

Living well with dementia in Ribble Valley



**Your guide to
local dementia
services and
support**

September 2026

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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 achieve 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



FIND US ON FACEBOOK
Ribble Valley Dementia Action Alliance



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



Information, advice, 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 Hubs, Cognitive Stimulation Therapy, Support at Home, day clubs, will writing and information and advice on benefits, housing, scams and energy saving. Contact us on

0300 303 1234 or
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 447757

eastlancashire@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@homewisesociety.org.uk

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.org

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.



What a difference a day makes

The Filo project is an award winning not for profit organisation providing enriching small group care days for people with early to moderate dementia and other challenges of older age; stroke, Parkinson's and sensory loss. We delight in providing a warm and welcoming space where friendships are fostered and social isolation diminished. Transport is provided.

Filo care days take place in the intimate setting of our Host's own

homes; nobody is overwhelmed by a large group. Apart from having a home-cooked lunch, what happens in each group varies and is bespoke to the individual preferences and personalities of each group member.

Within the nurturing environment of The Filo Project, the focus is firmly on individuals' capacities. Clients flourish, many experiencing positive changes in their symptoms and wellbeing. Families are also able to enjoy regular and extended respite.

THE
FILO
PROJECT

thefiloproject.co.uk
info@thefiloproject.co.uk
0333 939 8225



Care for

Bespoke Homecare

a life you love

with Right at Home

01254 658 899

rightathome.co.uk/east-lancs

 **Right at Home**

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

upandactive@ribblevalley.gov.uk

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

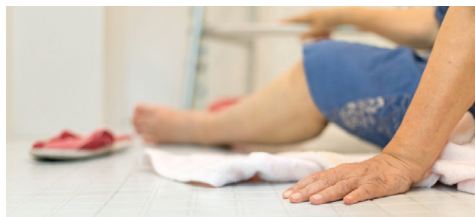
Integrated therapy team

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 £36,000 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. Non-means tested grant towards equipment and minor adaptations to the 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.rightathomeribblevalley.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. Plus support with benefits and blue badge applications.

01254 387444

www.carerslinklancashire.co.uk

Dementia Navigator Service

East Lancashire & Blackburn with Darwen

If you or someone you know are worried about or affected by dementia, we are here for you.

Providing advice, information, and emotional support, Alzheimer's Society is here for anyone with any form of dementia, as well as for friends and family supporting someone with dementia.



Alzheimer's Society

It will take a society to beat dementia

Examples of how your local Dementia Adviser might help include:

- Answering questions about dementia, symptoms, planning for the future, and what's available to you (and how to access and navigate local supports and the care system)
- Working together with you to find ways to help continue doing the things you enjoy or that are important to you
- Talking through with you when you meet new challenges to try and find ideas to help
- Practical advice and sharing ideas learned from the lived experiences of other local people
- Helping you connect with local groups and services

01282 447757
eastlancashire@alzheimers.org.uk

Alzheimer's society is a registered charity in England and Wales (296645) and the Isle of Man (1128). A company limited by guarantee, registered in England and Wales (2115499) and the Isle of Man (57309).
Registered office: 43-44 Crutched Friars, London EC3N 2AE.

Local Team

You can reach us by contacting **01282 447757** or by emailing **eastlancashire@alzheimers.org.uk** (we are community based and regularly check the answerphone and will ring you back).

Dementia Support Line

You can also contact national telephone Dementia Advisers on: **0333 150 3456** (calls charged standard rate).

The Support Line is typically open:
Monday to Wednesday 9am to 8pm
Thursday and Friday 9am to 5pm
Saturday and Sunday 10am to 4pm

www.alzheimers.org.uk

Our website provides lots of information and resources as well as an active support community named Dementia Support Forum.



**Lancashire and
South Cumbria
Integrated Care Board**

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

Ribble Valley Crossroads Care

We provide the full range of care services to the Ribble Valley community for the many people who want to live in their own homes for as long as possible, enjoying a full quality of life. This is 'Domiciliary Care' and is often the preferred alternative to a care home for those who are able safely remain at home. Everything we do for you is tailored and bespoke for the needs of the individual, families, carers and loved ones. Each situation is different - but whatever your circumstances, our wonderful staff are here for you. **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

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 Matters

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**

**Tel: 01254 232249
info@homewisesociety.org.uk**

Residential Care



Castlewood Care Home

Castlewood

Life at Castlewood is centred around providing a comfortable, supportive environment that promotes independence, happiness, and fulfilment. We believe in creating a warm, inclusive home with a true sense of belonging.

