



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 currently provided over the phone or in writing. Eventually we will be able to resume face to face visits, and a range of groups including Memory Cafés, for people affected by dementia across Leicester and Leicestershire.

For further information contact: Lisa Goodman, Services Manager

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

Carer Information and 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.

Due to social distancing measures we are offering the following virtually, through Zoom on Tuesdays 2.45-4.15pm

Please contact the dementia support service for further information on how to join our virtual groups and our services. Contact details are at the end of this leaflet.

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? 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 Helen Rhodes, Volunteering Officer

email: Helen.Rhodes@alzheimers.org.uk, or contact the dementia support service.

Dementia Cafes

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.

Due to social distancing measures we are offering the following virtually, through Zoom every Monday, 2.45 - 4.15pm or Tuesday 3.15 - 4.45pm

Please contact the dementia support service for further information on how to join our virtual groups and our services. Contact details are at the end of this leaflet.

Carers support group

Our carers support group gives you the opportunity to meet with others who understand some of what you are going through. The sessions offer a chance for you to ask questions, get information and share experiences in a safe and supportive environment.

Due to social distancing measures we are offering the following virtually, through Zoom every Thursday 2.45 - 4.15pm

Please contact the dementia support service for further information on how to join our virtual groups and our services. Contact details are at the end of this leaflet.

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.

Due to social distancing measures we are offering the following virtually, through Zoom, on the first Wednesday of the month, 1.30 – 2.30pm

Please contact the dementia support service for further information on how to join our virtual groups and our services. Contact details are at the end of this leaflet.

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 postcode 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

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.



Dementia Friends

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.

Please contact the dementia support service (details below) for further information www.dementiafriends.org.uk

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Updated June 2020