

Dementia Support Factsheet

The information in this factsheet has been compiled by the Saffron Walden branch of Dementia Action Alliance, an organisation that works with the community to help local places become dementia friendly.

The list is for information only and we do not endorse or make judgements on any of the resources or services listed.

Please email info@saffronwaldendaa.org.uk to let us know if there are any other useful resources we could include.

If you know of any organization that would like to become Dementia Friendly or any individuals that would like to attend a Dementia Friends Information Session or support the work of the DAA please get in touch by emailing info@saffronwaldendaa.org.uk

Contact:

Web:

www.dementiaaction.org.uk/local_alliances/8453_saffron_walden_dementia_action_alliance

Email: info@saffronwaldendaa.org.uk

Facebook: www.facebook.com/saffronwaldendaa

Twitter: twitter.com/sw_dementia_aa

Support Services/Sources of Information

Alzheimer's Research

The Alzheimer's Research web site is full of useful information on dementia.

A Walk Through Dementia is a unique Google Cardboard app designed to put you in the shoes of someone living with Dementia.

www.awalkthroughdementia.org

Contact

Website: www.alzheimersresearchuk.org

Tel: Helpline 0300 111 5555

Alzheimer's Society

The Alzheimer's Society web site is full of useful information, providing numerous information sheets and many interesting articles and links.

The Talking Point Online Community can be accessed on the home page of the website.

The Family Navigator Service offers one-to-one personalised Dementia Support in Essex.

Contact

Website: www.alzheimers.org.uk

Tel: Helpline 0300 222 1122

Tel: Family Navigator Service 01245 260911

Email: essex@alzheimers.org.uk

Alzheimer's Society – Bowls Group Saffron Walden

Socialise with other people affected by dementia.

Improve your confidence, chat with others in a similar situation or get advice from highly skilled staff who are on hand to support you.

Contact

Website: alzheimers.org.uk

Tel: 01245 260911

Email: essex@alzheimers.org.uk

Action for Family Carers – Connect Well Essex

A telephone service that can help with a wide variety of issues for carers of all ages.

Contact

Website: www.carersinessex.org.uk

Tel: 0300 7708090 [Freephone number]

Tel: West Essex office 01279 308314 (manager Fiona Langridge)

Email Uttlesford Contact Kellie.yarlett@affc.org.uk

Carers FIRST

Carers FIRST can provide emotional and practical support for you in your community to help you with your caring role, so you feel less alone and more in control.

Contact

Website: www.carersfirst.org.uk

Tel: 0300 303 1555

Email: info@carersfirst.org.uk

Chair Based Exercises

Weekly class held in The Garden Room, Saffron Walden on a Monday
11:00am – 12:00.

Contact

Jane

Tel: 07944 919328

Community Agents Essex

Community Agents support Independent living in the community. Their main role is to support older people and their informal carers.

Contact

Contact details of your local agent on the web site.

Website: www.communityagentsessex.org.uk

Tel: 0800 9775858

Essex County Fire Service

Home Safety Visits - To advise on safety and provide smoke alarms free of charge if required.

Contact

Website: www.essex-fire.gov.uk

Tel: 0300 303 0088

Email: webmaster@essex-fire.gov.uk

Essex Home Library Service

Provides various services and if required a home visit service to make access to library services easier. Audio books available too.

Many of the Library Staff are dementia friends and they are always happy to assist. They will help you use a computer to look something up too.

Contact

Website: www.essex.gov.uk/libraries

Tel: 0845 6037628

Forget Me Not Dementia Training

Provides up to date Dementia Care training. Also provides information and advice to families caring for a person with dementia.

This is a charged for service.

Contact

Website: www.forgetmenot.co.uk

Email: Christine Elsley chris@forgetmenotdementia.co.uk

Tel: 01223 207855.

Health Watch Essex

Has information about health and care services in your Essex. They are undertaking a research project to find out peoples' experiences of caring for friends and loved ones with dementia. They have produced a Hand Book for Carers and a link to this is on their website. They give a comprehensive list of links to unravel care and support services available.

Contact

Website: www.healthwatchessex.org.uk

Tel: 0300 500 1895

Herbert Protocol, safe and found

This is an initiative, being introduced by Essex Police, in partnership with other agencies that encourages Carers, Family members or friends to fill in a form, recording all vital details including mobile numbers, medication required, places previously located or attended, a photograph, daily routine etc.

This information can then be used if the member of friend goes missing and handed to the police. It will reduce time taken in gathering this information and assist with a quick time focused response to finding the missing person.

It is the responsibility of the family or carer to keep the form regularly up to date with any new, relevant information, such as a change in medication.

