

Living well with dementia in Ribble Valley



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



October 2024

Index

| | |
|--|----------------|
| Ribble Valley Dementia Alliance | page 2 |
| General advice and information | page 3 |
| Maintaining independence | page 4 |
| Care services | |
| Slips, falls and balance | page 5 |
| Home repair and safety | page 5 |
| Health care and support | page 5 |
| Respite care | page 7 |
| Wider community support | page 8 |
| Activities available in Ribble Valley | page 12 |
| 999 ReUnite | page 14 |

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

Alzheimer's Society

Information and support for people with all forms of dementia and those who care for them.

01282 421233

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

homewiseonline.org



General advice and information

Age UK Lancashire

Advice and information, services and support available to promote independence, enhance health and wellbeing including people with dementia and their carers. Services available include, dementia support, benefit support and referral onto services.

0300 303 1234

ageuklancs.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.

The Filo Project Day Care with a Difference

Specialised dementia day care in small groups in a family home setting. Suitable for those living with mild to moderate dementia - no diagnosis necessary. Enabling services available.

Head Office: 0333 939 8225

www.thefiloproject.co.uk

TRUSTED CARE IN YOUR OWN HOME

Good dementia care means consistent company, stable routines and a familiar home environment.

Keeping your loved ones safe without the need for residential care.

We can support with:

- Meal preparation
- Live-in care
- Dementia care
- Personal care
- Transportation
- Companionship
- Night care
- Light housekeeping



Contact us today: **01254 658899**
rightathomeribblevalley.com

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 414484

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 | Orthotics |
| Age UK | Integrated therapy team |
| Fire Service | BeWithUs/Calico |
| Social prescribers | Lancashire County Council |
| Medicine support team | Intensive Home support services |
| Lifeline pendant service | |

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 £31,000 or people with a vulnerability and low income.

**Contact Ribble Valley Borough Council
01200 425111**

Lancashire Fire and Rescue Service

We're here to ensure your home is safe. Please contact:

**FakharAssi@lancsfireandrescue.org.uk
078200 08511**

www.lancsfireandrescue.org.uk



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.

0345 688 7113

www.carerslinklancashire.co.uk



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 doors

Replacing rotten floorboards

Repairs to sheds

Making and fitting new gates

Fitting or fixing small areas of fencing

Internal door repairs / replacement

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.

We work in Hyndburn, Rossendale and Ribble Valley.

You can contact us directly on 01254 232249 or email info@homewisesociety.org.uk to request our help.

Ribble Valley Crossroads Care

Our support includes:

- Personal Care
- Social Support
- End of Life
- Family Support
- Learning Difficulties
- Home Help Support
- Dementia Care and Respite



For further details:

www.crossroadscareribblevalley.co.uk

hello@crossroadscareribblevalley.co.uk

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](#)

Crossroads Care Ribble Valley

Support for carers of those living with dementia. A specialist not-for-profit organisation providing support to carers of those living with dementia in their own homes (see our ad on previous page).

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

Hospital Aftercare Service (Age UK Lancashire)

Hospital Aftercare Service is available to offer short-term support following a period of illness or injury. This is a free service for people aged 18+ and available for up to a maximum of 6 weeks. Examples of support include assisting with shopping, light cleaning and preparing light meals, help with gaining access to other support and services, providing information and advice, emotional support and companionship to help build confidence and independence.

0300 303 1234 ageuklancs.org.uk



**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
Holly@homewisesociety.org.uk**

**Unit 3 Allied House, Burnley Road,
Clayton le Moors BB5 5TW**

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



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 and Ribble Valley Community and Voluntary Service (HRCVS)

Local support and development organisation providing information and support for services, and connecting community and voluntary groups in your area.

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

Parkinson's Café

Information, friendship and support to local people with Parkinson's, their families and carers every last Wednesday of the month.

11am - 1pm

For more information call

Claire Root 0344 2253611 or email
croot@parkinsons.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

*Working towards a
Dementia friendly Longridge*



L.D.F.C

Email: longridgedfc@gmail.com

@longridgedfc

Longridge Dementia
Friendly Community

Admiral Nurses

Admiral Nurses are specialist dementia nurses who work with families to provide life-changing support for people affected by dementia. They have experience in dementia care and offer specialist assessments and interventions for complex needs and they work across a range of different care settings. In the Ribble Valley, the Admiral Nurses are provided by the Royal British Legion to support the Armed Forces community and their families.

