September	Disley Community Centre, SK12 2BB	2pm until 3.30pm
Friday 8 th November	Disley Community Centre, SK12 2BB	2pm until 3.30pm

HANDFORTH

In Together Handforth – is a social and activity group for those living with dementia, their carers and families.

Takes place at: St Mary’s Church, Wilmslow Road, Handforth SK9 3JX. Every Thursday from 2pm until 4pm.

Contact: Roberta on **01625 528 569**

HOLMES CHAPEL

Holmes Chapel Memory Café is for Local residents living with dementia and their carers.

Takes place at: Holmes Chapel Methodist Church, 4 Hawthorn Villas, Crewe, CW4 7AR. Every 1st and 3rd Tuesdays in the month from 10am until 12pm. **Contact:** Space is limited so please call before attending. (Catchment area of local residents from

Allostock, Brereton, Goostrey, Holmes Chapel, Somerford and Sproston) Dorothy Davidson **01477 537679** or

dedavidson1@aol.com

Cheshire East Carers Hub Coffee and Chat Group for Carers: Meet and chat with other Carers, speak to a Carers Support Worker and take a well-earned break from your caring role whilst enjoying a coffee. **Every Fourth Friday of the month, 10.30am - 12.30pm, St Luke’s Church Hall. Please call 0300 303 0208 if you would like to attend.**

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KNUTSFORD

Knutsford Friendship Cafe People living with dementia and their carers and families.

Takes place at: Knutsford Methodist Church, Princess Street, Knutsford, WA16 6BY. Every Friday from 10am until 12pm.

Contact: Paula Lambe **01565 652251** or **07816308505**

Snow Angels is a local social enterprise in Cheshire which supports older people to keep well and live independently in the **Knutsford** area. They offer support with various services, including such things as carrying out benefit checks and completing the Attendance Allowance forms for free. They will also assist in completing the Lasting Power of Attorney forms again for free. Visit their website: <http://www.snowangels.org.uk/> or call them on **0300 666 0002**.

Cheshire East Carers Hub Coffee and Chat Group for Carers: Meet and chat with other Carers, speak to a Carers Support Worker and take a well-earned break from your caring role whilst enjoying a coffee. **Every third Thursday, 10.45-12.45, Curzon Cinema. Please call 0300 303 0208 if you would like to attend.**

MACCLESFIELD

Golden Memories is a social and activity group for people living with dementia and a carer or family member.

Takes place at: Tytherington Family Worship Church, 57 Sandwich Drive, Macclesfield, SK10 2UD. Monthly on a Tuesday from 10am until 12pm **Contact:** Pam Jagger **01625 828 425**

Singing for the Brain is for People living with dementia and a carer. **Takes place at:** Tytherington Family Worship Church, 57 Sandwich Drive, Macclesfield SK10 2UD. Every 2nd and 4th Thursday in the month from 11am until 12.30am

Contact: Alzheimer's Society in Cheshire **0300 369 0570** or cheshire@alzheimers.org.uk

Sunday Tea is coffee and chat for older members of the community, including those with memory problems.

Takes place at: Gawsworth Methodist Church, Dark Lane, Gawsworth, Macclesfield, SK11 9QZ. Every 1st Sunday of the month from 4pm until 5.30pm. **Contact:** Rev Sheila Bishop **01625 433239** or Muriel on **01625 427992**

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ABCD Club is a social and activity group for people living with dementia and their carers. **Takes place at:** Broken Cross Methodist Church, Chelford Road, Macclesfield SK10 3JR. Every 1st and 3rd Thursdays of the month from 1.30pm until 3.30pm. **Contact:** John on **07915252535** or Jean on **01625 402446**

Golden Memories Sutton is a social and activity group for people living with dementia and their carers. **Takes place at:** Sutton St James Church Hall. Every 1st and 3rd Thursdays of the month. Times yet to be confirmed. **Contact:** Judith Harries on **01260 253945** or pastoral@peakparishes.org.uk

Singing Together is for people living with dementia and their carer. **Takes place at:** Broken Cross Club, Broken Cross, Macclesfield, SK11 8TU. On the 1st Friday of each month from 10.30am until 12pm. **Contact:** Dementia Team on 01625 666990

Love to Move is a cognitive stimulating exercise group for people living with dementia and their carer. **Takes place at:** Sunflower Living Well Centre, East Cheshire Hospice, Millbank Drive, Macclesfield SK10 3DR. Runs in January May and September (16 week programme) **Contact:** Dementia Team 01625 666990

Belong Experience Day's (Day Care for those living with Dementia): This specialist day care service offers meaningful occupation and the chance to get involved in their community. From classic film screenings to poetry reading, exercise sessions to local history and crafts to flower arranging, this is an alternative to conventional day care. For further details **contact** Belong Macclesfield on **01625 508700**

Cheshire East Carers Hub Coffee and Chat Group for Carers: Meet and chat with other Carers, speak to a Carers Support Worker and take a well-earned break from your caring role whilst enjoying a coffee. **Every third Friday, 12-2pm, Space4Autism.** Please call **0300 303 0208** if you would like to attend.

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MIDDLEWICH

Cheshire East Carers Hub Coffee and Chat Group for Carers: Meet and chat with other Carers, speak to a Carers Support Worker and take a well-earned break from your caring role whilst enjoying a coffee. **Every second Thursday, 10.30am-12.30pm, Willowmere. Please call 0300 303 0208 if you would like to attend.**

NANTWICH AND RURAL (including Willaston)

Dementia Friendship Group – social group for anyone living with dementia and their carer, partner/friend. We do not charge for these sessions, but donations are appreciated. Activities include speakers/craft and music activities, and are volunteer supported, **every 3rd Monday** is supported by Musical Moments all sessions provide refreshments. **Takes place at:** Nantwich Museum, Pillory Street, Nantwich, CW5 5BQ. Every 1st and 3rd Monday of the month – 2pm – 3.30pm Contact: **01270 627104** or email education@nantwichmuseum.org.uk.

