

City and Hackney Dementia Alliance Information Board

Your quarterly information resource

"Making lives brighter for people living with dementia and their carers"

I'm worried about my memory.
Who can I talk to?

How will a diagnosis of
dementia help me?

What will a diagnosis
entail?

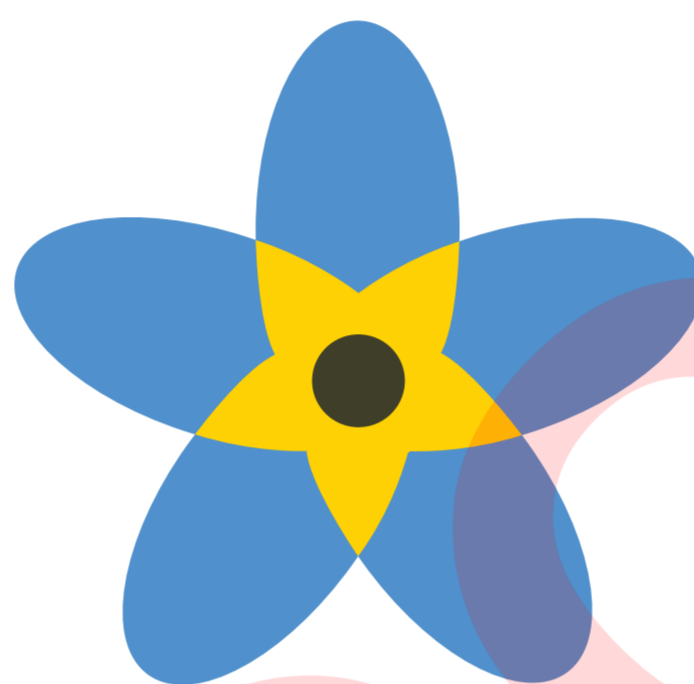
What further support is
available?

Are YOU worried about your memory?

- First of all talk to your GP
- Ask at reception which area your GP practice covers and then contact your local Alzheimer's Society Dementia Adviser on: 020 8533 0091

South East – Claire Wheeler	South West – Carol Feldon
North East – Duty Dementia Adviser	North West – Taiyaba Zeria

- Call Alzheimer's Society National Dementia Helpline on 0300 222 1122
- visit Alzheimer's Society National www.alzheimers.org.uk/memoryworry



Focus on: Hackney Caribbean Elderly Centre

The Mental Wellbeing Group

The Group is for people with early onset dementia. It provides support and help in understanding and managing the condition effectively.

- Elders are engaged in a range of activities including memory and physical exercises in a safe, secure and culturally friendly environment
- Free meals are provided as well as access to pre-arranged Community transport.
- It also provides short term respite opportunities for carers/family members

The service is funded by the Dementia Alliance.

For more information call: 020 7923 3536

Email: info@hackneycaribbean.co.uk

Services for people living with Dementia

Alzheimer's Society City and Hackney

Call **020 8533 0091** for information about:

- **Hackney Coffee Club** - a monthly social group for people affected by dementia to get information, relax, and chat informally to others.
- **Singing for the Brain™** - brings people together in a friendly and fun environment to enjoy singing a variety of classic and new songs.

City Advice: Free face to face advice for City of London residents

- Drop in to the Toynbee Hall Advice Centre Monday – Friday 10am – 1pm and 2pm – 4pm
The Community Centre, Toynbee Hall 52 Old Castle Street, London, E1 7AJ
- Or drop in to one of our Advice Surgeries across the City of London: Call **020 7392 2919** for details.

East London Foundation Trust

Call **020 3222 8500** for information about:

- **Memory assessment** or if you are worried the Dementia is getting worse
- **Cognitive Stimulation Therapy group** for people diagnosed with Dementia
- **MCI group** for People with mild cognitive impairment
- **Advanced Care Planning** for people wishing to discuss their future wishes and preferences about their health care choices

London Borough of Hackney

Call **020 8356 6262** for information and advice about how to get help and support from a wide range of organisations including services for people living with dementia and their carers.

Support for carers of people living with Dementia

City and Hackney Carers' Guide :

An information and support guide for carers, families and friends of people living with dementia

Pick up a free copy from your GP Practice or local library. Or call :

- Alzheimer's Society City and Hackney: 020 8533 0091
- City and Hackney Carers Centre: 020 8533 0951

Carers Week 2018: Wellbeing day for carers

When: 14th June, 10-3pm at St Joseph's Hospice, Mare Street, E8 4SA.

To book your place Call: 020 8533 0951 or email: ccsadmin@hackneycarers.org.uk

Carers Timeout – Gardening project with Sallie Fellows

Starts: 8 May - 26 June ; Tuesday 10.30 – 1.00pm

Cordwainers Garden 182 Mare Street, E8 3RE.

To book call: 020 8510 1966 or email sallie.fellows@hackneycarers.org.uk

Homerton University Hospital Carers' Passport

Are you the carer of someone with dementia who has gone into hospital? Please ask the nurse in charge about the 'Carers Passport', which allows you to visit outside of visiting hours.

What's happening in City and Hackney

Hackney Dementia Arts Festival

Monday 21 May to Friday 25 May

Look out for the **Hackney Dementia Arts Festival Guide** at a library near you soon

For more information please call Alzheimer's Society on **020 8533 0091**

Dementia Friendly Screenings at

Picturehouse
HACKNEY PICTUREHOUSE
London

Catch a classic movie every month! Screenings are open to all but are specially adapted for people living with dementia, their families, friends and carers.

Book in person at the Box-Office, online at www.picturehouses.com or by phone on 020 7294 7908.

Safeguarding

We are committed to safeguarding and protecting people effectively when they are at risk of abuse, mistreatment and neglect.

Are you worried about someone?

For advice or information call:

- 020 8356 5782 (Hackney Safeguarding Team)
- 020 7332 1224 (City of London Adult Social Care Team)



This is a Dementia Friendly GP Practice

**IF YOU REQUIRE THIS
INFORMATION IN LARGER PRINT
call 020 8533 0091**