

We understand that a diagnosis of dementia can leave you wondering what help and support is available to you, so we have pulled together information about some of the dementia support which is available in the community.

Social Prescribing can support you to access a wide range of community groups, activities, events, services and organisations all of which can help improve our health and wellbeing, making us feel more connected to our neighbourhood and where we live. Your social prescriber is here to listen and help you create a clearer pathway to make things easier for you and to improve your own health and wellbeing.

For more information, please contact julie.bentley8@nhs.net or get in touch on 07713 750 458.

National information and support

- **NHS Guidance**
Looking after someone with Dementia provides a guide which focuses on: Symptoms and diagnosis, Living with dementia, Care and support and how you can help. <https://www.nhs.uk/conditions/dementia/carers>
- **Dementia UK**
Offers a range of support for people living with dementia. www.dementiauk.org
Call our Dementia Helpline for free on 0800 888 6678 for support from our dementia specialist Admiral Nurses. The Helpline is open from 9am to 9pm Monday to Friday and 9am to 5pm on Saturday to Sunday.
- **Alzheimers Society**
Offering Expert advice and guidance, support through their most challenging days, and a safe space to turn when they need us – this is what we deliver to the people who need it <https://www.alzheimers.org.uk/>

- **Dementia United**
Aims to improve and standardise the Greater Manchester offer of support and services for people living with dementia, their carers and those at risk of developing dementia who might benefit from a brain healthy lifestyle.
<https://dementia-united.org.uk/greater-manchesters-dementia-care-pathway/>
- **Videos which may support people caring for people with dementia**
Alison Wray videos and Empowered Conversations Webinars -
https://www.youtube.com/channel/UCFNbJy3qjohInExG_JRZOcQ/videos
- **Lewy Body Dementia** <https://www.lewybody.org/>
The Lewy Body Society helps fund research and raise awareness into Lewy Body Dementia and also hopes to provide a community focus for those who live with dementia with Lewy bodies (DLB) along with their carers and families. The website provides information to help those who need to understand the disease and its impact
- **Dementia tracker GPS**
<https://taking.care/pages/gps-dementia-tracker> is designed for people living with dementia, the dementia tracker provides peace of mind and security to the both the customer and their family. It is easy to use with no buttons to press. The dementia tracker can be placed on a keyring or kept in a bag or pocket. You can view the location of the GPS tracker online or call the Emergency Resolution Centre any time of the day or night. The Emergency Resolution Centre is alerted if the GPS tracker moves outside of pre-set locations. The Emergency Resolution Centre will call friends, family or the emergency services with the location details.
The service is provided by Taking Care, one of the largest personal alarm service providers in the UK, who have a proven track record of helping people living with dementia.

Useful care products when living with dementia

www.dementiacareproducts.co.uk

<https://www.theablelabel.com>

www.limonattire.com

Books - There are many books you can read to find out more, here's a few...

- The Selfish Pig's Guide to Caring – coping with the emotional and practical aspects of caring for someone. Hugh Marriott (A humorous but practical look at caring)
- Someone I used to know – Wendy Mitchell
- Keeping Mum – Caring for someone with dementia. Marianne Talbot
- I'm still here – Creating a better life for a loved one with Alzheimer's. John Zeisel

Bury information and support

- **Bury Dementia Adviser Service**

Provides information and support to people with dementia, their families and carers. Contact your local Advisor on 0161 477 6999 or email:

bury@alzheimers.org.uk

People can call the Dementia Connect Support Line to ask questions, get advice or just for someone to talk to on 0333 150 345 or online at

www.alzheimers.org.uk/dementiacconnect

- **Bury Council Adult Care Services**

There are many varied situations in which you may need support from Adult Social Care Services such as:

1. You may be getting older and find it difficult to do the everyday things around your home
2. You may have become ill or been in hospital and need some care while you recover
3. You may be living with a physical disability and require specific equipment to help you live more independently
4. You may be living with a learning disability and need support from others to help you do the things that you want to do
5. You may be a carer for someone, but need a bit more help to do this

If you feel you would benefit from their help please contact Bury Council Adult Care Services on 0161 253 5151

- **The Older Peoples Staying Well Team**

Works with people over the age of 50, who are registered with a Bury GP and not already accessing Bury Council Adult Care Services. They provide advice, support and assistance to enable people to remain independent in their own homes. They can be contacted on 0161 253 5151 or by email at

stayingwellteam@bury.gov.uk

- **Bury Carers' Hub**

Provides support for all adult carers supporting another adult living in Bury. Providing access to information, advice and a wide range of support services.

