

Support for people with dementia, their family and carers in Hart

Dementia Advice Service

Provided by Andover Mind. Open to anyone with dementia and their carers, family and friends. Referral by GP, other professionals or self-referral.

Service aims to help people with dementia and their carers to access the information and support they need at the right time. They will signpost on to other groups and services as appropriate.

Contact details: Tel 01252 624808, Email dementiaadvicehartrushmoor@andovermind.org.uk

Alzheimer's Society Blackwater Valley

Local branch of the Alzheimer's Society covering Hart and Rushmoor Districts. Services include dementia support worker, information and guidance. Singing for the Brain Group in Hartley Wintney and support groups in Aldershot, Fleet and Yateley. Contact details: Tel 01256 363 390 or 07900 240829, Email blackwater@alzheimers.org.uk

Royal British Legion Admiral Nurses

To maintain independence and improve the quality of life for carers and families of people living with dementia and to provide the practical advice they need. If you, or the person you are caring for, are serving or have ever served in the Armed Forces, they may be able to help. Get in touch by calling 023 8202 5787.

Day Care Centres catering for people with dementia

Frogmore Day Care Centre – 01252 876055 (Mon – Fri - transport available),
Rosefield Day Centre for the Elderly , Odiham – 01256 393604 (Tues – Thurs – transport available),
Hill House – Dementia Day Care Centre, Ewshot 01252 850236 (Mon-Fri).

Lions Message in a Bottle Scheme

Lions Message in a Bottle is a simple, but effective, way to keep essential personal and medical details where they can be found in an emergency – the fridge. Health centres, doctors' surgeries and chemists will have supplies of bottles and forms.

The Bobby Scheme

Provided by The Blue Lamp Trust. FREE home safety and security survey to assess the work needed to make a person's home safe and secure. Free of charge they can fit door chains, door and window locks, spyholes for doors, smoke detectors. To find out who can be referred or make a referral visit www.bluelamptrust.org.uk/Bobby_Scheme/, Tel 0300 777 0157, Email bobby@bluelamptrust.org.uk

Telecare Hampshire

Personal alarms service to help people live independently. Subsidised by Hampshire County Council and provided by Argenti Contact details: Tel 0345 265 8003 Website www3.hants.gov.uk/telecare.htm

OPAL (Older People's Area Link)

Provided by Age Concern Hampshire

Would you like to make new friends? Find out about local groups and activities? Try a new hobby? Know what help and services are available in your area?

A countywide service that can provide details of local information and services by phone. If you need a little more help in working out what you want, there are OPAL volunteers in your area who can visit you at home.

Contact details: Tel 0800 328 7154

Hampshire Fire & Rescue Service - Safe & Well Visits

Provides a FREE Safe & Well visit for the most vulnerable members of the community. The visit will combine a Home Safety Check to reduce fire risk in the home, such as checking and fitting smoke alarms, with health referrals for extra support where appropriate, to improve the occupier's health and wellbeing. If you or the person you have in mind fits one or more of the characteristics below, you can make a referral.

- is over 60 years of age
- lives alone
- has a physical and/or learning disability
- has any sensory impairment
- is known to be substance or alcohol dependent
- is unable to protect themselves from harm
- is experiencing domestic abuse
- is returning from hospital and there are fire risk concerns identified

To make a referral visit www.hantsfire.gov.uk/keeping-safe/fire-safety-in-the-home/safe-and-well/ or Tel 023 8062 6751 weekdays 9am – 5pm.

Disabled Facilities Grant Caseworker

A Hart District Council service that provides specialist help and advice on home improvements, repairs and adaptations to older, vulnerable and disabled people. They can also help with forms, paperwork and support and tell you about other services in your area. Tel 01252 774111

Meals on Wheels Hampshire

Lunches and teas delivered via this Hampshire County Council commissioned service every day of the year for the over 55s – service is provided by Apetito
Tel 01962 779338 Website www3.hants.gov.uk/meals-on-wheels

The Princess Royal Trust for Carers in Hampshire

Do you care for someone? It may be you are caring for someone who needs help due to a health condition, disability or frailty (they may not live with you or require constant care). This service provides help and information and Carer Support Workers who you can telephone in complete confidence. Website <https://carercentre.com/> Tel 01264 835246 Email info@carecentre.com

The Princess Royal Trust for Carers in Hampshire offer an Emergency Planning service. A dedicated team providing FREE support to discuss, develop and implement an emergency plan. Up to 48hrs free care may be available for the person you care for in the event of an emergency. No adult services assessment is needed. Tel 0800 169 1577.

