Living well with dementia in Ribble Valley









Your guide to local dementia services and support



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Ribble Valley Dementia Alliance

Ribble Valley Dementia Alliance is a group of organisations and individuals working together to make Ribble Valley more dementia friendly. We will acheive this by:

- Raising awareness of dementia throughout Ribble Valley
- Providing access to further information and understanding of dementia
- Inspiring and co-ordinating projects, programmes and initiatives for people affected by dementia and their carers including respite, singing and crafts

If you would like to be involved, or would like further information about the Alliance, please contact: rvdementia@gmail.com





Have you, or someone you care about recently been diagnosed with dementia?

You are not alone. Although this can be a stressful time, many people live well with dementia.

There are various services and groups offering support and there are lots of ways to meet people having similar experiences to you.



General advice and information

Age UK Lancashire

Advice and information, services and support available to promote independence, enhance health and wellbeing for older people including those living with dementia and their carers. Services available include dementia support, support at home, day clubs, good day calls, will writing and information and advice on benefits and housing.

0300 303 1234 ageuklancs.org.uk



General advice and information

Alzheimer's Society

Information and support for people with all forms of dementia and those who care for them.

01282 421233 alzheimers.org.uk

Homewise

Advice and information on all aspects of home repairs, benefits, local services and support to live independently in your own home.

01254 232249

info@homewiseonline.org



Maintaining independence

Affordable Mobility

Based in Clitheroe, Affordable Mobility offer mobility products and assistive technology to enable greater independence, freedom and improved quality of life.

01200 444254

affordablemobility.co.uk

Homewise Disability Equipment

Provision of reconditioned disability equipment for those who are not eligible or do not wish to wait for referral to Social Services. Recycling service also available.

Please ring first. 01254 232249

homewiseonline.ora

Care services

Mearley Fold Day Time Support Services

Bright Street, Clitheroe, BB7 1NW is open Mon-Fri 9.30am-4.30 pm offers day care, a 2-course lunch and activities, eg. tasting afternoons, memory ball sessions. **01200 443507**.

The Filo Project Day Care with a Difference

Nurturing home-based group day services for those living with mild to moderate dementia and other challenges of older age. Uniquely provided by a trained Host in their own home. From pick up in the morning to drop off back at home, with a home-cooked lunch and activities that adapt to the individual interests and preferences of each small group. Providing families with a weekly full day of respite. Head Office: 0333 939 8225 info@thefiloproject.co.uk

www.thefiloproject.co.uk

TRUSTED CARE IN YOUR OWN HOME

Good dementia care means consistent company, stable routines and a familiar home environment.

Keeping your loved ones safe without the need for residential care.

- We can support with:
- Meal preparation
- Dementia care
- Personal care
- Companionship
- Night care
- Live-in care
- Transportation
- Light housekeeping







Contact us today: **01254 658899** rightathomeeastlancs.com

Slips, falls & balance

Best Foot Forward

A programme run by Ribble Valley Council's Healthy Lifestyles Team to help people improve strength, balance and confidence.

01200 414586

<u>upandactive@ribblevalley.gov.uk</u>

NHS Steady On! Falls Prevention Team Do you know a patient who may require help from our team?

We work alongside care providers to prevent falls. We provide home assessments for anyone who feels they would benefit from our service.

We provide non-clinical home assessments to assess what help and support individuals may require from services we work with such as referrals to:

Podiatry

Age UK

Fire Service

....

Social prescribers

Medicine support

team

Lifeline pendant service

Orthotics

Integrated therapy team

BeWithUs/Calico

Lancashire County Council

Intensive Home support services

We can help to apply for benefits such as Attendance allowance and signpost for Disability Blue badges.



To book your assessment please call ICAT 01282 805989 and request a Steady On! Assessment.

Home repair & safety

Affordable Warmth Grant RVBC

We have an affordable warmth grant available, We can help with the cost of a new boiler/ heating appliances and services. A grant of up to £4000 is available. Eligibility criteria is they can be on means tested benefits or a income up to £31,000 or people with a vulnerability and low income.

Contact Ribble Valley Borough Council 01200 425111

Extra Support for Residents with Neurological Disorders – Ribble Valley Borough Council

RVBC offers a grant of up to £2,000 to people living in the Ribble Valley, either as a homeowner or tenant, for residents diagnosed with dementia or other neurological disorders and still living in their own home.



Health care and support

Right at Home East Lancs and Ribble Valley

Trusted care in your own home.

01254 658899

eastlancs@rightathome.co.uk www.rightathomeribblevallev.com

Carers Link Lancashire

Supporting and improving lives of unpaid carers in Ribble Valley, Burnley, Pendle, Rossendale and Hyndburn, with carers assessments, help planning for emergencies, peer support, relevant courses, and activities for respite.

0345 688 7113

www.carerslinklancashire.co.uk



Do you need help with small repair work? Things that may be too small for larger contracting companies to come out to.

If so, we may be able to help you.

What can we do?

- Handyperson work smaller jobs like fixing curtain rails and blinds, putting up shelving, changing light bulbs, fixing loose floorboards.
- Minor adaptations work such as fitting a grab-rail or additional banister rail.
- We may be able to help with larger jobs too just talk it through with our friendly team.