Circle of Friends – a friendship group open to all including those with memory challenges, their loved ones, and carers. Experience fun and friendship in a relaxed and supportive environment. Food and refreshments provided. Supported by volunteers from Nantwich Elim Church. **Takes place at:** Regents Perk Café, London Road, Nantwich, CW5 6LW. Every Tuesday from 1.00pm until 3pm. Contact: David Nixon, **email:** nixon.d@sky.com or mobile: **07767 441405**

Tuesday Lunch Club (ran by ADCA) **Takes place at:** Audlem (currently based at Hankelow Methodist Chapel Hall, CW3 0JN). Every Tuesday from 11am until 2.30pm. **Contact:** Initially please call/leave a message on **07984 785907**

Thursday Club: a social drop in with some optional activities and refreshments ran by trained experienced voluntary group. This group is also for those with **young onset** dementia. **Takes place at:** St Mary's Hall, Nantwich Town Centre. Every Thursday from 10.30am until 12.30pm **Contact:** thethursdayclubnantwich@gmail.com or call Dawn on **07488 285861** or Lynn on **07580 097468**

Friday Coffee Morning (ran by ADCA) **Takes place at:** Audlem Public Hall Annexe, Cheshire Street, Audlem, CW3 0AH. Every Friday from 10am until 12 midday. **Contact:** Initially please call/leave a message on **07984 785907**

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Nantwich Singing for the Brain is for People living with dementia and a carer. **Takes place at:** Elim Church, London Road, Nantwich, CW5 6LW. Every 2nd and 4th Monday in the month from 11am until 12.30am. **Contact:** Alzheimer's Society in Cheshire **0300 369 0570** or cheshire@alzheimers.org.uk

Nantwich Community a new LGBT social group – at The Railway Hotel's recently established "**Tea and Tattle**" social group which meets at 2pm on the second Wednesday each month, all over 50s welcome. **Contact:** Colin on colin@bpcnw.co.uk

Friday PING – Dementia Friendly Table Tennis: This is for those living with dementia, their loved ones, carers and family. If you have never played before or want to bring back memories from youth club days, please join them for a game and a cuppa. **When** – Friday's every 2 weeks from 11.30am until 1pm **Where:** Bob Hope Academy, Nantwich. To the rear of Elim Church, London Rd, Nantwich, CW5 6LW. **Contact** via email Jan Johns janjohns1956@outlook.com or **Telephone:** 07884 310209,

Nantwich Buddies: are there for the town of Nantwich and the surrounding rural areas for anyone in their community who needs more support. They can help with:

- shopping
- befriending phone calls
- befriending visits (if someone is lonely, socially isolated or just wants to talk to someone different)
- prescription collection
- giving information about local social groups/clubs

and many other tasks. **Contact telephone number – 01270 440750.** Also please see link for further information:

<https://www.nantwichbuddies.org/about-us>

Insights Bereavement Listening Service – is a free confidential & non judgmental 1-1 service for those bereaved. Once contact is made via their coordinator (**email:** insightsnantwich@hotmail.com or **via phone 07942337801**) a volunteer is matched to the client for a 1-1 meeting or if preferred a telephone call. Between 6 to 8 private one to one sessions will be arranged.

They also offer a friendship group **meeting every Wednesday @ Nantwich Methodist Church 1.30 - 3.30pm** for those leaving the one to one service or for those choosing just to mix/share with those who've a lost loved one like themselves.

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Their third service has grown from recognising the needs of those who have not physically lost someone but are grieving for the loss of a partner or close relative due to dementia. Their carer role now presents new challenges, there is a **monthly meet up @ Barony Lodge (every last Friday of the month 2-4pm)** gives you chance to offload, learn & have space without your loved one. **Website:** www.insights-nantwich.org

Cheshire East Carers Hub Coffee and Chat Group for Carers: Meet and chat with other Carers, speak to a Carers Support Worker and take a well-earned break from your caring role whilst enjoying a coffee. **Every Fourth Wednesday, 10.30am-12.30pm, Mill House. Please call 0300 303 0208 if you would like to attend.**

Willaston Dementia Café Club – coffee, cake, and activities. **Where:** Richmond Villages Specialist Dementia Village, 261 Crewe Road, Willaston, CW5 6GX **When:** Every Wednesday 2pm until 4pm. **To book telephone:** 01270 696929

Willaston Dementia Friendly Tea and Scone afternoon. **Where:** Richmond Villages Specialist Dementia Village, 261 Crewe Road, Willaston, CW5 6GX **When:** Every Saturday 2pm until 4pm. **To book telephone:** 01270 696929

POYNTON

Living Well - Social and activity group for older people including those living with memory loss and dementia and their carers. **Takes place at:** St George's Parish Church Hall, Fountain Close, Poynton SK12 1NH. In 2024, alternate Tuesday's beginning 16th January **2.15pm until 4.15pm.** **Contact:** office@poyntonparishchurch.org or **telephone 01625 879277.**

Poynton Golden Memories - Social and activity group for people living with dementia and their carers. **Takes place at:** Poynton Civic Hall, SK12 1RB. Every other Wednesday at 11am until 3pm. £10 per couple including lunch and refreshments. **Contact:** Judy Hatton: **01625 879376.** Gerald Scriven: **01625 875261.** Pauline Winfield: **01625 879273.** The group also meet for other occasions such as supper get-togethers, canal boat trips and day trips.

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Time to Talk

Drop-in sessions for advice and support from health and/or social care professionals who will be able to answer any questions you may have about memory loss and dementia. At various venues across Bollington, Disley and Poynton. The Poynton sessions are held at the Civic Hall. **Telephone 01625 872238** to find out when the next session is. No booking necessary.

For Bollington, contact Bollington Town Council on **01625 572985**.