To contact the Royal British Legion Admiral Nurse Service please call **0333 011 4311** or email **ANSsupport@britishlegion.org.uk**



**Lancashire Fire
and Rescue Service**

The Lancashire Fire and Rescue Service work hard to prevent people having fires and in the event that one does occur, they instruct people on how to survive a fire with the vital use of a smoke detector to give early warning and pre-planning an escape route.

Working smoke alarms are very important. test them weekly.

- **Plan an escape route**
- **If there is smoke on your exit route, get down low and crawl out**
- **Get out, Stay out and call 999**

If you would like any further information on how you can access a free Home Fire Safety Check please ring 0800 169 1125 or visit lancsfireandrescue.org.uk/safety



Live-In Care with Promedica24

Continue to live independently in your own home with the support of your live-in carer



Specialist 24/7 live in care tailored to your personal needs



High quality and fully managed 1-2-1 care from fully trained staff



Specialist Support for those living with Dementia, Parkinson's or a disability

**Contact Gary, serving Lancashire,
South Cumbria & North Yorkshire**

Gary Derbyshire

07419 111981

g.derbyshire@promedica24.co.uk

www.promedica24.co.uk



Activities Available in Ribble Valley

Memory Singing

The singing group is primarily for people living with dementia and memory problems and their carers, however inclusive to all.

Billington and Langho Community Hall, Unnamed Rd, Langho, BB6 8AD (this is behind St Leonard's Church)

Each Wednesday

11.30am until 1pm.

For further information, please ring

07971 079 966

My Colourful Memories CIC

My Colourful Memories CIC offers respite for carers sessions. The sessions are completely free, although any donations are greatly appreciated.

Clitheroe Library

First Tuesday of every month

2pm to 4pm.

For further information, please contact us at:

07807 249464

or email us at:

info@mycolourfulmemories.co.uk

www.mycolourfulmemories.co.uk

Trinity Community Hub

Clitheroe (October to April)

The warm hub at Trinity is visited by the whole community and has upwards of 80 people visiting each week.

We have many people attending who care for people with dementia and bring them along to this caring safe environment for lunch (donations).

Tuesdays 11.30am to 2pm.

Golden Cinema

Whalley at the Old Grammar School, one in Waddington at Waddington Social Club and a third in Clitheroe at The Trinity Methodist Community Hub. The monthly screenings are held 2-4pm - please check our website/Facebook page/call us on 01254 658899 for exact dates. These is a free event, it's dementia friendly and refreshments are available.

Outdoors 4 All Together

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

07876 570460

07814 464872

07801 794514



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

Crossroads Ribble Valley

Time For You every Thursday at West Bradford Village Hall

Friends in Nature every Monday at (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, we meet in the dining hall indoors.

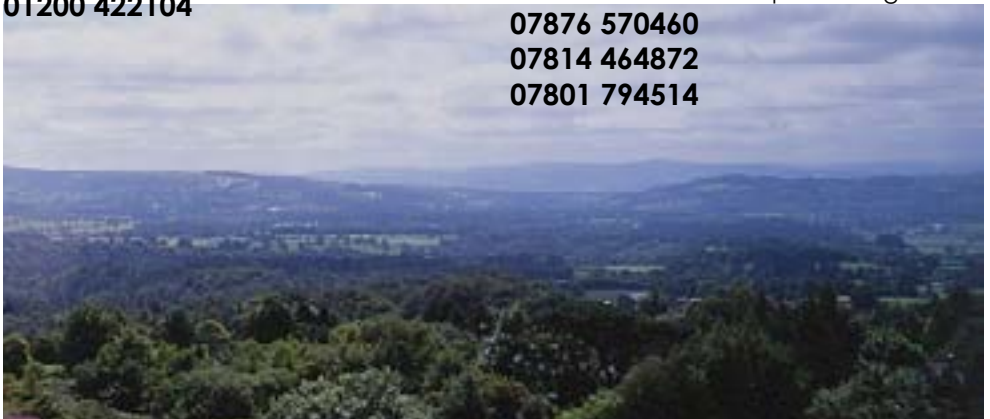
Monday mornings

**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

07814 464872

07801 794514



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/



making Lancashire **safer**

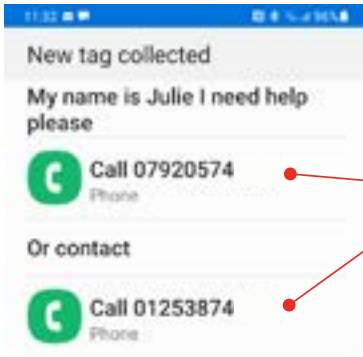
999ReUnite – HOW DO THEY WORK?



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