

# Dementia – Local Help Resources

This document is primarily intended for those with Dementia and their carers. It gives local sources of information which can help with finding or providing suitable care and advice.

## Regional Organisations providing information or care

Organisation and Contact details	Type of help
<p><b>AGE UK Oxfordshire</b></p> <p>Main office 9 Napier Court Barton Lane Abingdon OX14 3YT Phone number:0345 450 1276 Website: <a href="https://www.ageuk.org.uk/oxfordshire/">https://www.ageuk.org.uk/oxfordshire/</a> Email : <a href="mailto:admin@ageukoxfordshire.org.uk">admin@ageukoxfordshire.org.uk</a></p>	<p>Age UK provides practical advice and emotional support and activities such as lunch clubs.</p> <p>In Sonning Common: Film Club every 4<sup>th</sup> Thursday in the Village Hall at 2-4 pm £3.50 including tea and cake. Strength and Balance classes, Fridays 1.30-2.30 pm in the Village Hall £4.00 Strength and Balance class for Carers and the person you care for, Tuesdays 2.15-3.15 pm £3.00</p>
<p><b>Alzheimer’s Society</b></p> <p>Phone number: 0300 222 1122 Website : <a href="https://www.alzheimers.org.uk">https://www.alzheimers.org.uk</a> Email : <a href="mailto:helpline@alzheimers.org.uk">helpline@alzheimers.org.uk</a> Webpage : <a href="http://alzheimers.org.uk/talkingpoint">alzheimers.org.uk/talkingpoint</a></p>	<p>Alzheimer’s Society provides information and support for people affected by dementia.</p> <p><b>Talking Point</b> is a helpful online community where anyone who is affected by dementia can receive valuable support. It's free, open day or night, and can be accessed online.</p>
<p><b>Carers Oxfordshire</b></p> <p>Phone number : 0345 050 7666 Website: <a href="http://www.carersoxfordshire.org.uk">http://www.carersoxfordshire.org.uk</a><a href="https://www.jim-/">https://www.jim-/</a></p> <p>Time Out for Carers Phone: 01235424715</p>	<p>Carers Oxfordshire is a free service which offers information, advice and support to anyone aged 18 and over, who is looking after someone aged 18 and over, living in Oxfordshire, who cannot manage without help.</p> <p>By identifying carers much earlier in their caring lives and ensuring they are in contact with preventive services, the service aims to reduce the likelihood of crises and carer breakdown. The Carers Oxfordshire service aims to make it easier for carers, whatever their situation, to access information and support.</p>
<p><b>Dementia Emergency App</b></p>	<p>This provides simple guidance on how to respond to a range of dementia emergency scenarios and is useful for emergency service personnel, family carers and others. The development has been funded by Skills for Care’s Workforce Development Innovation fund. The app is free to download from the Apple and Android app stores.</p> <p><a href="https://www.ahpnw.nhs.uk/latest-news/84-free-dementia-emergency-app-launched-by-dignity-in-dementia">https://www.ahpnw.nhs.uk/latest-news/84-free-dementia-emergency-app-launched-by-dignity-in-dementia</a></p>
<p><b>Dementia Friends</b></p> <p>Phone number: 03002225855 Email: <a href="mailto:dementiafriends@alzheimers.org.uk">dementiafriends@alzheimers.org.uk</a> Website: <a href="https://www.dementiafriends.org.uk">https://www.dementiafriends.org.uk</a></p>	<p>A Dementia Friend learns a little bit more about what it's like to live with dementia and then turns that understanding into action - anyone of any age can be a Dementia Friend. Whether you attend a face-to-face Dementia Friends Information Session or watch our online video, Dementia Friends is about learning more about dementia and the small ways you can help. From telling friends about Dementia Friends to visiting someone you know living with dementia, every action counts.</p>

**Dementia Oxfordshire**

Phone number: 01865 410 210  
Email: [info@dementiaoxfordshire.org.uk](mailto:info@dementiaoxfordshire.org.uk)  
Website: <http://www.dementiaoxfordshire.org.uk/>

Dementia Oxfordshire is a partnership between three local charities, Age UK Oxfordshire, Guideposts and YoungDementia UK. Dementia Oxfordshire’s aim is to be alongside people living with dementia and their families from the moment of diagnosis, ensuring that they have the information, advice and support they need to live as fully and happily as possible in their local community.

