

# 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?

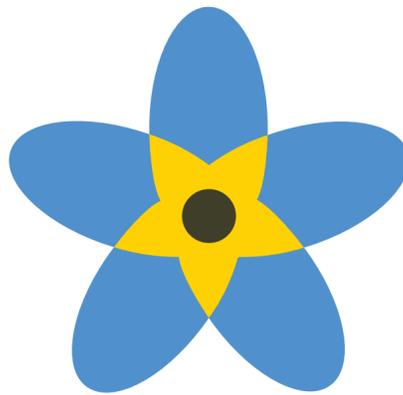
What further support is  
available?

## 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 – Siobhan Cronin    North West – Taiyaba Zeria

- Call Alzheimer's Society National Dementia Helpline on 0300 222 1122
- visit : [www.alzheimers.org.uk/memoryworry](http://www.alzheimers.org.uk/memoryworry)



## Focus

### Dementia Care in City & Hackney is CHANGING!

- A new service called the City & Hackney Dementia Service will be launching in September 2019.
- The service will replace the current memory clinic and will be co-delivered by East London NHS Foundation Trust (the Lead provider) and Alzheimer's Society City and Hackney.
- The service will operate: 9am to 5pm, Monday to Friday.
- All teams and providers will work together to communicate and provide high quality care
- The service is INNOVATIVE and FUTURE PROOFED. It will ensure everyone diagnosed with dementia:
  - is supported till the end of life or when they move out of borough
  - they and their family/carer are supported at each stage of disease progression or as things change
  - has a named Dementia Navigator to support them through living with dementia

If you would like more detailed information about this new service, please email Martina Agho ([m.gho@nhs.net](mailto:m.gho@nhs.net))

Watch out the space for more information in the coming months!

## Services for people living with Dementia

### Alzheimer's Society

Call 020 8533 0091 for information on:

**Hackney Coffee Club** - a monthly social group for people affected by dementia.

**Singing for the Brain™** - brings people together to enjoy singing a variety of classic and new songs.

### City Advice for Residents of City of London

#### Drop in at Toynbee Hall Advice Centre

Mon – Fri 10am – 1pm and 2pm – 4pm

The Community Centre, Toynbee Hall  
52 Old Castle Street, London, E1 7AJ

**For Other drop in Advice Surgeries**  
across the City: Please call 020 7392 2919

### East London Foundation Trust

Call 020 3222 8500 for information on:

**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.

### London Borough of Hackney

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

## Support for carers of people living with Dementia

City and Hackney Carers Centre has launched a new service called the **Dementia Discussions for carers of people living with dementia**.

Caring for someone with dementia can be challenging and make you feel like you're on your own. The Dementia Discussions is here to help - a three-part online programme providing education, mapping activities and peer support. It consists of:

**Carers Crisis Toolkit:** Packed with information and practical real-life solutions to common problems faced by carers.

**Carers Questions & Answers:** Live streaming of health and social care professionals answering all your questions on topics like managing difficult behaviours, welfare benefits, Managing stress, coping etc.

**Online Learning & Support Group:** Meet other carers who also look after someone with dementia, share tips and support whilst working through the Carers Crisis toolkit together.

**You don't have to do it alone, join the Dementia Discussions today**

For more information call 020 8533 0951 or email:

[Sarah.Noakes@hackneycarers.org.uk](mailto:Sarah.Noakes@hackneycarers.org.uk)

## What's happening in City and Hackney

### Hackney Dementia Festival 2019

- Thursday 16 May to Wednesday 29 May

Enjoy a range of activities including dementia-friendly cycling and swimming, cinema screenings, theatre showings, a Caribbean Tea Party, museum tours and a Tea Dance.

For more information please visit: [www.hackney.gov.uk/dementia-festival](http://www.hackney.gov.uk/dementia-festival). Email: [hackney@alzheimers.org.uk](mailto:hackney@alzheimers.org.uk) or call 020 8533 0091.

### City and Hackney Dementia Voice

A Dementia User Involvement Group.

First meeting: Tuesday 28th May 2019; 1:30-3pm.  
Felstead Street, Hackney Wick, E9 5LG. Come along

An opportunity for people living with dementia to influence local and national agenda. For more information, email: [hackney@alzheimers.org.uk](mailto:hackney@alzheimers.org.uk) or Call 020 8533 0091.

## Safeguarding

Are you worried about someone at risk of abuse, mistreatment or neglect?

For advice and support please 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**