Date	Where	Time
Wednesday 10 th January	Poynton Civic Hall, SK12 1RB	1.30pm until 3pm
Wednesday 21 st February	Poynton Civic Hall, SK12 1RB	1.30pm until 3pm
Wednesday 20 th March	Poynton Civic Hall, SK12 1RB	1.30pm until 3pm
Wednesday 17 th April	Poynton Civic Hall, SK12 1RB	1.30pm until 3pm
Wednesday 29 th May	Poynton Civic Hall, SK12 1RB	1.30pm until 3pm
Wednesday 26 th June	Poynton Civic Hall, SK12 1RB	1.30pm until 3pm
Wednesday 7 th August	Poynton Civic Hall, SK12 1RB	1.30pm until 3pm
Wednesday 18 th September	Poynton Civic Hall, SK12 1RB	1.30pm until 3pm
Wednesday 30 th October	Poynton Civic Hall, SK12 1RB	1.30pm until 3pm
Wednesday 11 th December	Poynton Civic Hall, SK12 1RB	1.30pm until 3pm

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Cheshire East Carers Hub Coffee and Chat Group for Carers: Meet and chat with other Carers, speak to a Carers Support Worker and take a well-earned break from your caring role whilst enjoying a coffee. **Every Fourth Tuesday, 2-4pm, Civic Hall.** Please call **0300 303 0208** if you would like to attend.

SANDBACH

Singing for the Brain is for people living with dementia and a carer. **Takes place at:** St Peter's Church Hall, School Lane, Elworth, Sandbach CW11 3HU. On the 1st & 3rd Thursdays of the month from 1.15pm until 2.45pm **Contact:** Alzheimer's Society in Cheshire **0300 369 0570** or Email: cheshire@alzheimers.org.uk

Coffee and Chat Dementia Café is for people living with dementia, their carers and families. **Takes place at:** Wesley Centre, Unity Church, Wesley Avenue, Sandbach, CW11 1DG. Every 3rd Saturday of the month from 10am until 12pm **Contact:** Dementia Friendly Sandbach – Dave Whitworth on **07593 533260** or Barbara Glassonbury on **01270 764113**

Coffee and Chat Dementia Café is for people living with dementia, their carers and families. **Takes place at:** Sandbach Rugby Club, 124 Bradwall Road, Sandbach CW11 1RA. Every 2nd Thursday of the month from 11am until 12pm+ **Contact:** Dementia Friendly Sandbach – Dave Whitworth on **07593 533260** or enquiries@dementiafriendlysandbach.org.uk

Coffee and Chat Dementia Café is for people living with dementia, their carers and families. **Takes place at:** Market Tavern, 8 The Square, Sandbach CW11 1AT. Every 1st Tuesday of the month from 10am until 12pm **Contact:** Dementia Friendly Sandbach – Dave Whitworth on **07593 533260** or enquiries@dementiafriendlysandbach.org.uk

Arts for Dementia is an arts and crafts session for people living with dementia, their carer and family. **Takes place at:** Sandbach Art Room 2 Bradwall Road, Sandbach CW11 1GR. Every Monday from 1.30pm until 3pm **Contact:** Tracey Mee: **01270 757757** or Rebekah Thomas: **07557 883035**

Coffee and Chat Dementia Café is for people living with dementia, their carers and families. **Takes place at:** Elworth Grange Care Home, James Brindley Drive, Sandbach CW11 3TQ. On the last Monday of the month from 10.30am until 12.20pm **Contact:** Emma Daniels: **01270 439950** e-mail activities.elworth@idealcarehomes.co.uk

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Partridges Day Centre (ran by Choice Support) – Offering Day Opportunities for adults with support needs, including those with dementia, learning disabilities and autism) **Where:** Pear Tree Farm Barn, Smallwood, Sandbach, CW11 2UN. **Telephone** for further details: 01270 256700 or **email** partridgesdayservice@choicesupport.org.uk

Cheshire East Carers Hub Coffee and Chat Group for Carers: Meet and chat with other Carers, speak to a Carers Support Worker and take a well-earned break from your caring role whilst enjoying a coffee. **Every Sandbach Library, every 2nd Tuesday, 10.30am -12.30 pm. Please call 0300 303 0208 if you would like to attend.**

WILMSLOW

In Together Wilmslow is a social and activity group for people living with dementia and their carers. **Takes place at:** Wilmslow Methodist Church, King's Close, Water Lane, Wilmslow SK9 5AR. Every Monday from 2pm until 4pm
Contact: <https://wilmslowmethodists.org.uk/wp-content/uploads/2017/01/General-Poster-In-Together.pdf>
intogetherwilmslow@gmail.com or the Church office on **01625 58892**

Dementia Friendly Café – A safe and supportive afternoon activity for people living with dementia and a chance for their Carers and family to meet new friends in similar situations for company and a chat. **Where:** The Guild for Lifelong Learning, 1 Bourne Street, Wilmslow, SK9 5HD **When:** Wednesdays @ 1.30pm until 3pm **Telephone:** 01625 523903 **Website:** guildlifelonglearning.org

Cheshire East Carers Hub Coffee and Chat Group for Carers: Meet and chat with other Carers, speak to a Carers Support Worker and take a well-earned break from your caring role whilst enjoying a coffee. **Every third Friday, 2-4pm, The Topiary at Wilmslow Garden Centre. Please call 0300 303 0208 if you would like to attend.**

OTHER ACTIVITIES

Other Activities can be found on this website: <https://www.cheshireeast.gov.uk/livewell/livewell.aspx> (enter 'dementia' and postcode in search boxes)

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Music for Dementia

M4D radio is part of the **Music for Dementia campaign** to make music available to everyone living with dementia. Our ambition is to make music freely available and a part of everyone's care plan.

<https://m4dradio.com/about-us/>

Online Resources

- Online support groups for young onset run by **TIDE** for young onset, also one for male carers to help them feel less isolated... [TIDE - Together In Dementia Everyday - Events](#)
- Dementia Carers Count - online courses, [Our courses | Dementia Carers Count](#)
- Dementia Adventure – online courses for carers and also dementia supported holidays.. [Dementia Training for Friends, Family and unpaid carers \(dementiaadventure.org\)](#)

Living with Dementia Courses

The course is open to people living with dementia and the family members/loved ones that are open to Cheshire and Wirral Partnership services. At the moment they are only facilitating virtual workshops, so they are open Cheshire Wide. However, they are hoping to go back to face to face workshops in September.

