Doncaster Directory of Dementia Services

Helping you to access services in Doncaster

April 2017
What is dementia?
Dementia is caused when the brain is damaged by diseases, such as Alzheimer’s disease or a series of strokes. Alzheimer’s disease is the most common cause of dementia, but there are many other types. Dementia is not a natural part of the ageing process but it is more common in people over the age of 65 and the likelihood of developing dementia does increase with age. However, it can affect younger people too. Dementia affects everyone differently.

The symptoms may include problems with:
• Memory – forgetting names, places, conversations and appointments
• Concentration, planning and organising - difficulties carrying out daily tasks, making decisions or problem solving
• Communication - saying or doing something repetitively, struggling to complete sentences or difficulties following conversations
• Visual perception – difficulties judging distances and seeing objects in three dimensions
• Orientation – becoming confused about where they are and losing track of days and dates

Dementia prevalence
The number of people with dementia in the UK reached 850,000 in 2015 and is expected to reach one million by 2025. It is estimated that just over 3,500 people are currently living with dementia in Doncaster, with 2,702 on GP dementia registers (as of Feb 2017).

Your Local Dementia Action Alliance
Doncaster Dementia Action Alliance has been established by members of our local community to improve the lives of people living with dementia and their carers. It is one of many local Alliances being established across the country. The membership of local Alliances is made up of local businesses, civic organisations, community groups, associations, faith groups, schools and colleges, residential homes, charities as well as health and social care providers.

This booklet has been developed on behalf of the Doncaster Dementia Action Alliance which provides support to help local communities to become more dementia friendly. To find out more about other ways in which your local Action Alliance can help you, visit www.dementiaaction.org.uk/local_alliances/yorkshire_and_humber
Aspire – Doncaster Drug and Alcohol Service is a service for residents of Doncaster concerned about their own or a family member’s drinking or drug use. Contact the team on 01302 730956

Rotherham, Doncaster and South Humber NHS Foundation Trust Health Service provides a local specialist memory clinic to diagnose and treat dementia as well as offering support, advice and services for people diagnosed with dementia. Ask your GP or nurse if you are worried about your memory and to find out if you need to be referred to the team. For more information contact www.rdash.nhs.uk and follow the link for memory clinic.

St John’s Information and Support Centre is bringing together local people in Doncaster who are affected by the experience of life-threatening illness, in a place designed to offer contact, understanding, direction and hope. Contact on 01302 796600

Doncaster Stop Smoking Service
Stop Smoking Advice will be provided by specially trained staff at the South West Yorkshire Partnership NHS Foundation Trust (SWYFT). Call 0800 612 00 11 or email stopsmokingservice@rothgen.nhs.uk for support and further advice. You can also try the Smokefree National Helpline on 0300 123 1044 or visit their website www.nhs.uk/smokefree

Stroke Outreach Team aims to provide an integrated rehabilitation service for adults who have been affected by a stroke, or a stroke related illness, that will enable the individual to regain their maximum level of independence within their own home. Contact on 01302 571130

Doncaster Carers Emergency Contact Scheme is a FREE service funded by Doncaster Council to provide support for the person needing care if the carer has an emergency situation. Support can be put in place immediately for up to 48hrs week days and up to 72hrs weekends and Bank Holidays. For further information telephone 01302 812827, email cmf@ageukdoncaster.org.uk or visit the website at www.doncastercarersservice.org.uk

Doncaster Council’s Communities and Wellbeing Team ensure that access to community information and local activities, such as Chair Based Exercises, Knit and Natter groups, Health Groups etc. are available to all. The service also offers support and signposting for helping with your wellbeing in Doncaster. If you want to know what’s happening in your area or have ideas about developing something new, please contact your Communities Team on 01302 734169
Doncaster Council’s Repair and Support Service is a free service that helps disabled and older people by carrying out minor repairs and maintenance jobs within their own homes. To find out more contact Yvonne Charters on 01302 736574 or email Yvonne.Charters@doncaster.gov.uk

**Get Doncaster Walking** For more details on local walking opportunities visit [www.doncaster.gov.uk/walking](http://www.doncaster.gov.uk/walking). For further information on other ways to stay active contact Leisure Services on 01302 735403 or email dean.wiffen@doncaster.gov.uk

**Move More Doncaster** is a tailored programme of physical activity, free for 12 weeks, at a time and place to suit you. Move More is available to all Doncaster residents aged 50 years and over. It is ideal for people looking to increase their physical activity opportunities - whatever their ability. It could also be an opportunity to meet new friends and try something different.