Things like:

- Fitting new wooden doors
- Making and fitting new gates
- Replacing rotten floorboards
- · Fitting or fixing small areas of fencing
- Repairs to sheds
- Internal door repairs / replacement

All our small repairs officers are Trusted Traders and DBS checked.

There is a charge for the service – please contact our office for more details.

This work is managed and delivered by Homewise, which is a local charity and a home improvement agency that operates in many parts of East Lancashire.

You can contact us directly on **01254 232249** or email **info@homewisesociety.org.uk** to request our help.

Ribble Valley Crossroads Care

Our support includes:

- Personal Care
- Social Support
- End of Life
- Family Support
- Learning Difficulties
- Home Help Support
- Dementia Care and Respite



For further details:

www.crossroadscareribblevalley.co.uk hello@crossroadscareribblevalley.co.uk

Community Mental Health Teams for Older Adults (Lancashire Care NHS Foundation Trust)

Support for people over 65 with severe and enduring mental health needs and some level of cognitive impairment, also for those under 65 with a diagnosis early onset dementia. They can provide assessment, diagnosis, treatment, education and create individualised care planning. Referrals are made via GP's (IRS service) or health and Social Care Professionals.

01254 226265 (01282 657333) lancashirecare.nhs.uk/ CMHT-Older-Adult

Crossroads Care Ribble Valley

Support for carers of those living with dementia. A specialist not-for-profit organisation providing support to carers of those living with dementia in their own homes (see our ad on previous page).

01200 422104

Home Instead East Lancs

Offers specialist dementia care.

Contact Peter Catlow 07918 648 937

peter.catlow@homeinstead.co.uk homeinstead.co.uk/eastlancashire

Living Well Support Service (Age UK Lancashire)

Living Well Support Service is available to offer short-term support following a period of illness or injury. This is a free service for people aged 18+ and available for up to a maximum of 6 weeks. Examples of support include assisting with shopping, light cleaning and preparing light meals, help with gaining access to other support and services, providing information and advice, emotional support and companionship to help build confidence and independence.

0300 303 1234 ageuklancs.org.uk



Free advice and support to help people living with dementia stay safe in their homes

Are you finding difficulty in managing your day to day tasks due to memory issues?

Do you have a family member or friend that you are concerned about because of their memory?

Memory Matters An inspirational project for people living with dementia and their carers

- Practical help and advice on how to adapt your home
- Making sure people are on correct benefits and applying on their behalf
- Advice on local social groups
- Advice on funding options and help with applications for larger adaptations
- Accident prevention checks
- Ensuring the provision of the correct level of support needed

Living with dementia is so much easier when you have a network of support around you.

Let us be part of that network

There are no costs for this service, please get in touch.

Contact: Holly Hartley info@homewisesociety.org.uk.

Unit 3 Allied House, Burnley Road, Clayton le Moors BB5 5TW

Life-line Care 4 U

Provides trained care workers, safety equipment and solutions to support you to be safe at home.

01282 270269

life-linecare4U.co.uk

Promedica 24 Ribble Valley

We provide a 'live in care' service to the elderly including those living with dementia. Our carers live with our clients in their home as carers and companions (see our ad).

promedica24.co.uk/ribblevalley

Contact Gary Derbyshire 07419 111981

G.Derbyshire@promedica24.co.uk

Respite Care

Abbeyfield House,

Union Street, Low Moor, Clitheroe, BB7 2NH

01200 442550

info@abbeyfieldcarehomeclitheroe.org



Wider community support

Down Memory Lane Singing

1st and 3rd Wednesday of the month 1pm - 3pm at Pendleton Village Hall, Main Street, Pendleton, Clitheroe, BB7 1PT £2.50 per session

Hyndburn & Ribble Valley CVS Community Voluntary Support

Local support and development organisation providing information and support for services, and connecting community and voluntary groups in your area.

01254 888614 dorothy.parsons@hrv-cvs.org.uk

Little

Green Bus

Based in Clitheroe, Little Green Bus provides safe, considerate and



accessible transport to people who can't use regular transport. They combat loneliness and isolation in the Ribble Valley, helping to keep people active and engaged in their communities resulting in a positive contribution to their health and well-being.

01200 444484

littlegreenbus.org.uk

Parkinson's Café

Information, friendship and support to local people with Parkinson's, their families and carers.

Mondays monthly 11 - 1pm.

Contact Claire Root for more details, dates etc.

0344 2253611 croot@parkinsons.org.uk

Memory Boxes

Memory boxes can help stimulate memories as we get older and are available from libraries. For more information call:

0300 123 6703

Working towards a Dementia friendly Longridge



Email: longridgedfc@gmail.com @longridgedfc Longridge Dementia Friendly Community

Admiral Nurses

Admiral Nurses are specialist dementia nurses who work with families to provide life-changing support for people affected by dementia. They have experience in dementia care and offer specialist assessments and interventions for complex needs and they work across a range of different care settings. In the Ribble Valley, the Admiral Nurses are provided by the Royal British Legion to support the Armed Forces community and their families.