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For more information on their workshops or for any other query please call **01625 505647** email: cwp.involve-and-recover@nhs.net or follow them on **Twitter** at **CWP_IRWC**

Dementia Reablement Team

This service provides support for you and your family, to enable you to live as independently as possible, and to:

- Develop a personalised action plan, known as a 'My Information and Support Plan' to identify what your goals are and what you want to be able to do, and to provide information, advice and support to help you achieve those goals.
- Enable you to stay safe in your own home for as long as possible through the use of innovative technology such as apps and assistive technology, wherever possible delaying the need for care packages.
- Empower you to increase and maintain your social links with friends and family and the local community.
- Support you and your carers to access peer support networks such as dementia cafes and the Cheshire East Dementia Together Group.

The Dementia Reablement Service works in partnership with other dementia support services like Alzheimer's Society and Age UK Cheshire and Age UK Cheshire East

Call the South Team (based in Crewe) on **01270 371 273**.

Areas covered:

- Alsager
- Audlem
- Crewe
- Middlewich
- Nantwich
- Sandbach

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Call the North Team (based in Macclesfield) on **01625 378287**.

Areas Covered:

- Alderley Edge
- Congleton
- Handforth
- Holmes Chapel
- Knutsford
- Macclesfield
- Poynton
- Wilmslow

Web: <https://www.cheshireeast.gov.uk/livewell/health-matters/health-conditions/dementia/dementia-reablement-service.aspx>

DISC TRAINING (Dementia Information and Support for Carers):

DISC TRAINING (Dementia Information and Support for Carers): This is an 8-week course run by Cheshire East All Age Carers Hub, designed to support Carers of a Person Living with Dementia. To must be registered with the Carers Hub to be considered for a place. This is currently being run in Sandbach and is operating a waiting list for the rest of 2024 due to high demand.

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Alzheimer's Society

To Contact your local Alzheimer's Society office Tel. **0300 369 0570** Email cheshire@alzheimers.org.uk Visit their website at www.alzheimers.org.uk If you need support out of hours you can call the Dementia Support Line **Telephone:** 0333 150 3456 or **Email:** DementiaSupportLine@alzheimers.org.uk **Opening hours:** 9am - 8pm Mon- Weds, 9am - 5pm Th - Fri, 10am - 4pm Sat & Sun

Access to a Dementia Advisor / Dementia Support Worker: Once you have been transferred from the Memory Clinic back to your GP you will be automatically referred to the local Dementia Support Worker service in your Care Community area, should you have one. Access to this support can also be gained via the Dementia Reablement Service, or you can also self refer to the service using the contact details above.

There are currently, Dementia Support Workers in the following areas of Cheshire East:

Crewe

Nantwich and Rural

Sandbach, Middlewich, Alsager, Scholar Green and Haslington

There is a Dementia Advisor which covers the rest of the Cheshire East area - such as the **Macclesfield** area.

Your Dementia Support Worker / Advisor will be able to talk to you over the telephone or meet you at your home or somewhere more convenient to answer your questions and let you know what help and support is available.

The Dementia Guide: You can get The Dementia Guide from the Memory Clinic or Alzheimer's Society to help you understand more about the diagnosis.

The guide also talks about things to think about going forward, like living well, future care planning and different types of medication.

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Alzheimer's Society Dementia Support Line: Telephone Dementia Advisors are available on the phone to give people the support they need. You can arrange regular calls so they can keep in touch to find out how you are and offer support and advice when things change.

If you need more support, you can be referred onto one of our community Dementia Advisors who will support you face to face. Call **0333 150 3456** or Welsh Speaking: **03300 947 400**

Opening times:

Monday – Wednesday	9:00 AM – 8:00 PM
Thursday – Friday	9:00 AM – 5:00 PM
Saturday – Sunday	10:00 AM – 4:00 PM

Alzheimer's Society factsheets and online community: You can download fact sheets from the Alzheimer's Society website at www.alzheimers.org.uk or request them from the Dementia Connect Telephone Hub.

You can sign up to the **Dementia Support Forum**, which is the Alzheimer's Society's online community, where anyone affected directly by dementia can ask questions, share experiences, and receive support.

It is free and available 24 hours a day: **Email** DementiaSupportForum@alzheimers.org.uk

Companion Call Service - Alzheimer's Society Companion Call Service is a regular (ideally weekly) telephone call with a volunteer, designed to engage a person affected by dementia (person with dementia or a carer) in friendly conversation to reduce social isolation and feelings of loneliness. A companion call is not support and is deemed "light touch" it is time limited. A review will take place 5 months after the first call to assess if the service is still appropriate and still required. It can continue if these criteria are met. If not, the person can be referred on for more formal support.

Enquiries can be made through a Dementia Advisor or by emailing: CompanionCalls@alzheimers.org.uk

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Age UK Cheshire

Age UK Cheshire offers a wide range of services and provide information and advice, advocacy, dementia support, day care, social activities and advice on money and benefit entitlement. They cover Crewe, Nantwich, and surrounding areas.

Call Age UK Cheshire on **01606 881660** or visit their website <https://www.ageuk.org.uk/cheshire/>

Age UK Cheshire East

Age UK Cheshire East offers a similar wide range of services for people living in the northern part of Cheshire East.

They provide information and advice, dementia support, day care, free counselling, scams awareness, prevention and aftercare and Help at Home.

Call Age UK Cheshire East on **01625 612958** or visit their website <https://www.ageuk.org.uk/cheshireeast/>

Dementia Day Club - [Dementia Day Support Service | CheshireEast MarketPlace](#) Age UK Cheshire East New Horizon's club provide stimulating activities and a light lunch for people with dementia/memory problems. **Where:** The Green in the Corner, 8/9 Hurdsfield Green, Macclesfield, SK10 2RJ. **When:** On a Monday 10.30-2.30, Places have to be booked. For more information **contact** Age UK Cheshire East on 01625 612958 or email enquiries@ageukce.org

Healthwatch Cheshire East

As the local consumer champion for Health and Care, Healthwatch Cheshire East gathers comments from local people and looks at information about how well local services are performing. They then produce reports which we share with the people who have the power to make changes to services. Engaging directly with a wide range of people in community settings is where Healthwatch Cheshire East staff and volunteers are able to gain the richness of people's views and stories. It is by having these conversations with people that they can best understand issues that are affecting people regarding health and care, and how they can support you by signposting you to services, organisations, or groups that can help. They are waiting to hear about your experiences of health and care services via their online Feedback Centre on their website, or you can ring or email them. Contact details below-

Website – www.healthwatchcheshireeast.org.uk Telephone : 0300 323 0006, Email : Info@healthwatchcheshire.org.uk

Dementia UK- Admiral Nurse Dementia Helpline

Admiral Nurses are dementia specialists who help you and your family manage complex needs. They will listen to you and give advice, support, and information. You can take your time. There is no time limit, and you can call back whenever you need us.