For more information contact Move More Doncaster on 0800 0169187. Alternatively visit our webpage [www.movemoredoncaster.nhs.uk/](http://www.movemoredoncaster.nhs.uk/) or visit our Facebook page [www.facebook.com/Move-More-Doncaster-454229898106513](http://www.facebook.com/Move-More-Doncaster-454229898106513)

**The Independent Living Guide** has been developed with and for disabled and older people through Doncaster Council. It provides information and advice on how to live safely and independently in your own home, from housing to transport, to learning opportunities and volunteering. Collect a copy of the Independent Living Guide from the Customers Service Reception, Civic Office, Waterdale, Doncaster, DN1 3BU or visit [www.doncaster.gov.uk/sections/socialcareforadults/homecareindependentliving/Independent_Living_Guide.aspx](http://www.doncaster.gov.uk/sections/socialcareforadults/homecareindependentliving/Independent_Living_Guide.aspx)

**Safeguarding** Everyone has the right to be safe, respected and heard. If you have a concern, or are worried about possible adult abuse, contact the Adult contact team on 01302 737391 or email adultcontactteam@doncaster.gov.uk and the Emergency Out Of Hours Service can be reached on 01302 796000. For general advice and information on this subject call The Safeguarding Adults Unit on 01302 736296

**Personal Budgets** are a new way of delivering social care to people in Doncaster. They are designed to help you take control of your own social care budget, manage your support and choose the services that suit you best. To find out if you are eligible, contact the Council’s Adult Contact Team on 01302 737391 or email adultcontactteam@doncaster.gov.uk

**Telecare** is a service that supports people to live safely and independently in their own home through the use of simple sensors. Telecare offers 24 hour safety and security at home whilst giving you and your family peace of mind. To find out if you are eligible, contact the Council’s Adult Contact Team on 01302 737391 or email adultcontactteam@doncaster.gov.uk
**The Energy Team** For energy saving advice, free Fire Service home safety checks and much more please call the Energy Team on **FREEPHONE 0800 028 1067**

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**Active Independence** a peer support group of disabled people who, along with our personal assistants/ carers, meet regularly to campaign for better and clearer access to personal budgets & for easier systems for managing finances. Contact Brian Button on 01302 768646 or 01302 743200 or visit [http://activeindepence.org](http://activeindepence.org)

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**Age UK Doncaster** provides opportunities for older people to improve their overall health and wellbeing through a range of services designed to help promote independence and inclusion. Age UK Doncaster’s services range from exercise classes through to Homecare and include; Day Services, Home from Hospital, Handyperson, Nutrition support, Volunteering and much more. Contact the team on 01302 812345 or [www.ageuk.org.uk/doncaster](http://www.ageuk.org.uk/doncaster)

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If you think you may have a form of dementia, or are caring for a person with dementia, there are many ways that the Alzheimer’s Society in Doncaster can help. Their support workers can visit you at home, provide a friendly ear when you need someone to talk to, introduce you to the Memory Cafés and the Singing for the Brain groups. For information on the many ways they can help call 01709 580543 email [doncaster@alzheimers.org.uk](mailto:doncaster@alzheimers.org.uk) or write to Room G18, Mexborough Business Centre, College Road, Mexborough S64 9JP.

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**Aspiring2** is a not-for-profit company which provides vintage tea parties for older people, those experiencing dementia, those experiencing isolation and carers. The events are delivered in the community and provide fun, interactive activities; taking guests back to the 1940s, 50s and 60s. Our aims are to reduce isolation, encourage peer support, provide information on other services and above all to allow all our guests to have a good time. For more details please visit [www.aspiring2.co.uk](http://www.aspiring2.co.uk) or ring Sue on 07913314511

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**British Heart Foundation** provide information and support on anything heart-related. Our Heart Helpline cardiac nurses and heart health advisors are on hand to help with any questions or concerns about heart health and heart conditions. Contact us on [heartmatters@bhf.org.uk](mailto:heartmatters@bhf.org.uk) or 0300 330 3311
**DARTS** deliver creative programmes which build good emotional health for people of all ages who live, work or learn in Doncaster. Our home, The Point, is a friendly, welcoming and accessible place which is open to all. Visit an exhibition in our gallery, meet friends in our cosy café or take part in one of our creative workshops for adults, young people and families. There is plenty to get involved in, including our Singing for Memory sessions - friendly, fun and supportive singing sessions for people living with dementia and their friends and family. For more details on how to get involved see our website [www.thepoint.org.uk](http://www.thepoint.org.uk) or call 01302 341662