You can contact them by phone: 0300 303 0207 or online:

<https://www.n-compass.org.uk/our-services/carers/bury-carers-hub>

- **The Bury Directory**

Provides information and advice you need about Bury, from business information and healthcare services to activities in and around the Bury area.

www.theburydirectory.co.uk

- **Age UK Bury**

Offers a free and confidential information and advice service for older people, their families and carers. The service can help anyone needing relevant local information and advice on older people's issues.

Please send an email to info@ageukbury.org.uk or call Louise on 07872 067662 (Monday to Thursday) or Ruth on 07547 400142 (Tuesday to Friday).

Age UK Bury Keeping in Touch befriending telephone service offers older people in Bury a regular friendly phone call from one of our volunteers. For more information, call 0161 763 9030 or email jane@ageukbury.org.uk to sign up.

The Handyperson Service helps with small DIY and repair jobs. Call Sue on 0161 796 6949 (8:30am to 4:00pm, Tues to Thurs) or email hp@ageukbury.org.uk

Age UK Bury offer a range of social activities and events at the Jubilee Centre

<https://www.ageuk.org.uk/bury/our-services/jub-centre>

Community information and support

- **Dignifying Dementia**

There is a local support group called Dignifying Dementia who meet up weekly. The groups run weekly on Tuesdays, our activity group at The Welcome Inn, 61 Bury Old Rd, Prestwich, Manchester M45 6TA and Wednesdays, our singing group is at St. John's Church, Kirklees Street, Tottington, BL8 3NJ. Both groups run 1-3 pm. They issue a mailing of puzzles, games, quizzes and more. They also have a Facebook group where each day music, puzzles and activities are posted. Once a week they have an online quiz for carers. You can contact them: by phone: 07901 212485 (Please leave a message and someone will phone you back) or e-mail: dignifyingdementia@gmail.com

- **Musical Memories**

A group sing-along for those who enjoy singing for fun. Specifically designed for people with memory difficulties, dementia, people with learning difficulties and those who care for them. Every Friday 10am – 12 noon at Elms Community centre, green Lane, Whitefield, M45 7FD. For more information call Alan on 0161 222 0506 or email office@bury.org.uk

- **Evergreen Group**

Every Monday 1pm-3pm at FGRS Community Hub, Bury Football Club, Gigg Lane, Bury. The group supports those living with dementia and their families and carers. Socialise, sing and have fun. Email fgrscommunityhubvolunteers@gmail.com for more information.

- **D-CaFF**

A lovely place to meet for people living with dementia, their carers, family, and friends. Greenmount Cricket Club, Brandlesholme Road, Greenmount, Bury, BL8 4DX. Every second Friday in the month. From 1.15 to 3.15 pm. All our D-CaFF's have a themed approach, with activities varying from reminiscence, music, dance, singing, quizzes/games, exercise, but most of all The focus is on fun, friendship, love and laughter. Light refreshments are provided with a warm welcome! We are also active in signposting and have a table at every cafe that displays leaflets and information offering support and advice to people across a wide variety of local and National services/agencies.

Contact - Joani Beale 07704297094 or email

d-caff@greenmountvillage.org.uk

- **Greater Moments App**

Greater Moments is a mobile app and supported programme for people living with dementia and their carers. Our aim is to bring you the very best of all activities, services and events together in one place, creating more opportunities to connect and record meaningful moments to demonstrably boost your wellbeing. The app is adaptable for other long term conditions.

<https://www.greatermoments.org.uk>

- **LGBT Dementia support**

The Greater Manchester LGBTQ+ Online Dementia Support Group meets the first Tuesday of every month 2-3:30, via Zoom. LGBT Dementia Coordinator by email: kathryn.mellor@lgbt.foundation or call 0345 330 3030

- **Together Dementia Support**

Offer a range of support services for people living in Manchester. They have some groups in Salford and North Manchester which people can attend. For more information about any of our groups and activities, eligibility criteria and the support we offer, please call our office on 0161 226 7186 or email

admin@togethersedementiasupport.org

<https://www.togethersedementiasupport.org/groups>

- **Sporting Memories Network**

Support older people across the UK living with dementia, depression and loneliness by engaging them in social activities and helping them to recall memories of watching or playing sport. By sharing memories of sporting moments and tapping into a passion for sport, Sporting Memories Network help people to connect with others and with their past, reawakening positive thoughts and feelings that otherwise remain hidden away. Many of the groups include the opportunity to take part in gentle exercise and to try out accessible sports as part of the sessions