They provide free advice leaflets and Dementia Emergency cards for you and your carers: <https://www.dementiauk.org/get-support/our-leaflets/>

Call their helpline for free on **0800 888 6678** or send an email to helpline@dementiauk.org. You can also fill in this form <https://www.dementiauk.org/get-support/helpline-form/> to speak to a dementia specialist Admiral Nurse.

You can book a virtual appointment with an Admiral Nurse at a time that works for you by video or telephone call by visiting their website: <https://www.dementiauk.org/get-support/closer-to-home/>

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Cheshire East Live Well and One You services

Cheshire East Council already promotes healthier lifestyles through the 'One You Cheshire East' Service. This is a free health and lifestyle service which enables residents who require support to; eat well, drink less, move more, lose weight, and become smoke free through dedicated classes. Assistance is also provided by lifestyle support workers who can provide assistance to individuals in accessing these services. <https://www.oneyoucheshireeast.org/>. The service aims to help local people to live well for longer and reduces long term pressure on health and social care services.

Cheshire East Council also have the "Live Well" website which supplies information and advice on a range of subjects, including health and wellbeing, and an easy-to-use directory <https://www.cheshireeast.gov.uk/livewell/livewell.aspx>. In addition, Alzheimer's Research UK has also launched ***Think Brain Health***, which is a new awareness campaign to empower people to keep their brains healthy throughout life and ultimately, help reduce their risk of dementia. <https://www.alzheimersresearchuk.org/brain-health/think-brain-health/>

Information and Support for Carers

Cheshire East All Age Carers Hub

The Hub provides information, advice, and specialist support services to help adult and young carers continue in their caring role for as long as they choose and reduce the impact the caring role can have on their own health and wellbeing.

An eligible carer will be offered a **Carer's Assessment and a personalised support plan**. The Assessment will determine whether a carer's needs mean that they require a break and might involve looking at extra support for the person who is being cared for so the carer can receive this break.

Services you might be offered by the Hub include:

- Dementia Information and Support for Carers Training and ongoing peer support group
- Living Well Fund (a grant to support your wellbeing – criteria apply)
- Take-a-Break short-term sitting service (criteria apply)
- Peer-support/Coffee and Chat Groups across Cheshire East
- Carers' activities and events – from art and craft workshops, to afternoon tea and days out.
- Referral and signposting to a range of other organisations
- Short-term 1-1 emotional support
- Cognitive Behaviour Training (online counselling)
- A letter to your GP identifying you as a Carer
- A Carers Emergency Card and Contingency Plan
- A Carefree Hotel Break
-

You can make direct contact into the service or be referred by a professional. Fill in the online form and register here:

www.cheshireeastcarershub.co.uk

You can also email enquiries@cheshireeastcarershub.co.uk or call them on 0300 303 0208

Information for Carers

Carry a Carer Emergency Card: In the event of an accident or sudden illness this alerts others that you are a carer. This scheme is provided by Cheshire East Carers Hub who can help you complete the application process.

Call them on 0300 303 0208.

Register as a Carer with your GP: If your GP is aware that you are a carer you may be able to access additional health checks or be eligible for a flu jab.

Some surgeries may also be able to take your caring responsibilities into account when issuing appointments.

Talk to friends and family about planning for emergencies and who can do what to help.

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Ask for practical and emotional support from family, neighbours, and friends. Creating a network of support is very important

Carer Breaks

Carer breaks: Caring for someone can be a full-time job and all carers need a break every now and then. There are different types of breaks:

Cheshire East Carers Hub Carer Breaks: The Hub will be able to assist you in accessing a range of breaks and training workshops tailored to your needs. Call them for more information on **0300 303 0208**.

Respite breaks: Respite breaks enable you to take a planned break or holiday or provide help if you need respite care in an emergency.

A financial assessment will be undertaken to assess whether the person being cared for will need to contribute financially to the cost of this respite care.

If your assessment says you require carer respite and you can **book respite care**. If you are planning a short break, a night out or a holiday, it is easy to book a bed for the person being cared for. Call **01270 686428** or email ce.contracts@cheshireeast.gov.uk.

You can visit the website for details for each care home: <https://www.cheshireeast.gov.uk/livewell/looking-after-someone/carers-of-adults/adult-and-carer-respite.aspx>

Local Area Coordinators (Cheshire East Council)

Local Area Co-ordinators (Cheshire East Council): This service co-ordinates information and offers advice and support to help you remain as independent as possible, giving you choice and control over the support you receive.

To access a Local Area Co-ordinator, you will need to contact the relevant Adult First Point of contact Team for your area, they will then screen your request and if a referral to the Local Area Coordinators is required, they will refer you on to them.

Please email:

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adultcontactteamsouth@cheshireeast.gov.uk

AdultContactTeamEast@cheshireeast.gov.uk

Day Opportunities

Please see link to the Live Well site where information on all services offered can be found [Search results | Cheshire East MarketPlace](#)

Day Opportunities is a service which provides opportunities during the day, and which take place away from the service users own home, providing an environment and appropriate activities which support the service user to develop skills and social networks and to take part in appropriate activities in a safe and supportive environment.

Within Cheshire East we have a varied set of options for those living with dementia and their carers, some ran by our own in-house provider, Care4CE, and some ran by external providers.

Cheshire East Council have a Day Opportunities Strategy which sets out their ambitions for services for 2022 – 2027.

[3c. Day Opportunities - Appendix 2 Day Opportunities Strategy.pdf \(cheshireeast.gov.uk\)](#)

Cheshire East Council ran supported services.