**Doncaster Culture and Leisure Trust** provide access to a wide range of local facilities for the residents of Doncaster. These include a number of activities just to mention a few: swimming, gym, walking football, chair based exercises, primetimers group and one to one care and support (carers enter for free). To find out more please contact the training department on 01302 865970

**Dementiacarer.net** is a new resource full of helpful ideas and tips developed with carers for carers. It is useful for:
- family members and other carers who look after someone with dementia
- professionals and volunteers who work with carers of people who have dementia

All the helpful ideas and video clips can be viewed online or printed or shared electronically. Local activities and services for family carers of people with dementia are listed together with contact details and how to access them. Find it online at [www.dementiacarer.net](http://www.dementiacarer.net)

**Dementia UK** is a national charity, committed to improving quality of life for all people affected by dementia, they provide a national telephone and email helpline run by specialist dementia nurses and carers. Contact on 020 7697 4160 or [info@dementiauk.org](mailto:info@dementiauk.org) or Dementia Helpline 0800 888 6678

**Diabetes UK Care Line** is a dedicated diabetes helpline for all anyone with diabetes, their friends, family, carers and healthcare professionals. Contact the team on 0345 123 2399 or [careline@diabetes.org.uk](mailto:careline@diabetes.org.uk)

Our Disability Advisory Service provides information and advice on a wide range of disability issues. We offer support in a variety of ways including advice on welfare benefits, offer wheelchair hire, and use of a fully accessible holiday lodge. For more details please contact us on 01302 327800 (Minicom 01302 768297) or [email advice@dialdoncaster.co.uk](mailto:advice@dialdoncaster.co.uk)
The Doncaster Admiral Service is available to people living in Doncaster who have a diagnosis of dementia and are registered with a Doncaster GP. It also provides support to your carers, family members and friends. The service will:

- Provide clinical, social and emotional care and advice
- Increase awareness of dementia
- Improve equal access to assessment and other services
- Provide specialist support services and improved wellbeing. Contact us today to find out how we can support you and your family, call 01302 796066 or email thedoncasteradmiralsevice@makingspace.co.uk.

Alternatively visit the Making Space Admiral Service webpage www.makingspace.co.uk/our-services/doncaster-admiral-service

Doncaster Carers Service supports adult carers by providing information about services, how to access services, emotional support and access to the Carers Emergency Contact Scheme. For more information please call 01302 812827, email cmf@doncastercarersservice.org.uk or visit our website www.doncastercarersservice.org.uk

Doncaster Dementia Forum recognises the need for people with dementia and their carers to have their voices heard. Held at 1.00pm on the second Wednesday of each month at Forest Gate Day Hospital (the Memory Clinic), Tickhill Road this informal forum is a place to ask questions, learn about what’s happening with local services and raise problems and issues. For more information contact Eileen Harrington on eileenharrington@talktalk.net

Doncaster Carers Centre, the home of Doncaster Partnership for Carers, provides a range of services including advice, information and emotional and practical support, which includes befriending and counselling services as well as a range of wellbeing therapies and social activities/outings for all carers. Please call 01302 637566 or 07984 119 117 or email dpfc@doncastercarers.org.uk for further information and support.

Doncaster Mind is a registered charity providing a wide range of high quality services to support people with mental health problems across Doncaster. Contact 01302 812190 or office@doncastermind.org.uk

Doncaster Relatives and Residents Association a support group for people living in care homes, their relatives and for those who are looking for information on care homes in Doncaster. We offer practical advice on a variety of subjects involving nursing and residential homes. Meetings are held on the 3rd Wednesday of the month at the Women’s Centre, Cleveland Street from 7.00pm – 9.00pm. Contact Jim on 01302 782697 or Bernard on 01302 744459
DonMentia is a group of volunteers offering their time, skills and expertise to help those affected by dementia. As they are unattached to any one specific dementia charity, they are able to ensure that funds raised are used exclusively for local people. Contact the group on donmentia@aol.com or eileenharrington@talktalk.net

Door 2 Door Bus Service is a service designed for people who cannot use standard public transport. For a very reasonable fare, each service will pick you up from home and take you around your local area and beyond on certain days at certain times. To find out more contact Doncaster Community Transport (our local Door 2 Door operator) on 01302 342400