**Guideposts**

01993 893576  
Website: <https://www.guideposts.org.uk/oxfordshire>

Guideposts’ vision is of a society where all people are valued and have equality of opportunity. Guideposts’ exists to provide services to meet individual needs so that each person has the opportunity to fulfil their aspirations and maximise their potential.

**Guideposts’ Services**  
**Information, advice and guidance services** - providing signposting to people with long-term health conditions, carers and healthcare professionals predominantly focusing on Dementia via our HERE First service.

**Carers services** - providing local authority contracted carers’ emergency schemes and carers’ support services. Physical and mental wellbeing by:- Building friendships, relationships and connections in their local communities. Learning and developing new skills.

**Oxford Health**  
**Wallingford Community Hospital**

Oxford Health NHS Foundation Trust is a community-focused organisation that provides physical and mental health services and social care with the aim of improving the health and wellbeing of all our patients and their families.

**What services do they provide?**  
The trust provides community health, mental health and specialised health services. They operate across:  
Oxfordshire, Buckinghamshire, Berkshire, Wiltshire Swindon, Bath and North East Somerset (BaNES)

*Community health services*  
They are the main provider in Oxfordshire of community health services and deliver these in a range of community and inpatient settings, including eight community hospitals.

*Specialist health services*  
They also provide a range of specialised health services that include forensic mental health and eating disorder services across a wider geographic area including support for patients in Berkshire and from Wales.

**What aims?**  
They aim to improve the health and wellbeing of all our patients and families. These include: The University of Oxford to promote innovation in healthcare, support research and to train doctors and psychologists.

Community Hospitals - Older People services

Reading Road, Wallingford,  
Oxfordshire OX10 9DU

Phone number: 01865 904488

Website: <https://www.oxfordhealth.nhs.uk/>

<p><b>Oxfordshire Specialist Advice Centre</b></p> <p>Phone number: 01865 410660  Email: <a href="mailto:advice@oxfordshiresas.org.uk">advice@oxfordshiresas.org.uk</a></p>	<p>Age UK Oxfordshire, Citizens Advice Oxford, Citizens Advice West Oxfordshire and Oxfordshire Welfare Rights have come together to provide a free, comprehensive, service. The service helps with queries around benefits, money advice, budgeting and other welfare issues and will link you into services that can provide further support.</p> <p>Providing help you if you:</p> <ul style="list-style-type: none"> <li>▪ Have a disability or long term illness</li> <li>▪ Have someone in your family household with a disability or long term illness</li> <li>▪ Are caring for someone with a disability or long term illness</li> <li>▪ Are a young person transitioning from children’s care services</li> </ul> <p>What can people expect from the service?</p> <p>Oxfordshire Specialist Advice Service (OSAS) provides a dedicated telephone advice line and email service, which aims to answer all your queries around benefits, money advice, budgeting and other welfare issues and link you into services that can provide further support. This is backed up by a team of specialist advisers, who are able to meet face to face with people unable to access advice by telephone, email or in their local community.</p>
<p><b>YoungDementia UK</b>  PO Box 315  Witney  Oxfordshire  OX28 1ZN</p> <p>Phone number: 01993 776295  For more information, visit Dementia Oxfordshire website:  <a href="http://www.dementiaoxfordshire.org.uk/">http://www.dementiaoxfordshire.org.uk/</a></p>	<p><i>YoungDementia UK</i> offer face to face support for people living with young onset dementia and their families in Oxfordshire and adjacent border areas.</p> <p>They also provide telephone and email support to those who live further away.</p> <p>They organise a wide range of social events that are open to younger people with dementia and their families and friends who can reach our venues in Oxfordshire. There are opportunities each month at venues across the county to meet and make new friends, relax and enjoy each other’s understanding company.</p> <p><i>YoungDementia UK</i> has joined together with Age UK Oxfordshire and Guideposts to bring together specialist expertise to deliver a new, all ages Dementia Support Service across Oxfordshire.</p>
<p><b>Which? Magazine</b>  Website: <a href="https://www.which.co.uk/later-life-care">https://www.which.co.uk/later-life-care</a></p>	<p>Later Life Care  All aspects of very useful information for later life.</p>

## Care Homes and Hospice

### Abbeycrest Care Home

Marilyn Kimayong - Manager and  
Sonia Silva

Phone number:0808 223 5350

Website:

<https://www.caringhomes.org/find-a-home/abbeycrest-in-sonning-common/>

Abbeycrest Nursing Home offers exceptional residential, nursing and dementia care for up to 70 elderly people. You can find them in the village of Sonning Common in the heart of the Chilterns.

