

Living well with dementia in the Ribble Valley



Your guide to local dementia services and support

Spring Issue: April 2020



RVDA

Ribble Valley
Dementia Alliance

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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:

RVDA Dilys Day
dilys.day@ribblevalley.gov.uk
01200 414549

Useful websites:

eastlancsdementia.org/

About living well with dementia in East Lancashire

dementiaaction.org.uk

Look up Ribble Valley under local DAs



FIND US ON FACEBOOK
Ribble Valley Dementia Action Alliance



RVDA Ribble Valley
Dementia 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.



Specialist advice & information

Harrison Drury Solicitors

One of only a few local solicitors able to offer specialist legal advice for the elderly including; mental capacity, powers of attorney, pensions, life assurance policies and trusts.

enquiries@harrison-drury.com
07434 286131 or 07464 072019

General advice & information

Age UK Lancashire

Advice and information on local services, including care homes and day centres. Also provides advocacy services.

0300 303 1234
ageuklancs.org.uk

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

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.

01254 232249
homewiseonline.org

Telecare Services

A range of telecare services are available to Ribble Valley residents including Calico Assure - an easy-to-use emergency alarm service which operates 24 hours a day, 7 days a week, 365 days a year.

01282 686770

Care services

Mearley Fold Day Centre

Bright Street, Clitheroe BB7 1NW
Mon - Fri, 9.30am - 4.45pm

01200 443507

TRUSTED CARE IN YOUR OWN HOME

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

All of these are proven to help those with a form of dementia to manage their condition.

We can support with:

- Dementia care
- Personal care
- Transportation
- Companionship
- Respite care
- Live-in care
- Meal preparation



Contact us today: **01254 658 899**
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

Homewise

Homewise provides free accident/falls assesment for anyone over 65 and will also carry out small repairs to prevent accidents.

info@homewisesociety.org.uk
01254 232249
homewiseonline.org

Steady On! - Falls Prevention

The Steady On! team covers East Lancs providing sessions to any group of older adults who are interested in falls prevention self-care advice.

As well as giving proctical tips on how to prevent falls Steady On! can also improve general health and wellbeing, and enable you to do the day-to-day activities that you enjoy.

catherine.bolton@elht.nhs.uk
07434 286131 or 07464 072019



Home repair & safety

Disabled Facilities Grants

Available to disabled residents to help with provision of home adaptations to aid mobility and access.

01200 414587
ribblevalley.gov.uk

Homewise

Dedicated to helping you improve, maintain and repair your home.

info@homewisesociety.org.uk
01254 232249
homewiseonline.org

Home Energy Advice

(Ribble Valley Council)

Advice and information on home energy efficiency, including tariff switching and possible grants for home energy measures.

01200 414567
ribblevalley.gov.uk

Lancashire Fire and Rescue Service

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

FakharAssi@lancsfirerescue.org.uk
078200 08511
lancsfirerescue.org.uk

Health care and support

Action for Dementia

Advice and support for people with dementia and their carers. Holding regular drop-in sessions in Accrington.

actionfordementia@gmail.com
Janet Cotton on 07464 072019

Carers Link Lancashire - support for carers

Free online support for carers in East Lancashire. Offers tailored support such as carers' assessments, help planning for emergencies, individual and group respite and support when taken into hospital.

0345 688 7113
eastlancscarers.org.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, also for those under 65 with early onset dementia. They can provide assessment, diagnosis, treatment, education and create individualised care planning. Referrals are made via GP's or health and Social Care Professionals.

01254 226265
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).

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 that is available up to a maximum of 6 weeks. Examples of support is shopping/cleaning - following on from a holistic assessment.

The service is to assist any service users regain their independence.

01254 734526

24/7 Live-in Care & Companionship at home

An affordable alternative to a Residential Care Home
Weekly rates from £695

-  Continue to live well and independently in your own home
-  Affordable, high quality, 1-2-1 care and 24/7 support
-  Support - dementia, Parkinson's, stroke, respite

CALL OUR TEAM ON:
01254 375023 07419 111981
g.derbyshire@promedica24.co.uk
www.promedica24careathome.co.uk

PROMEDICA24



Inspected and rated
Good
Care Quality Commission

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

Memory Assessment Service

(Lancashire Care NHS Foundation Trust)

The Memory Assessment Services across Lancashire aim to deliver quick and timely diagnosis to people whose symptoms suggest that they may have dementia. This service should be accessed via your GP in the first instance.