Healthwatch Doncaster is your local independent health and social care champion and will: • collect your experiences/stories of health and social care services to help to improve them • help to point you to the service that’s right for you • support you in making a complaint about your NHS experience. Leave your feedback on local health and social care services on the Healthwatch Doncaster website and read what service providers have written in response to comments. Say hello to the Support Team when they are engaging across Doncaster and share your views. To access our service call Freephone 0808 8010391 or to speak to a member of the support team call 01302 965450. Healthwatch moved into new offices at 3 Cavendish Court, South Parade, Doncaster, DN1 2DJ. Visit our website at www.healthwatchdoncaster.org.uk or email us at info@healthwatchdoncaster.org.uk Twitter: @hwdoncaster Facebook: /hwdoncaster Instagram: /healthwatchdoncaster

Home Instead Senior Care provides specialist, relationship based Dementia Care throughout the Doncaster Area. We cover all aspects of care from companionship and befriending right through 24 hour personal care, respite, convalescence care and everything in between. We also offer free dementia training for families and carers. Our services for people living with dementia have been recognised by the Care Quality Commission as outstanding. To find out more please call 01302 369655

INSPIRE - Day Centre Service
An integrated day facility offering enhanced services such as active rehabilitation, serving frail older people in Doncaster living with dementia or Early Onset, those who have a physical disability or those who are socially isolated. It also gives carer’s a few hours ‘quality time’ to spend time doing what they like most. The centre aims to provide activities that are enjoyable, stimulating and therapeutic and the activity programme is set from the suggestions of the members attending. Included in an ‘all in one price’ of £40, are snacks and a two course lunch.
Other services included; Befriending – Home Conversation – Assisted Shopping – Support for the Bereaved. Referrals for this service are through any of the Adult Services or self-referral by contacting us directly. Ask about our “taster” session. For more information call 01302 770662 or email hello@inspiredoncaster.com

**INVOLVE** are a mental health, wellbeing and mutual support group that meets on the first and third Wednesday of each month between 1.30 and 3.30. At this present moment the group meets in the coffee area of the Sue Ryder charity shop on Scott Lane, Doncaster. However, the group is looking for a permanent meeting place. You can find us on Facebook under Involve Doncaster Mental Health Group or by email: Involvedoncaster@hotmail.co.uk. For further information please contact Miriam Clarke on 07528 33 43 44.

**Macmillan Cancer Support** provide information and support for people with cancer and their carers. Contact on 0808 808 0000 or [www.macmillan.org.uk](http://www.macmillan.org.uk)

**Making Space Doncaster** provides day centre services which offer support to older people with dementia. We provide assistance to help remain independent in your own home with a range of activities designed to stimulate the mind. Each Centre has specific days for people with dementia including a hot meal. Normal hours 9.00am – 4.30pm. Some services are available outside these hours. Contact on 01925 571680 or business.support@makingspace.co.uk

Our day centres are; Sandalwood Day Centre 01302 327318, Moathills in Bentley 01302 820911 and Crimpsall at Hexthorpe 01302 325521

**MEDICALERT** is a non-profit making, registered charity provide a life-saving identification system for individuals with hidden medical conditions and allergies. Email info@medicalert.org.uk or call 01908 951045 for further information.

**Meeting New Horizons** exists to support all organisations within the local Third Sector to continue to be vibrant and sustainable and able to meet the needs of local communities. Doncaster has an extensive and strong Third Sector that plays an invaluable part in supporting local communities and contributing to the regeneration of Doncaster.

We are also working in partnership with Macmillan Cancer Support and Doncaster Council to deliver a support programme for cancer survivors throughout their journey from diagnosis onwards. Contact us on 01302 773366 or visit our website [www.newhorizonsdoncaster.co.uk](http://www.newhorizonsdoncaster.co.uk)

**NHS Choices** a website for people who need medical advice or guidance. Contact on [www.nhs.uk](http://www.nhs.uk)
The Doncaster Parkinson’s Support Group meets every first Thursday of the month at the Gallery, Doncaster Museum, Chequer Road, DN1 2AE, 1.30pm -3.30pm with chair exercises from 3pm -3.30pm. A variety of exercise classes with specially trained workers are available in conjunction with the MS Society. For more information on these classes contact Tracey Westgarth on 0344 225 3630 or email twestgarth@parkinsons.org.uk Parkinson’s Nurse Specialist Service: Mick Casey 01302 796877 Mick.Casey@rdash.nhs.uk Local Parkinson’s Advisor: Jill Cockett 0344 225 3768 jcockett@parkinsons.org.uk Doncaster Support Group: Sylvia James 01302 533142 s.x.d.james@hotmail.co.uk Service Manager: Jayne Riggall 0344 225 3632 jriggall@parkinsons.org.uk