Residential Care | Dementia Care
End of Life Care | Respite Care



Join us for our monthly
community coffee morning

Last Friday of each month
10am - 12pm



Contact us:

Higher Standen Drive,
Clitheroe,
BB7 1FT
Find us at what3words:
rumbles.composts.tiny

01200 869996
info@wrightcare.co.uk
www.wrightcare.co.uk



JOIN US FOR A FREE SUNDAY LUNCH!



High Brake House would like to invite the local community to join us for Sunday lunch.

- Up to 8 guests per week
- No charge
- Make new friends whilst enjoying a delicious meal



If you would like to join us, please contact us on 01200 538110 or email office@highbreakhouse.com



Live-in care means the
world to me because
I can stay in my own home



The benefits of 24/7 live-in care at home



Choice: Living independently and choosing the right care and carer for you.



Comfort: Being in and around the home you love and surroundings you are familiar with.



Close to loved ones: Remain in your own home with your partner, pets and close to family and friends.



Safety and security: Peace of mind knowing that someone is there if you need them day and night.



Simple contract: No hidden fees or extras from a fully managed service.

To book a **FREE** assessment, or to discuss our services in more detail, please get in touch with our friendly team on quoting REF:HL1020:

01254 375023

07419 111981

g.derbyshire@promedica24.co.uk

www.promedica24careathome.co.uk

PROMEDICA24
Live-in Care & Support

Residential Care



**MIDDLESRAW
HILLS**
CARE HOME

Residential and Dementia Care

**POP IN
FOR A
TOUR**

Middleshaw Hills provides 24-hour residential, dementia and respite care with a single, clear, **all-inclusive fee** that does not change based on a resident's care needs, providing clarity and reassurance for residents and their families.

01200 613256

Whalley Road, Barrow,
Clitheroe BB7 9AZ

Crystal Care
COLLECTION

www.crystalcarecollection.co.uk

Living well, every day

Residential, dementia and respite care with an
ALL-INCLUSIVE FEE



Operated by
Abbeyfield Lancashire Extra Care Society Ltd.

Care that feels like home.

At Abbeyfield House we provide high quality care in a warm, friendly and homely environment.

Residential Care, Respite Care and Day Care - all under one roof.



CELEBRATING
70
Years
OF
ABBAYFIELD

RESIDENTIAL CARE



- ♥ En-suite bedrooms
- ♥ Delicious homemade meals
- ♥ Daily activities and wellbeing
- ♥ 24-hour care and support

A place to call home

RESPITE CARE



- ♥ Flexible short stay options
- ♥ Fully inclusive care
- ♥ A chance to relax and recharge
- ♥ Support for family and carers

Care when you need it

DAY CARE



- ♥ Morning, afternoon or full day
- ♥ Activities to enjoy
- ♥ Nutritious meals and snacks
- ♥ A friendly, social environment

Come for the day, leave with a smile

We'd love to welcome you!

Contact us today to find out more or arrange a visit.

📞 Tel: 01200 442550

✉ Email: info@abbeyfieldcarehomeclitheroe.org

🌐 Website: <https://www.abbeyfieldcarehomeclitheroe.org>

📍 Address: Abbeyfield House, Union Street, Low Moor, Clitheroe, BB7 2NH

Compassionate care in a home you can trust

RESIDENTIAL CARE ● RESPITE CARE ● DAY CARE



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



HOMEWISE

REPAIRS, IMPROVEMENTS & ADAPTATIONS

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
- Replacing rotten floorboards
- Repairs to sheds
- Making and fitting new gates
- Fitting or fixing small areas of fencing
- 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.

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

High Break House

"Our family care home tucked on the edge of Clitheroe has been looking after people since 2003. We have created a place where you truly feel at home whilst benefitting from round the clock care. If you are considering Residential Care or need a break with Respite Care or a change of scene, come to Day Care with us. Call us on 01200 538110 to ask more."
www.highbreakhouse.co.uk

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. Social Prescribing is a service offered throughout the Ribble Valley. Social Prescribing Link Workers listen to people and try to understand their situation and what matters to them, they then assist to achieve overall wellbeing.