Lindow Unit (within the Redesmere Centre), Wilmslow – This is a unit within its own right which has a memory room, sensory garden etc. especially for those living with dementia. <https://livewellservices.cheshireeast.gov.uk/Services/768>

Crewe Lifestyle Centre – The Acorn Centre – supports those with dementia (other service users with learning disabilities, physical disabilities). The south dementia Reablement service is also based here. <https://livewellservices.cheshireeast.gov.uk/Services/1496>

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Salinae Day Centre is a day service for adults and older people who live in Middlewich and the surrounding areas. The centre provides a range of services for people with long-term conditions including Dementia who need support during the day and for carer respite.

They offer a stimulating environment in which those living with dementia can develop the confidence and skills needed to gain and maintain the highest level of independence. Their reminiscence and activity program's enable those living with dementia to continue enjoying current or past interests or to learn and develop new skills and hobbies.

<https://livewellservices.cheshireeast.gov.uk/Services/800/Salinae-Day-Centre>

Mayfield Centre provides a service for adults in Macclesfield and the surrounding areas. The centre caters for people with learning disabilities, physical disabilities, dementia and older people. **Where:** Mayfield Terrace, Macclesfield, Cheshire, SK11 7TG

Telephone: 01625 374077 or **Email:** tracey.evans@cheshireeast.gov.uk or jayne.allan@cheshireeast.gov.uk

Day Opportunities ran by external providers.

Always Active Day Care and Activities for Adults living with Dementia: [Always Active Day Care and Activities For Adults living with Dementia | CheshireEast MarketPlace](#)

Always Active Day Centres provide a range of activities, a chance to socialise and meet friends and give carers respite knowing their loved one is in a safe and supportive environment. Visitors to the groups do not need to be accompanied by a carer as staff are trained in health, social and dementia care.

Contact Gina Jones. Telephone: 07972 572054 Email: enquiries@alwaysactive.org.uk

Betamindes Day Centre

They are situated in Wistaston (1a Rope Lane, Wistaston, Crewe, CW2 6RB) and within easy reach of Crewe, Nantwich and Sandbach. They offer a secure, comfortable, and caring environment.

Each member of staff is carefully selected and trained in all aspects of dementia care. They a range of meaningful activities which stimulate, engage, and enable the individual to recognise their potential, regain and maintain their confidence, positive image and social skills.

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Contact them Telephone: 01270 668837 Email: info@betamindes.com

Be Social Day Care Group, Millenium House, Centenary Place, Congleton, CW12 1EZ – for further information please **telephone:** 07377632277 or 01260 276366 **Email:** info@behelpful.co.uk

Assistive Technology

Install assistive technology to keep you safe at home, especially if you are at risk of falling. For more information visit: www.cheshireeast.gov.uk/livewell/living-independently/equipment-for-independent-living/remote-support-to-keep-people-safe-telecare.aspx.

The Council's Partner for Assistive Technology is Rosscare. You can call them to speak about accessing the service privately on **0800 130 0011** or via www.mi-guardian.com.

You can also access the service via Cheshire East Council for a reduced charge if you are eligible for social care support and it is identified as something that would benefit you.

My Cheshire Without Abuse

My Cheshire Without Abuse are a Cheshire based charity supporting individuals and families affected by domestic abuse, and they are also the commissioned service for Domestic Abuse support for Cheshire East.

[Domestic Abuse & Dementia | My CWA, Cheshire](#)

Should you need their support you can also contact their 24/7 helpline which is **0300 123 5101**

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Shared Lives

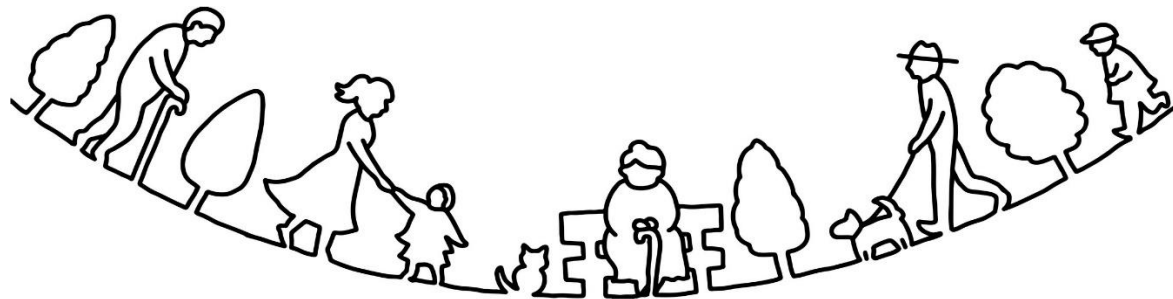
This service which will offer a long-term respite or day support either in the service users' own home or within the Shared Lives carer's family home. The service user can choose to live with the family permanently, or they can go to stay with them for overnight short breaks, or just visit for a few hours per week.

Shared Lives provide such things as:

- respite support - short breaks for the service user and respite for their family carer
- sessional support - support in the Shared Lives Carer's home or in the community

Telephone; **01260 375456**

<https://www.cheshireeast.gov.uk/livewell/living-independently/shared-lives.aspx>



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East and South Cheshire Community Learning Disability Team, Specialised Memory Clinic for People who are diagnosed with Down's Syndrome, a learning disability and/or autism.

The team use a specialised memory screening tools that have been adapted to support people accessing the service receive a timely diagnose of dementia. We provide a Multi-Disciplinary Team (MDT) Care planning approach in partnership with the service user, family and carers when a person is diagnosed with dementia.

- Access to full MDT support as required: Nursing, Occupational Therapist, Speech and Language Therapists, Psychology, Psychiatry and Physiotherapy.
- Information packs are provided.
- Sessions to help the person, their family and carers understand dementia and what it means to the person.
- Telephone consultation
- Review of Positive Behavioural Support Plan with a Dementia focused approach.
- On-going monitoring of the person's needs. We request a joint assessment with our social care, primary and secondary health care colleagues.

Body Positive

Body Positive are a Cheshire based charity working for and with anyone who has issues with or wants to improve their sexual health or sexuality. <https://www.bpcnw.co.uk/>

Silver Rainbows is a social network for older lesbian, gay, bisexual, and trans people in Cheshire, it is supported by Body Positive.