01282 657832

lancashirecare.nhs.uk/MAS



Our support can range from helping someone to get up, washed, dressed and make breakfast, to helping with medication, providing companionship, accompanying on outings, overnight care, rehabilitation and lots more.

Personal care

Social support

End of Life

Family support

Learning disabilities

Home help support

Dementia care and respite



www.ribbonvalleycrossroadscare.co.uk



hello@ribbonvalleycrossroadscare.co.uk

01200 422104

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



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: Lyndsay Wheatcroft, Homewise, 2/4 Whalley road, Accrington BB5 1AA

Tel: 01254 232249

Email: info@homewisesociety.org.uk

Respite Care

Abbeyfield House,
Union Street, Low Moor,
Clitheroe, BB7 2NH

01200 442550

info@abbeyfieldcarehomeclitheroe.org

Time for you - Respite session

Thursdays 11.30am - 2.30pm
(carers welcome to stay)
£5.00 includes lunch and activities.

West Bradford Village Hall

Time for you

Mearley Fold Day Centre

Bright Street, Clitheroe BB7 1NW
Mon - Fri, 9.30am - 4.45pm

01200 443507

Wider community support

Action for Dementia

Weekly group for people with dementia and carers. Come for a coffee and a chat at Clayton-le-Moors Baptist Church, 54 Sparth Rd, Clayton-le-Moors, Accrington, BB5 5PZ - Wednesdays 10.30am - 12.15pm. Donations welcome.

Carers Peer Support Group (Alzheimer's Society)

The peer support group for carers of people with dementia gives people the opportunity to meet with others who understand some of what they are going through, and access to dementia advisors.

01282 421233

alzheimers.org.uk

Dementia Café

@ the Wellbeing Hub

Run by Awesome, this weekly session held at Mearley Fold, Clitheroe offers lunch and activities for people with dementia and their carers. Every Tuesday 10am-4pm Charges apply.

01200 443507

awe.some@hotmail.com

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 & Ribble Valley Community & Voluntary Service (HRVCVS)

Local support and development organisation that can provide information on community and voluntary groups in your area.

01254 888614

hrvs.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

Memory Boxes

Memory boxes can help stimulate memories as we get older and are available from libraries. For more information call:

0300 123 6703

Parkinson's Café

Information, friendship and support to local people with Parkinson's, their families and carers with nurses from Parkinson's every last Wednesday of the month. 11am - 1pm

For more information call Claire Root 0344 2253611 or email croot@parkinsons.org.uk

Sparks

A fun social get together for people of working age living with young onset dementia and Parkinsons Last Tuesday of each month (except Dec) 5-8pm. Held at Cromwells Cafe, Longridge. Free tea and coffee and food available to purchase.

For more information contact Joanne or Pam 07376 034943 or email sparks.cafe.dp@gmail.com



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 lancsfirerescue.org.uk/safety

*Working towards a
Dementia friendly Longridge*

L.D.F.C



Email: longridgefc@gmail.com

@longridgedfc

Longridge Dementia Friendly Community

Welcome to Abbeyfield Care Home Clitheroe

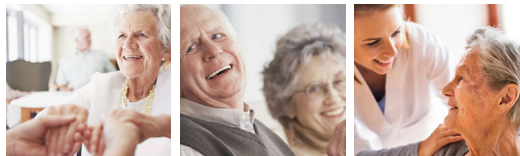


With high quality accommodation, beautiful surroundings and high standards of care our residents can enjoy life to the full, in happy, comfortable and safe surroundings.

Our carefully selected and trained staff deliver care in a way which promotes independence and retains the dignity of all residents.

We also offer daytime respite care.

Please contact our manager Andrea Smith on 01200 442550 for more information and we welcome you to visit us in the heart of the Ribble Valley.



We're here to guide you

Talking about sensitive and personal family matters is not easy.

Our people are trained experts in listening to and advising families on later life and end-of-life legal affairs.

Our mission is to make it possible for individuals and families affected by dementia to get the best outcomes

HD
harrisondrury | solicitors
we make it possible
incorporating Cherney Maher solicitors

Offices throughout Lancashire and Cumbria

tel: 01772 258321
web: harrison-drury.com

Cherney Maher solicitors merged with Harrison Drury solicitors in 2017 to offer our clients access to an even greater array of legal experts and services

Get in touch if you have services for people living with dementia, or if you'd like us to develop something specific that may help. We'd love to hear from you.

**This booklet was brought to you by RVDA
in association with Ribble Valley Borough Council**



Ribble Valley
Borough Council

www.ribblevalley.gov.uk