Contact

Website: www.essex.police.uk/advice/herbert-protocol/

Inclusive Communications Essex (ICE)

This is an online resource for people with learning disabilities. However, they have a number of items available to borrow which might be useful for people with dementia such as Talking Photo albums.

Contact

Website: www.essexice.co.uk

Keep Safe Scheme

This is a community service that aims to increase the confidence of people who are vulnerable to enable them to feel safer in Saffron Walden town Centre.

People who might need some assistance when they are out can carry a Keep Safe Card, or have a Keep Safe Key Tag, that have the telephone number of someone who can be contacted to provide assistance if required.

Saffron Walden has several locations that have the yellow Keep safe stickers on display and they will offer free use of a telephone or assistance to people to contact the telephone number of a friend or relative written on their key tag or card.

Contact

For information of the Keep Safe Scheme in Saffron Walden contact Uttlesford District Council Community Safety Officer.

Tel: 01799 510555

Lifeline

Uttlesford District Council's Lifeline (Careline) service provides peace of mind for vulnerable people living in the Uttlesford Area, 24 hours a day.

It involves a base unit and a pendant that is worn around your wrist or neck. When activated an experienced operator from the call monitoring centre will call and request assistance on your behalf.

This may be to call a member of your family, your GP, the Emergency Services or simply to offer advice.

They can also help with information and advice on other products that may help carers to be alerted if someone has fallen or perhaps opened a door for instance.

Contact

Email: HConey@uttlesford.gov.uk

Tel: 01799 510577 or 07976 071772

Living Well Essex

Information about the costs of care and support for health in Essex.

Has a section on living well with technology.

Contact

Website: www.livingwellessex.org
Tel: 01245 430430

Mind in West Essex

Can provide Volunteer befrienders to do things to help improve wellbeing, offer conversation and companionship.

Contact

Website: www.mindinwestessex.org.uk
Tel: 01279 421308
Email: befriending@mindwestessex.org.uk

Saffron Walden Carers Wellbeing group

A Carers Support Group that meets in the Garden Room in Jubilee Gardens Saffron Walden every first Tuesday of the month (check beforehand as sometimes the date is changed).

Contact

Tel: 01799 522772

Uttlesford Citizens Advice (Formerly CAB)

Offers a free, impartial and independent service with a wide range of support available from general advice to specialist help.

Contact

Website: www.uttlesfordcab.org.uk
Tel: 01799 618840

Uttlesford CAB Disability Home Visits team

Can advise on eligibility for benefits such as Disability Living Allowance (DLA) or Carers Allowance. They can provide a trained volunteer to help complete the application forms.

Contact

Website: www.uttlesfordfrontline.org.uk
Tel: 01799 618848

Uttlesford Community Transport

Providing transport for special needs and vulnerable people throughout Uttlesford.

Some drivers are Dementia Friends (a Dementia Friend being someone who has attended a Dementia Friends information session, a short dementia awareness-training course).

Contact

Website: www.uttlesfordcommunitytravel.org

Tel: 01371 785787

Uttlesford Frontline

An internet searchable database of local services maintained by Uttlesford Citizens Advice. Organisations have signed up with details of what they provide and how to access their service.

Contact

Website: www.uttlesfordfrontline.org.uk

Social Activities

Arts Picture House, Cambridge

Monthly Dementia-Friendly screenings on the third Friday of the month.

Screenings open 30 minutes early for tea, coffee and biscuits and chance to socialise. Ticket for person with dementia at reduced price of £4 and accompanying carer free.

Address: 38-39 St Andrew Street, Cambridge, CB2 3AR

Contact

Website: [www.picturehouses.com/cinema/Arts Picturehouse Cambridge](http://www.picturehouses.com/cinema/Arts_Picturehouse_Cambridge)

Tel: 0871 902 5720

Dementia Adventures

Connecting People with Dementia with Nature and Exercise.

Includes holidays tailor made for people with dementia and their carers. They also offer training and consultancy services.

Contact

Website: www.dementiaadventure.co.uk
Tel: 01245 237548.

Dementia Café

Staffed by volunteers and members of the Council for Voluntary Service Uttlesford, it offers a warm, inclusive and supportive environment for local people living with dementia.

Takes place on Mondays 10:30 – 12:00

Venue: Uttlesford Community Hub, 45 Stortford Road, Great Dunmow, Essex CM6 1DQ.

Contact

Website: www.cvsu.org.uk
Tel: 01371 878400
Email: info@cvsu.org.uk

Dementia Compass

A non-profit making company that has worked together with the Fitzwilliam museum to design its Portals to the World programme. They offer other relevant activities too.

