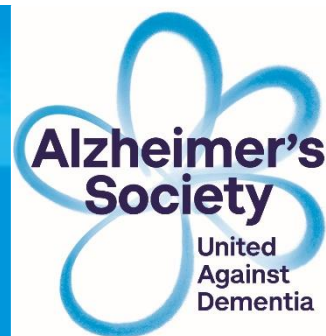


LEICESTER CITY, LEICESTERSHIRE & RUTLAND LOCALITY SERVICES GUIDE



This guide provides information about Alzheimer's Society's range of Services for people affected by dementia across Leicester City, Leicestershire and Rutland.



Dementia Support services for Leicester city, county and hospitals.

Our dementia support workers offer information and practical guidance to help people across Leicester City and Leicestershire to understand dementia, cope with everyday challenges and prepare for the future.

Going into hospital? We also provide a wide range of quality information for people with dementia, carers, family, friends and health professionals before, during and after a stay in one of Leicester's hospitals.

All support is provided either face to face, over the phone or in writing.

We run a range of groups including Memory Cafés, for people affected by dementia across Leicester and Leicestershire.

Please contact us for more details about these.

For further information contact:

Lisa Goodman, Services Manager

Tel: 0116 231 6921 email: lisa.goodman@alzheimers.org.uk

Side-By-Side service

The Side by Side service helps people with dementia to continue to live independently and remain active members of their local community. Volunteers will provide support to enable people with dementia to go out and about in their community and keep doing the things they enjoy or to try out new activities. The service is unique to each individual as it is based upon what the person with dementia would like to do.

For further information please contact:

Suna Tilley, Side-By-Side Co-ordinator

Tel: 0116 231 1113 email: suna.tilley@alzheimers.org.uk

Justine Sanders, Volunteering Officer

Tel: 0116 231 6921 email: justine.sanders@alzheimers.org.uk

Carer Information & Support Programme (CrISP)

The Carer Information and Support Programme is a series of workshops for people caring for a family member or friend with dementia. It provides an opportunity for you to talk in a friendly and confidential environment about your experiences and the impact they are having on you.

For further information please contact: Helen Whittington, Services Manager

Tel: 0116 231 6923 email: helen.whittington@alzheimers.org.uk



Advocacy – Leicester City

Provides an "issue based" response in order to empower people and maximize their independence. The advocacy service supports people to understand their rights and express their views. Advocates help to empower people to make informed choices and decisions.

Service for people with dementia, their carers and family's

For further information please contact:

Helen Whittington, Services Manager

Tel: 0116 231 6923 email: helen.whittington@alzheimers.org.uk

Volunteering in Leicester, Leicestershire & Rutland

Are you interested in spending time helping people with dementia and their carers? Would you like to be Side By Side with a person with dementia? Could you help out at one of our groups in your area? Perhaps you'd like to offer your help with fundraising and events? If your answer to any of these is yes then please come and join us. Contact me today!

For further information please contact:

Justine Sanders, Volunteering Officer

Tel: 0116 231 6921 email: justine.sanders@alzheimers.org.uk

Cafés

Dementia Cafés provide information about living with dementia and other services available locally in an informal and comfortable environment. They are also a place to relax, socialise and meet other people with dementia and their carers.



<u>CITY CAFÉS</u>	<u>LOCATION</u>	<u>FREQUENCY</u>	<u>TIME</u>
Rolleston Memory Café	Eyres Monsell Community Centre Hillsborough Road, Leicester. LE2 9PQ	Fourth Friday of the month	1.30pm - 3pm
Willowbrook Memory Café	Thurnby Lodge Community Centre, Thurncourt Road, Leicester. LE5 2NG	Second Tuesday of the month	1.30pm - 3pm
Tudor Centre Memory Café	The Tudor Centre Bewcastle Grove, Leicester. LE4 2JU	Third Friday of the month	1.30pm - 3pm
Holbrook Memory Café	St. Guthlac's Church, Holbrook Road, Knighton, Leicester. LE2 3LF	Second Friday of the month	1.30pm - 3pm