Sporting Memories - North West England Virtual Club

<https://www.sportingmemoriesnetwork.com/clubs/205-north-west-england-virtual-club/>

Every Thursday – 10:15am-12:15pm Email: trevor@thesmf.co.uk or call 07939 265 370 for more information

- **Sporting Memories**

FC United Sporting Memories Club. Every Friday 1:30pm – 3pm Email: andy.tysoe@sportingmemoriesnetwork.com

FC United, Broadhurst Park, 310 Lightbowne Road, Manchester M40 0FJ

<https://www.sportingmemoriesnetwork.com/clubs/41-fc-united-of-manchester-sporting-memories-club/>

- **Sporting Memories**

Langworthy Cornerstone, 451 Liverpool Street, Salford M6 5QQ. This is a group for the over 50's to come along and listen and debate current sporting topics as well as share sporting memories and reminisce with other older sports fans. The session includes tea and coffee and is a great way to meet new friends, tackle loneliness and depression. You can bring along your own sporting memorabilia (photos, medals, programmes) to pass around the group and chat about. Email kellie.dwan@langworthycornerstone.co.uk or call 0161 212 4430

- **Arts 4 Dementia**

<https://arts4dementia.org.uk/>

Art 4 Dementia is a charity with a website has resources, training, art programmes that are dementia friendly and much more. Their aim is to help preserve a fulfilling active life for longer for the person living with dementia.

- **Music for Dementia**

<https://musicfordementia.org.uk/>

Music for Dementia is a national campaign to make music an integral part of dementia care in the UK. They work with more than 200 charities and organisations. The website has resources, links, guidance for health and care staff. They have advice and guidance for people living with dementia in all settings e.g. at home, in a care home.

- **Playlist for life**

<https://www.playlistforlife.org.uk/>

Playlist for Life is a music and dementia charity. The charity was founded in 2013 by writer and broadcaster Sally Magnusson after the death of her mother, Mamie, who had dementia. Our vision is simple: we want everyone with dementia to have a unique, personalised playlist and everyone who loves or cares for them to know how to use it.

- **Activities for people with dementia** <https://www.active-minds.org/>

Activities on the website can help families reconnect and create new memories together.

- **Music for wellbeing** <https://www.recoverycollegeonline.co.uk/music-for-wellbeing/>

Music can help change the way you feel. This is a great resource with playlists for different moods and videos with music to offer support for breathing and exercise

The Herbert Protocol

<https://www.gmp.police.uk/notices/af/herbert-protocol/>

When caring for someone who has Dementia and there is often the worry that they may go missing.

<https://www.gmp.police.uk/notices/af/herbert-protocol/>

There is nothing more frightening or distressing than when a loved one, friend or neighbour fails to return home when they should.

For people living with someone with Dementia this could be quite common and The Herbert Protocol could give you some peace of mind.

The Herbert Protocol is a national scheme being introduced locally by Greater Manchester Police and other local agencies which encourages carers and family members to compile useful key information which could be used in the event of a person with dementia going missing.

As part of making reasonable life adjustments, we want to help by putting a system in place that will help to give the emergency services the best possible information should there be a need for them to become involved in a search for someone with dementia.

The Herbert Protocol is a form which is kept at home, or in a safe place, with important information about a vulnerable person. Should they go missing, information is easily on hand about routines, medical requirements and favourite places to visit and can be handed over to the police, alleviating the worry of collecting it together during a stressful time.

Carers, family members and friends can complete in advance, a form recording all vital details, such as medication required, mobile numbers, places previously located, a photograph etc.

The Herbert Protocol initiative is named after George Herbert, a war veteran of the Normandy landings, who lived with dementia. George Herbert dies whilst 'missing', trying to find his childhood home.

If someone goes missing:

If you begin to worry about someone's welfare then do ring 999 immediately.

Let the call handler know that someone has gone missing and that you have a Herbert Protocol form in place. The Call Handler will then ask when the person was last seen, time and location and also a description including the persons clothing. Try to be as specific as you can.

You will then be asked to email the HP form to GMP so an officer can be assigned and check the form for useful information.

The information contained will be of great use when coordinating the search for the person.

Find out more about the Herbert protocol and download a form, search for Herbert Protocol Greater Manchester