Contact

Website: under construction
Tel: Edie Hoffman 01223 911622

Fitzwilliam Museum in Cambridge

The Fitzwilliam Museum works with community and social care partners to develop projects and programmes for older people, including people living with dementia at home.

Portals to the World

Since 2011 The Fitzwilliam Museum have worked with community partners Dementia Compass to develop an innovative approach to combatting social isolation for people with dementia and their care partners through an art appreciation course inspired by their collections.

Contact the Museum for more information on their current Events and Exhibitions

Contact

Website: www.fitzmuseum.cam.ac.uk
Tel: 01223 332904

Listening Benches

Sit on the bench and hear a recorded historical commentary on the place you are sitting.

There are 3 of these benches in our area, outside the Museum in Saffron Walden in the Centre of Clavering village and in Dunmow in the town square opposite the library.

Contact

Website: www.essexsounds.org.uk/content/category/benches

Local Lunch group at the Chequers Pub in Ugley

This is a group for people with Dementia and their Carers. It meets at the pub on the first and third Wednesday of the month at 12.30. The atmosphere is relaxed and participants discuss issues they are facing and how they can help each other.

If you are interested, please call, as the numbers of attendees need to be controlled to ensure that the discussions are manageable.

Contact

Tel: Carol Bowyer 01799 543788

Saffron Hall

Saffron Hall are working towards becoming a Dementia Friendly Organisation. Some volunteers have attended a Dementia Friends information session and visitors to the Hall can be provided with additional assistance if required.

They run regular music therapy courses 'Together in Sound' in conjunction with Anglia Ruskin University for those living with dementia and their carers.

The course is free but booking is essential. Contact Saffron Hall for details.

More information can be found at www.saffronhall.com/togetherinsound

Address: Saffron Walden County High School, Audley End Rd Saffron Walden CB11 4UH

Contact

Website: www.saffronhall.com

Tel: 01799 588545

Saffron Screen – Dementia Friendly Screenings

The Community Cinema launched Dementia-Friendly screenings in October 2017.

Doors open early for refreshments and socialising, lights are not fully dimmed, there aren't any adverts and there is an interval. Accompanying carers free. Some staff are Dementia Friends. Contact Saffron Screen for details about these screenings.

Address: Saffron Walden County High School, Audley End Road Saffron Walden CB11 4UH

Contact

Website: www.saffronscreen.com

Tel: 01799 500238

Saffron Walden Day Centre (The Garden Room)

For the over 55s. A place to meet and enjoy snacks and meals at very reasonable prices. Booking for lunch should be made before 10.30

Contact

Tel: 01799 522772

Saffron Walden Museum

One of the oldest purpose built museums in the country. The museum is in the process of developing its resources for people with dementia. Items from a reminiscence box can be handled and loaned. Many of the staff and volunteers are Dementia Friends.

Contact

Website: www.saffronwaldenmuseum.org

Tel: 01799 510333

Email: museum@uttlesford.gov.uk or cpratt@uttlesford.gov.uk

Saffron Walden Tourist Information Centre

An award winning information service in Saffron Walden Market Square, which can direct you to many current events and places in the town.

Contact

Website: www.saffronwalden.gov.uk/tourist-information-centre/

Tel: 01799 524002

Singing for the Brain

Provides regular sessions based around the principles of music therapy including warm up sessions and a chance to sing a wide variety of familiar and new songs.

Various locations on a 12-week cycle. Please phone and register in advance.

Contact

Tel: 01245 260911 (Alzheimer's Society)

Top Tips for a Dementia Friendly Day Out.

You might find this link useful.

www.yours.co.uk/relationships/carers/articles/top-tips-for-a-dementia-friendly-days-out

Resources

Active Minds

Online shop selling a range of activity kits, puzzles, games and reminiscence activities.

Contact

Website: www.active-minds.co.uk

Tel: 0203 4882001

Age UK

Produces many resources and has plenty of information on their web site that may be helpful. The Staying Sharp initiative is an interesting resource that addresses losing memory skills.

Contact / Further info

Website: www.ageuk.org.uk

Tel: 0800 055 6112

House of Memories

House of Memories is a museum-led dementia awareness programme which offers training, access to resources, and museum-based activities to enable carers to provide person-centred care for people living with dementia.

The House of Memories App helps explore memories from the past and share memories together. Inspirational objects from the 1920s to the 1980s

Further info

Website: houseofmemories.co.uk

Unforgettable

Memory and dementia product specialists.

Web Site and online shop. Offers an extensive range of products.

They provide a very interesting and informative newsletter as well as items that help with all areas that might be difficult for people with dementia.

They also provide an advice service for setting up Power of Attorney and a free E book entitled Dementia explained.

Contact

Website: www.unforgettable.org

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