<http://www.silverrainbows.com/>

Silver Rainbows provide training and development on "Improving Health and Social Care for Older LGBT+ people".

<http://www.silverrainbows.com/health-and-social-care-training.html>

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Deafness Support Network

With social isolation being a possible mediator between hearing loss and dementia, the Deafness Support Network (DSN) set up the service 'You Me and Tea' which is a café and social group ultimately designed to meet the needs of deaf people with memory problems and/or dementia.

The link below takes you to information about the work that the DSN undertake to support those living with dementia and their carers and also advises where the "You Me and Tea" service is taking place.

https://dsnonline.co.uk/services/dementia/?tribe_paged=1&tribe_event_display=list&tribe-bar-date=2020-04-03&tribe-bar-search=cheshire+east

Sensory Boxes: These boxes are used commonly by DSNs dementia services team, predominantly at You, Me & Tea, they are also available for free loan to individuals and families, where DSN ask for a small donation towards transportation and use of the boxes.

Trips and Falls

People living with dementia can be up to eight times more likely to fall than people without dementia (Allan et al, 2009). If they have dementia with Lewy bodies or Parkinson's disease dementia they are at an even greater risk. People with dementia are at an increased risk because they:

- are more likely to have problems with mobility, balance, and muscle weakness.
- may have difficulties processing what they see.
- can have problems finding their way around.

They may also have other health conditions, not related to dementia, that increase the likelihood of falls.

The One You service run Stand Strong Classes <https://oneyoucheshireeast.org/stand-strong/>

Be Steady Be Safe - Falls Prevention Programme

Delivered by Everybody Health and Leisure, Be Steady Be Safe is an evidenced based 12 week programme, consisting of weekly exercise classes suitable for people with poor strength, mobility and balance, wanting to reduce falls, increase social interaction and improve overall wellbeing. At the end of the programme, participants will have the option to transfer into Everybody Health and Leisure's follow-on classes, to aid progression.

The classes are held weekly and include:

- Strength and balance exercise classes
- Prescribed home exercises
- Education of reducing falls risk factors
- The programme consists of a set of leg muscle strengthening and balance retraining exercises, progressing in difficulty.
- Participants will also receive a booklet with instructions for each exercise prescribed and issued ankle cuff weights in the class to provide resistance for the strengthening exercises.

To find out more information, including eligibility criteria, please visit: <https://everybody.org.uk/what-we-offer/get-fit-and-healthy/health/balance-and-mobility/> or contact the Everybody Healthy Team on: **Email:** ebhealthy@everybody.org.uk

Phone: 01270 685589

Wishing Well provide 2 Otago Falls Prevention classes each week. Performing **Otago** exercises three times a week has been shown to help improve balance and mobility and prevent falls. **Where:** Delamere House, Crewe on a Wednesday from 1pm until 2pm and a session at Pickmere Independent Living Centre, Crewe on a Thursday from 10.30am until 11.30am. Classes cost £2 per session.

The Cheshire East Falls Prevention Strategy 2023 to 2025 is in place to provide prevention advice. There is also information on the Cheshire East Live Well site with regards some of the issues detailed above: <https://www.cheshireeast.gov.uk/livewell/health-matters/keeping-well/falls-prevention/falls-prevention.aspx>

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Emergency Services

Cheshire Constabulary, Cheshire Fire Service and Northwest Ambulance Services are all signed up to the Emergency Services Strategic Commitment to Dementia which is a practical guide for emergency service organisation's outlining and encouraging best practice when working and interacting with people affected by dementia.

https://www.alzheimers.org.uk/sites/default/files/2019-11/Dementia%20Friendly%20Emergency%20Services_Guide.pdf

Cheshire Fire Service

Cheshire Fire and Rescue Service can offer free Safe and Well checks to a person living with dementia or a person caring for someone affected by dementia. Safe and Well visits are completed by trained Fire Service staff and offer advice, information, and intervention (where appropriate) in relation to improving home fire safety. This will include making sure smoke alarms are working and/or installed in line with your needs. During a Safe and Well visit the fire service will tailor the information and advice to meet your needs, if you feel you or another person's needs change over time and a further visit might be required then please don't hesitate to get in touch.

The Fire Service also work with health and wellbeing partners to offer onward support and signposting where appropriate and with your agreement, they may discuss this with you during your Safe and Well visit.

You can make contact with the Fire Service on the number detailed on page 10, or you can find further information and advice via the following links:

<https://www.cheshirefire.gov.uk/>

[Safe and well visits \(cheshirefire.gov.uk\)](#)

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Cheshire Police

Herbert Protocol – The Herbert Protocol is a form that carers, family or friends of a vulnerable person can fill in.

It contains a list of information to help the police if the person goes missing, including:

- medication required.
- mobile numbers
- places previously located.
- a recent photograph

Keeping a completed form saves the worry of trying to recall the information during the stressful time of someone going missing. It also saves time for the police, allowing the search to start sooner.

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

Northwest Ambulance Service (NWAS) - as part of their work to support those who live with dementia and their carers, NWAS have developed a **Mental Health and Dementia Strategic Plan 2019 – 2022**. This includes 17 recommendations and a range of actions for each of these recommendations, which collectively aim to shape and transform **mental health and dementia** care within the organisation. To read about the strategic plan, please click the link below:

<https://www.nwas.nhs.uk/content/uploads/2019/10/Mental-Health-and-Dementia-Strategic-Plan-2019-2022.pdf>

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Hospital Dementia Lead Nurse

The nurse may speak to you or your carers during your stay to help make your journey through hospital as comfortable and stress free as possible. We can also make sure any necessary support or referrals are in place for discharge. We will ask you or your carer to complete a "This is Me" document, which will help the ward staff to get to know you better, including your likes and dislikes.

The nurse is also able to support you through outpatient appointments, to help reduce any stress and make sure any necessary adjustments are made. The contact details for the dementia specialist nurse at Leighton can be found at www.mcht.nhs.uk/our-services/dementia

The Admiral Nurse (dementia specialist nurse) at Macclesfield can be contacted on 01625 661347 or ecn-tr.admiralnurse@nhs.net

Transport Services and Shopmobility Services

Flexible Transport offers local community transport. If you cannot use public transport or live in a rural area, they provide such services as the Flexi Link bus service and shop mobility.