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



Memory Boxes

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

0300 123 6703

clitheroe.library@lancashire.gov.uk

Activities Available in Ribble Valley



Dementia Carers Support Group

**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

For more information, contact
☎ 07581 187615 ✉ hello@trinityhub.org.uk



10am - 12noon

Fourth Thursday of the Month

Trinity Methodist Church & Community Hub,
Parson Lane, Wesleyan Row, Clitheroe, BB7 2JY

Right at Home's Golden Cinema

Join us for a great film, friendly conversation, and refreshments at
one of our monthly Golden Cinema events:

- Last Monday of each month - Waddington Village Club
- Last Tuesday of each month - The Old Grammar School, Whalley
- Last Thursday of each month - Middleshaw Hills

For more information or to join our mailing list, call 01254 658899.

Right at Home
Living for a life you love

Outdoors 4 All Together

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

07876 570460

07801 794514

Music brings us together

SINGALONG Luncheon Club

MUSIC • FRIENDSHIP • LAUGHTER • GOOD COMPANY

A warm welcome awaits!

Join us for a joyful morning of singing
timeless favourites, making memories
and enjoying a delicious lunch together.

Everyone is welcome here!

SING YOUR HEART OUT
or just sit back and enjoy!

MAKE FRIENDS
and enjoy great company

ENJOY LUNCH & REFRESHMENTS
in a friendly atmosphere

DEMENTIA-FRIENDLY
open to all, no previous, just enjoy!

All about music, people and feeling good!

A safe, kind and inclusive space where friendships blossom

Expect:

- Golden classics & timeless favourites
- Laughter, singing & dancing
- A supportive team of volunteers
- A chance to relax and be yourself

Because music brings people together

We'd love to welcome you!

FOR MORE INFORMATION CONTACT:
☎ TRICIA - 07971 079966
☎ FAYE - 07538 113726

WEDNESDAYS & FRIDAYS
11.30AM

BILLINGTON & LANGHO COMMUNITY CENTRE
Situated behind St Leonard's Church on Whalley Road,
Langho, BB6 8AB

£5 FOR SINGING & LUNCH
£3 FOR SINGING ONLY

CARERS JOIN THE SINGING FREE
(LUNCH £2 IF STAYING)

Dementia-Friendly
Everyone welcome

The Music and Wellbeing Project CIC
Helping to Live Life Right

THE NATIONAL LOTTERY FUND

COME FOR THE MUSIC, STAY FOR THE MEMORIES!

Activities Available in Ribble Valley

Dementia Carers

Peer Support Group

If you are caring for someone who is living with dementia come along to our friendly carers support 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

Ribble Valley

Crossroads Care

Barrow Community Group every Monday at Barrow Village Hall.

Friends in Nature every Monday (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

Move to Music - Grindleton



Every Tuesday 2.00-3.15pm

A specialist, friendly Neuro-Moves class for those living with Parkinson's and other neurological conditions AND their family, friends or carers. Lead by Filomena Ianni at Grindleton Pavilion, Sawley Road, Grindleton BB7 4QT

Classes can be taken seated or standing - £3.50 per class. All classes include tea, coffee and biscuits.

Please get in touch before joining so we can confirm dates.

To enquire please contact Filomena on flowianni@gmail.com
07972 170 006

Supported by LPM Dance, The Lottery Fund, Parkinson's UK and Grindleton Recreation Ground Charity.

999ReUnite



Lancashire Fire
and Rescue Service

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.lancsfireandrescue.org.uk/contact-us/home-fire-safety/**



Lancashire
Constabulary
police and communities together



making Lancashire **safer**

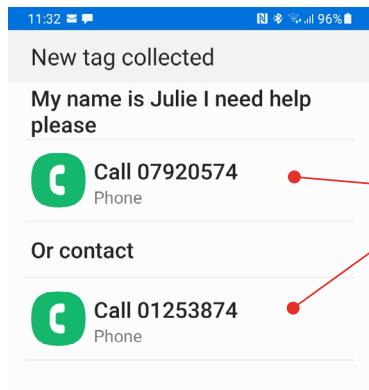
999ReUnite – HOW DO THEY WORK?



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 preventionsupport@lancsfirerescue.org.uk



making Lancashire **safer**

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



Ribble Valley
Borough Council

www.ribblevalley.gov.uk