To contact the Royal British Legion Admiral Nurse Service please call 0333 011 4311 or email ANSupport@britishlegion.org.uk





Lancashire Fire and Rescue Service

The Lancashire Fire and Rescue Service work hard to prevent people having fires and in the event that one does occur, they instruct people on how to survive a fire with the vital use of a smoke detector to give early warning and preplanning an escape route.

Working smoke alarms are very important, test them weekly.

- Plan an escape route
- If there is smoke on your exit route, get down low and crawl out
- Get out, Stay out and call 999

If you would like any further information on how you can access a free Home Fire Safety Check please ring 0800 169 1125 or visit

lancsfirerescue org uk/safety



Rosemary and Time cic

We offer groups throughout the week, enjoying singing, drumming, gardening, trips out, carers support, bingo, beetle drives.....almost anything that you can imagine that makes your day a little more fun in Longridge and Grimsargh.

Please do get in touch with Alison and Donna to see what we have going on this month.

Tel: 07880348597

rosemaryandtime01@gmail.com www.rosemaryandtimecic.org



NOTES		



Continue to live independently in your own home with the support of your live-in carer



Specialist 24/7 live in care tailored to your personal needs



High quality and fully managed 1-2-1 care from fully trained staff



Specialist Support for those living with Dementia, Parkinson's or a disability

Contact Gary, serving Lancashire, South Cumbria & North Yorkshire

Gary Derbyshire 07419 111981 g.derbyshire@promedica24.co.uk www.promedica24.co.uk



Activities Available in Ribble Valley



You're there for them, now we can be here for each other

Let's meet together to share the moments of joy and the challenges we encounter over a brew and a biscuit!

Aug 28, Sept 25, Oct 23 and Nov 27









and Wellbeing

Project

No need to book. For more information Tricia: 07971 079966 Faye: 07538 113726





Outdoors 4 All Together

Socially Active Outdoor Session open to all. For further information please ring

07876 570460 07801 794514

Activities Available in Ribble Valley

Dementia Carers Peer Support Group

If you are caring for somenone who is living with dementia come along to our friendly carers suport group. These sessions allow people to share experiences in a supportive environment. Offering peer support, information and occasional speakers.

Trinity Methodist Church and
Community Hub,
Parson Lane,
Wesleyan Row,
Clitheroe BB7 2JY
Every fourth Thursday each month
10am to 12 noon

Time For You

Activities may include crafts, quizzes, bingo, singing, and attendees can take part in as much or as little as they like. The session can be used as respite, where appropriate, or attendees can bring a carer. The cost is £10 per head, which includes a hot two-course lunch. There is currently a short waiting list in operation.

Every Thursday
West Bradford Village Hall
11.30am to 2.30pm
For further information:
01200 422104

Crossroads Ribble Valley

Time For You every Thursday at West Bradford Village Hall

Friends in Nature every Monday at (in conjunction with Outdoors 4 All Together)

Chatburn Luncheon Club the last Wednesday in every month Please ring

01200 422104

Friends in Nature

The session is for people with dementia and their carers. There is no charge, but donations are welcome. Sessions may include crafts, outdoor games, music, gentle mobility, all catered to the interests and abilities of whoever is attending. Light refreshments are provided. We aim to be outdoors as often as possible, but in inclement weather meet in the dining hall indoors.

Monday mornings

Billington and Langho Community Hall, Unnamed Rd, Langho, BB6 8AD (this is behind St Leonard's Church) during school term times from 10.30am to noon. For further information please ring

07876 570460 or 07801 794514



999ReUnite



A collaboration between the three emergency services **Police**, **Fire**, **Ambulance** and the **NHS** to help people living with Dementia to return home.



Wristbands and Fobs are now available from Lancashire Fire and Rescue Service for vulnerable people who may get confused and are not able to return home safely.

The 999ReUnite devices use Near Field Communication (NFC) technology that is installed in most modern mobile phones to read a tiny microchip inside the wristband or fob.

When the 999ReUnite device is scanned with a NFC enabled phone, it will display the vulnerable person's first name and up to two emergency contact numbers.

The **999ReUnite** devices are issued as part of the LFRS Home Fire Safety Check. To request a HFSC and 999ReUnite device please phone **0800 169 1125** or visit **www.lancsfirerescue.org.uk/contact-us/home-fire-safety/**











making Lancashire safer

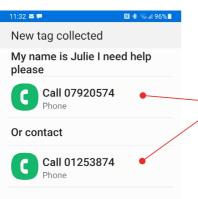
999ReUnite - HOW DO THEY WORK?



The 999ReUnite device has a microchip that can transfer information to a NFC enabled mobile phone.



The 999ReUnite device is set up by using a NFC tag writer app on a mobile phone.



Tap the back of your phone on the 999Reunite logo to display this message.

Click on any of these numbers and it will call the family member or carer.

For further information or advice email ${f prevention support@lancsfirerescue.org.uk}$











making Lancashire safer

This booklet was brought to you by RVDA in association with Ribble Valley Borough Council