<u>COUNTY CAFÉS</u>	<u>LOCATION</u>	<u>FREQUENCY</u>	<u>TIME</u>
Forget Me Not Memory Café	Countesthorpe Village Hall, Station Road, Countesthorpe, Leics. LE8 5TB	Third Monday of the month	2pm - 3.30pm
Memory Box Memory Café	Cotesbach Village Hall, Main Street, Cotesbach, Lutterworth, Leics. LE17 4HZ	Third Friday of the month	10.30am - 12pm
Charnwood Memory Café	John Storer House, Wards End, Loughborough, Leics. LE11 4HA	Second Thursday of the month	10.30am - 12pm
Coalville Memory Café	Marlene Reid Centre, Belvoir Road, Coalville, Leics. LE67 3PH	First Friday of the month	2pm - 3.30pm
Wigston Memory Café	Salvation Army, Ladysmith Road, South Wigston, Leics. LE18 4UZ	First Wednesday of the month	11am - 12.30pm
Bluebells Memory Café	Glenfield Sports Pavilion, Gynsill Lane, Glenfield, Leics. LE7 7AG	Second Thursday of the month	2pm - 3.30pm
Melton Memory Café	Melton Carnegie Museum Thorpe End, Melton Mowbray, Leics. LE13 1RB	First Friday of the month	10.30am - 12pm
Poppies Memory Café	Syston Community Centre, School Street, Syston, Leics. LE7 1HN	First Monday of the month	10.30am - 12pm
Hinckley Memory Cafe	Pathways Centre, Hinckley Baptist Church, Baptist Walk, Hinckley, Leics. LE10 1PR	Second Wednesday of the month	2pm – 3.30pm
Market Harborough Café	Market Harborough Methodist Church, Northampton Road, Market Harborough. Leics. LE16 9HE	First Friday of the month	10am - 11.30am

Peer Support Groups

Peer support groups give carers of people with dementia the opportunity to meet with others who understand some of what they are going through. Run by a facilitator, the sessions offer a chance to ask questions, get information and share experiences in a safe and supportive environment.

Activity Groups

Activity groups give people affected by dementia the opportunity to take part in structured activities. Run by a facilitator who encourages and supports people to take part, the groups are also a chance to relax and socialise.

Our Peer Support Groups and Activity Groups are held separately but at the same venue at the same time and date.

<u>COUNTY PEER SUPPORT & ACTIVITY GROUPS</u>	<u>LOCATION</u>	<u>FREQUENCY</u>	<u>TIME</u>
Early Onset Carers Support Group	Braunstone Civic centre, 209 Kingsway, Braunstone, Leicester. LE3 2PP.	Fourth Tuesday of the month	6.30pm - 8.30pm
Early Onset Activity Group (under 65 years)	Braunstone Civic centre, 209 Kingsway, Braunstone, Leicester. LE3 2PP.	Fourth Tuesday of the month	6.30pm - 8.30pm
<u>CITY ACTIVITY GROUP</u>	<u>LOCATION</u>	<u>FREQUENCY</u>	<u>TIME</u>
Brite Centre Activity Group	The Brite Centre, Braunstone Avenue, Leicester. LE3 1LE	Fourth Tuesday of the month	1.30pm - 3.30pm

Singing for the Brain ®

Singing for the Brain brings people together in a friendly, fun and social environment. Based around the principles of music therapy, the stimulating sessions include vocal warm-ups and singing a variety of familiar and new songs.



	<u>LOCATION</u>	<u>FREQUENCY</u>	<u>TIME</u>
Blaby Singing for the Brain	Blaby & District Social Centre, Leicester Road, Blaby, Leicester. LE8 4GQ	First Wednesday of the month	1.30pm - 3.30pm

We also offer online support through:

- **Talking Point –**

Our online community is a place where you can ask questions, share experiences and get information and practical tips on living with dementia. It's free to use, open 24 hours a day and all you need is an internet connection.

- **Dementia Connect our online Directory –**

Our comprehensive directory allows you to find advice and information about our support services.

Simply enter your post code or location to find support near you.

- **Information and Support –**

Our wide range of publications and information online will help you to understand dementia and plan for the future. We'll help you to live well with dementia by providing the right information, which is focused on practical advice and support at the right time.

Contact us at: [alzheimers.org.uk/get support](https://www.alzheimers.org.uk/get-support)

National Dementia Helpline

If you need advice on living with dementia contact our National Dementia Helpline on 0300 222 11 22

The Helpline is open from 9am to 8pm Monday to Wednesday, 9am to 5pm Thursday and Friday and 10am to 4pm on Saturday and Sunday.



Changing the way the nation thinks talks and acts about dementia

What is a Dementia Friend?

A Dementia Friend learns a little bit more about what it is like to live with dementia during a Dementia Friends Information Session and then turns that understanding into action.

For further information about a session near to you Tel: 0116 231 6921

www.dementiafriends.org.uk

Alzheimer's Society
4 Oak Spinney Park
Ratby Lane
Leicester
Leicestershire
LE3 3AW

Tel: 0116 231 6921

Email: leicestershireandrutland@alzheimers.org.uk

www.alzheimers.org.uk

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