For information on all services, visit their website:

https://www.cheshireeast.gov.uk/public_transport/flexible_transport_services/flexible_transport_services.aspx

You can call Flexi Link bus service on **0300 123 5110**.

Go Too - on demand flexible mini bus service for you if you travel in the rural area south west of Nantwich. You can book via the App or by phone (see link here for more details on how to book <http://www.go-too.co.uk/home.aspx>) - **Telephone:** 0300 123 5103

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Shopmobility - various areas

Crewe shopmobility service, located at: The Cabin, Asda Car Park, Crewe. Open: Mondays to Saturdays (except Tuesday) between 10am and 4pm. **Booking line:** 07584 368649 or email shopmobility@ansa.co.uk. There is no charge for the use of the scooters.

Nantwich shopmobility service Operated by Nantwich Town Council from Civic Hall and from the Market Hall, Nantwich. **Booking line:** 01270 628633. Open: Mondays to Fridays 9am to 4:30pm. There is no charge for the use of the scooters.

Macclesfield shopmobility service, Operated by [Disability Information Bureau, Shopmobility, Churchill Way, Macclesfield, SK11 6AY](#). **Booking Line:** 01625 613111

The End of Life Partnership (EoLP) - Advanced Dementia Support Team

Advanced Dementia Support Team: Admiral Nurses & Occupational Therapy providing specialist advice, guidance, and education.

This service works with professionals and informal carers to support the delivery of best practice for people with advanced dementia.

The person with dementia may live at home or in a care setting, and you need support for their health and wellbeing; management of symptoms, carer support to understand the advanced stage of dementia, support for advance care planning, education around dementia and the progression of disease.

To be eligible for this service the person living with dementia must already have a diagnosis and require 24/7 support.

Email: eolp.adst@nhs.net

Telephone: Referrals: 01270 904 490

Website page: <https://eolp.co.uk/62-2/advanced-dementia-consultancy/>

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Resources for the Public:

Information on caring for someone at end of life and bereavement is now available online for Cheshire people [here](#). The website has been developed in consultation with local residents.

Full of top tips such as how to have a difficult conversation, the pages have been specifically designed to include or signpost to easy read and practical information. The group identified the following areas of need.

- Making Plans for the Future (Wills, Care Plans)
- Understanding Palliative and End of Life Care
- Understanding Bereavement and Grief
- Looking after yourself or a loved one experiencing bereavement

Access the information [HERE](#) or via the EOLP website www.eolp.org.uk.

Hospices

East Cheshire Hospice

East Cheshire Hospice currently provide 6 services for dementia support.

- Dementia Carers Wellbeing Programme is an 8 week structured programme open to carers of people experiencing dementia who have an East Cheshire GP, runs January, May and September in Macclesfield, Poynton, Wilmslow, Knutsford and Congleton. Person diagnosed can attend as well and will do Cognitive Stimulation Therapy whilst the carers do the education course in a room next door.
- Community Dementia Companions Service is designed to match the person diagnosed with a companion volunteer to go out once a week for 2hrs so that their main carer who they live with can have a break.

- Singing Together is a monthly wellbeing group that uplifts and brings a sense of joy and improvement to wellbeing, for anyone who takes parts, not just the person living with dementia.
- Love to Move is like experiencing brain gymnastics, it works by carefully integrating the use of gymnastic foundation skills, cognitive stimulation therapy and social interaction activities.
- Dementia Hospice Nurse can provide 1:1 support to enable a person experiencing dementia to live well with their dementia. This can include reviews, assessments and liaising with other professionals to resolve current issues – access is via internal referrals only.

Full details about criteria and access to services can be found at <https://www.eastcheshirehospice.org.uk/patients-families/sunflower-centre/dementia-support/>

For general dementia enquires please call 01625 666990 (Mon-Fri 9-5)

To make a referral please post the form to the hospice or email the form to cmicb-cheshire.echospicedementia@nhs.net

St Luke's Cheshire Hospice

Their Dementia Carers' Workshop is designed to help people who are supporting a person with dementia in their own home.

They offer an eight-week structured support programme for carers of people with dementia.

You are welcome to bring the person with dementia to the Hospice with you. While you attend the workshop, your loved one will be cared for and supported by their staff and volunteers in a nearby room within Day Hospice.

You can refer yourself or ask your GP, Macmillan Nurse, District Nurse, Social Worker, or other healthcare professional to refer you. For a friendly chat **contact St Luke's directly on 01606 555681**

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General Information

Live Better With is a charity whose mission is to improve the lives of all those affected by dementia and memory loss. They provide practical advice, online support and specialist products, as well as a weekly email and a Facebook support group. Find out more at <https://dementia.livebetterwith.com/>

Marie Curie Emotional support line **0800 090 2309**

Urgent Mental Health Support

If you have dementia and your mental state quickly worsens or deteriorates, you can seek support from the Mental Health crisis team. It is vital in this situation to get support quickly. If you feel you or someone you care for needs urgent mental health crisis support, call **0800 145 6485**. Open 24/7 to all ages for anyone known to the Cheshire and Wirral Partnership services, calls are free.

Shout 85258 is a free, confidential text support service for anyone who is feeling overwhelmed or struggling to cope. If you live in Cheshire East **text BLUE to 85258** for a conversation with a trained volunteer, at any time of the day or night.

Crisis Cafes - There are cafes, one in Crewe and one in Macclesfield.

- 'Crewcial' will be open will be open 1pm-10pm, seven days per week and people aged 18+ will be able to self-refer into the service by simply turning up on the day or by referral from a health or social care professional. The new café is located at 3 Partridge Close, Flat 2, Dunwoody Way, Crewe, CW1 3TQ.
- The Weston Hub is located at The Weston Centre, Earlsway, Macclesfield, Cheshire, SK11 8RL will be open from 10am to 10pm, seven days per week and can be accessed by referral from health and social care professionals, as well as through other voluntary organisations.

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