Alzheimer Café Farnborough - run by the charity Alzheimer Café UK. Group support for people with dementia and their families and friends, providing psychological education about dementia in a cafe-like setting. Third Friday of every month (except August) 7.00 to 9.00pm. St. Peter's Parish Centre, Farnborough.

Email alzheimercafe@hotmail.co.uk, Phone 07938 175 002 (voicemail) or visit www.alzheimercafe.co.uk

Memory Cafés (for people with dementia and carers)

Forget Me Not Café, St John's Church, Hartley Wintney – every Tuesday 2.00-4.00pm for people with dementia and their carers – tea, coffee and homemade cake; an opportunity to chat and make new friends. Table tennis, snooker and crafts available for those who wish to take part. No need to “book”, just drop in.

Sunflower Café (Odiham), The Old School, London Road, Odiham – every Wednesday 2.00-4.00pm for people with dementia and their carers. For coffee or tea, for cake and chat, for games and puzzles. All for free and no need to book. For more information contact Elaine, email: sunflower@outlook.com Phone: 07553881474.

The Daisy Chain Café – The Monteagle Centre, Yateley (by Waitrose) – every Monday 2.00-4.00pm. Contact daisychaincafe1@gmail.com or call Yateley Town Council on 01252 872198

Home Instead Basingstoke Memory Cafes – three memory cafes in the Basingstoke area run by the home care provider Home Instead. The cafes are free and there is no need to book. For more information contact Sally on 01256 840 660 or visit www.homeinstead.co.uk/basingstoke/Information_and_Resources.do

Sunflower Café (Farnham) – run by the home care provider Right at Home Guildford & Farnham. Brightwells Gostrey Centre, Brightwells Road, Farnham. Every Monday 10am – 12.30pm (excluding bank holidays). Suggested donation £2 to help cover costs. www.rightathomeuk.co.uk/guildford-and-farnham/event/sunflower-cafe/

Basingstoke Dementia Café at Basingstoke Hospital - an informal and friendly café for carers of people with dementia and the person they care for. 1st Wednesday of every month, 10.00 – 11.45am. Chaplin, Ground Level, Basingstoke and North Hants Hospital

Memory Lane singing sessions

A fun sing-a-long group for people with dementia or memory loss. The group meets every Tuesday afternoon between 2.30 – 3.45pm, at The United Reformed Church, 25 Kings Road, Fleet. Contact Paul Tickner for more information via phone: 01252 614344 or Email: ptickner97@gmail.com

Singing for the Mind

Based around the principles of music therapy, the stimulating sessions include vocal warm-ups and singing a wide variety of familiar and new songs. The Alzheimer's Society reduced their Singing for the Brain sessions to once a month from April 2017. Hartley Wintney Voluntary Care Group were happy to step in, so that sessions remain weekly for people wherever they may live. At the Hartley Wintney Football Club, Green Lane, Hartley Wintney every Thursday. Refreshments served from 1.30 pm and singing from 2.00 pm and 3.00 pm. New participants welcome to come along on the day or for more information contact the Hartley Wintney Voluntary Care Group on 0845 5190855

Sporting Memories Group

Sporting trivia, games and memorabilia. Come along, listen and share sporting memories with other older sports fans. Small weekly subs of £1 towards refreshments and prizes. Every Tuesday 2-4pm at Hampshire Lakes, Yateley. Contact Angie on 07563 117116 Email angie@sportingmemoriesnetwork.com or call the Hampshire Lakes Wellness Centre on 01252 864590

Gym sessions for people living with dementia and carers at Hart Leisure Centre. Every Friday 1pm - 2.30pm. Call 0333 005 0134 for more information.

Age Concern Hampshire Counselling Service

For people with memory problems or dementia and their carers. Registered and trained counsellors offering you the freedom to explore your experiences and express issues in a safe and confidential environment. There is no limit to the number of sessions you book and times and regularity of sessions are flexible. Counselling is free for people with memory problems or dementia. Carers are requested to make a nominal contribution of between £10 and £20 per session to the service. For more information or to make an appointment contact: 0800 328 7154 or email: info@ageconcernhampshire.org.uk

Further information about care and support for adults can be found in 'A Guide to Better Care and Support' and 'The Guide to Residential Care' - call Hampshire County Council Adult Services on 0300 555 1386 to request a copy. You can also find information by visiting <https://connectsupport.hants.gov.uk>.

If you are making a referral to a service on someone else's behalf, make sure you have their permission to do so.