

National Support Services

- Alzheimer's Society: www.alzheimers.org.uk

Tel: 0845 300 0336 for information and support.

Very useful website with information for people living with Alzheimer's and their carers, also has local information for your specific area.

- Carers UK: www.carersuk.org

Tel: 0808 808 7777 Wed/Thursdays only 10am-12noon, 2pm-4pm.

Provides practical help and advice for all carers, including a guide to your rights and benefits.

- NHS Choices: www.nhs.uk/dementia to find out more about dementia and how it is diagnosed.

Created by Friends of Silverdale Patient Participation Group in the hope of providing some support and assistance to carers of patients with dementia.

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Friends of Silverdale

Dementia Directory

Dementia is a progressive and largely irreversible clinical syndrome that is characterised by a widespread impairment of mental function. Although many people with dementia retain positive personality traits and personal attributes, as their condition progresses they can experience some or all of the following:

Memory loss, language impairment, disorientation, changes in personality, difficulties with activities of daily living, self neglect, psychiatric symptoms and out of character behaviour.

Dementia is associated with complex needs and, especially in the later stages, high levels of dependency and morbidity. These care needs often challenge the skills and capacity of carers and services.

By 2025 there will be more than a million people with dementia in the UK – and an early diagnosis of dementia will give these people access to a range of services, information and treatment that can put them in control of their condition.

Friends of Silverdale have gathered together a directory of useful addresses, telephone numbers and websites specifically relevant for carers of patients with Dementia in Leicestershire.

Local Support Services

- **Alzheimer's Society (Leicester)**
5 Oak Spinney Park
Ratby Lane
Leicester Forest East
LE3 3LG
- **Tel:** 0116 231 1111

Email: Leicestershireandrutland@alzheimers.org.uk

The **Alzheimer's Society** office offers befriending services, advocacy and provides a list of local support groups.

- **Age UK Leicestershire & Rutland**
Lansdowne House
113 Princess Road East
Leicester LE1 7LA
- **Tel:** 0116 2992233
- www.ageukleics.org.uk

Phone Lines Open Mon-Thu 1:30-4:30, Fri 1:30-4:00 for information and advice.

- **Support for Carers** www.supportforcarers.org
Voluntary Action South Leicestershire
The Settling Rooms, St Mary's Place
Springfield Street, Market Harborough
Leicestershire, LE16 7DR
Tel: 0845 689 9510 (calls charged at local rates)

Email: maureen@supportforcarers.org

- **Charnwood Dementia Carers' Support Group**
Trinity Methodist Church
Royland Road
Loughborough
Leicestershire
Tel: 01509 553901

Social support group for carers of people suffering from dementia, offers support, friendship, interesting speakers, topics and outings.

If you do not have access to the internet you may be interested to know that **Leicestershire Care Online** provide specific training for carers to be able to access the internet as the vast majority of information available is now internet based. They also provide a large, simple to use directory of a range of caring services in Leicestershire.

If you do not have a home computer you can contact your local library for internet access.

- **Leicestershire Care Online:** www.leicscareonline.org.uk
Eastern Annexe
County Hall
Glenfield
Leicester
LE3 8RL
Tel: 0116 3057538
Email: leicestershirecareonline@leics.gov.uk

This service, funded by Leicestershire County Council provides advice, support and information for carers in Leicestershire. Office and telephone advice line is open from Monday to Thursday from 9.00am to 5.00pm and on Fridays from 9.00am to 4.30pm.

- **The Carers Centre** (Formally known as CLASP):
www.CLASPthecarerscentre.org.uk
Unit 19
4th Floor
Matrix house
7 Constitution Hill
Leicester LE1 1PL (Near the train station)
- **Tel : 0116 2510999**

The **Carers Centre** provides relevant up to date information and newsletters to all carers.

- **Adult Social Care**

Leicestershire County Council

County Hall, Glenfield, Leicester LE3 8RA
- **Tel : 0116 3050004**

A one-stop point of contact for guidance to support services for all adults living in the county. For further information see the website: www.leics.gov.uk and click on the **Over 50's** link.

Local Support Groups

- **Thrummy Drummer** Support group for those affected by dementia and their carers.

Meet second Thursday of every month 10.30am - 12.30pm at Elizabeth Park Sports & Community Centre, Thurmaston, Leicester. Cost is £1.00 per head. Various entertainments and plenty of useful information and support available.

For further details contact Marian or Jane on 0116 269 3184 or 07754 109798.

- **Poppy's Alzheimers Society drop in.**

Syston Community Centre, School Street, Syston, Leicester.

Meet first Monday of every month 10.30 to 12noon. Everyone welcome to this informal coffee morning.

- **Alzheimers Society Memory Café**

Belgrave Neighbourhood Centre, Rothley Street, Leicester

Meet 3rd Thursday of the month 1-3pm.

Meet with other sufferers/carers, have a cuppa and get advice, information and support.

For further information on Poppys or the Memory Cafe contact the Alzheimers Society on 0116 2311111.