Rethink provide expert, accredited advice and information to everyone affected by mental health problems. Rethink Crisis Helpline is a telephone support service for anyone affected by mental health issues (including dementia). This service runs 24 hours a day, 7 days a week. Imperial Crescent, Town Moor, Doncaster, DN2 5BU. Call the Rethink Crisis Helpline on 01302 329491

Royal Voluntary Service (formerly WRVS) is a volunteer organisation that enriches the lives of older people and their families across Britain. The Good Neighbours Service provides dementia support by taking a person-centred approach to meeting your needs. A Customer Support volunteer will tailor a holistic package of support to your individual needs so that you may continue to live an independent life within your own home and have a more active life in the community. The service can offer practical support such as befriending, help with shopping and simple DIY/gardening, transport and support to attend health appointments and much more.
For further information on the service contact Jan Burrows – Dementia Support Manager on 07714 898565 or email jan.burrows@royalvoluntaryservice.org.uk

South Yorkshire Fire & Rescue offers a free Safe and Well Check service to advise you on how to reduce your risk of fire and provide support in health and wellbeing as required. During a home visit, fire fighters or community safety staff may offer free smoke alarms if needed, offer fire safety advice such as escape plans and bedtime routines and provide support to refer into services such as benefit checks, home care alarms and falls prevention. To request a visit call 0114 253 2314 and quote the word ‘SW025’.
South Yorkshire Centre for Inclusive Living (SYCIL) support disabled people and those with long term illnesses to live more independently by providing free services which include; advice on Aids and adaptations, occupational therapy and physiotherapy assessments, advocacy, support and advice on personal budgets and direct payments, training, exercise, life coaching, volunteering and much more. We accept referrals from professionals and other organisations but you can also self-refer by calling 01302 892949 or emailing enquiries@sycil.org or look at our website on www.sycil.org or on Twitter at @SYCILorg

SYCIL Lifestyle Choices (SYCIL LC) can offer a tailor made package to meet your needs, providing essential support within your home or around your community. Services include adult sitting (non personal care), cleaning, ironing (within your home), gardening, basic decorating, accompanying you to medical appointments, social outings and support to attend hobbies. Contact us on 01302 892967 or email admin@sycillifestyle.co.uk. You can also find us at www.sycillifestyle.co.uk or on Twitter at @SYCILLC

The Partially Sighted Society
In the UK there are over a million visually impaired people, including many elderly people whose vision is failing through age. We provide advice, help and training in living with low vision and carry a wide ranging stock of aids to help with daily living and vision problems ranging from simple devices to the latest technology. People with a visual impairment can be referred by health and social care professionals, friends, relatives or themselves for low-vision advice, help and support. Please contact 0844 4774966 or 0844 4774963 or visit the website www.part sights.org

The Talking Shop in Doncaster is a drop-in advice centre which gives people the opportunity to browse information on mental health and wellbeing issues and gain information about the therapies available through Rotherham Doncaster and South Humber NHS Foundation Trust. Reception staff and volunteers help visitors to access information and use the computers. Carers of people with mental health problems are also able to access information and local support. We are situated at 63 Hall Gate, Town Centre, Doncaster. Contact us on 01302 565650 or 01302 565556

Victim Support is an independent National Charity committed to helping people cope after crime. We have a local office in Doncaster. We’re here to help you find the strength when crime comes into your life. We offer free and confidential support, information and help to sort out problems crime causes. Anyone can ask us for help and the crime does not have to be reported to the police. Victim Support, 41 College Road, Doncaster, DN1 3JH, 01302 365531
VoiceAbility supports people who face disadvantage or discrimination to have a voice that counts. We offer free independent advocacy for vulnerable adults receiving social or health care services in Doncaster, including people with dementia. If you are not able to speak up for yourself and do not have anyone who can speak up for you, we will support you to make sure your voice is heard. We can support you to find information so you can make informed choices and take action about your problems. We will help you understand your rights and support you in making sure they are respected. Call us on 01302 319052, email doncaster@voiceability.org or pop into our shop on Wood Street in Doncaster.