#### **Commitment to care**

Abbeycrest is ideally equipped to provide residential support for elderly people living with different types of dementia – including Alzheimer’s disease, vascular dementia and Korsakoff’s syndrome. The Care Team never loses sight of the fact that, first and foremost, Abbeycrest is their residents’ home.

Abbeycrest can provide trial stays, short stay and convalescent care, as well as long-term care. They always encourage residents to personalise their rooms with important personal possessions.

Abbeycrest provides residents with a full Care Pathway – with a full suite of residential, nursing and dedicated dementia care available. This means that residents can feel confident in the knowledge that their home can cater for them both now, and in the future if their care needs were to change.

#### **Specialist dementia care**

Dementia care provision at Abbeycrest has been designed to meet the University of Stirling’s standards, which are widely acknowledged as providing the best environment for people living with dementia. Stirling’s Dementia Services Development Centre is renowned as the world leader in this field.

By using the Stirling approach Abbeycrest can ensure that residents are able to move freely around the home, with bedrooms and communal areas appropriately laid out and clearly signposted to minimise confusion or disorientation. Each bedroom features a memory box by its front door, where mementos from residents’ lives help to personalise their rooms, as well as to remind visitors and the Care Team of each resident’s life story.

**Caring Café** Fridays from 2.30 pm -4 pm For carers and those with Dementia or Alzheimer's

<p><b>Chilterns Court Care Home</b></p> <p>Maggie Coleman Home Manager York Road, Henley-on Thames RG9 2DR Phone number 01491 526900 Email: <a href="mailto:enquiries@osjct.co.uk">enquiries@osjct.co.uk</a></p>	<p>Chilterns Court Care Centre offers compassionate, individualised residential, nursing, intermediate and respite care for up to 64 residents in a modern, comfortable environment. It opened in November 2016. The care centre has been built as part of a development that includes Townlands Memorial Hospital and two GP surgeries that were designed to serve the local community of Henley and surrounding villages. The centre even boasts its own bus stop that takes you into the heart of the town centre.</p> <p>This modern, but homely care centre has been designed with your comfort and well being in mind. Chiltern Court's 3 households are named Tulip, Bluebell and Snowdrop and on each you will find spacious bed-sitting room with en suite facilities, including a Dementia Household. Chilterns Court also offers designed landscaped gardens where you can enjoy the social activities going on every day, or find some peaceful relaxation in one of the comfortable lounges. They offer long term and respite residential and nursing care as well as residential dementia care and intermediate care. A dedicated, professionally trained team is on hand 24 hours a day, seven days a week to offer you the support you need, when you need it.</p> <p>To help you maintain existing hobbies and interests, or try your hand at something new, an Activity Coordinator will talk to you about the wide range of activities and trips out, to encourage friendships and help you keep as active as you wish.</p> <p>The home offers a range of activities that include; Bingo, Singing sessions, Pet therapy, Arts and Craft sessions, Baking, Book Club</p> <p>Every first Thursday of the month, the home hosts a Dementia Cafe. If you would like to book on to one of these, please Email: <a href="mailto:m.coleman@osjct.co.uk">m.coleman@osjct.co.uk</a> or <a href="mailto:g.saunders@osjct.co.uk">g.saunders@osjct.co.uk</a>.</p>
<p><b>Orders of St John Care Trust</b></p> <p>Rose Elliot - Admiral Nurse based at Chilterns Court Care Home Phone number 01491 526900</p>	<p>St.John Admiral Nurses. are dementia specialist nurses who provide support to carers of people living with dementia. The St John Admiral Nurses support our care teams and link in with nurses in our care homes to provide skilled assessments and support with care documentation. They will also provide reflective support to care teams and emotional support for care related issues for all employees, as well as for families of people living in their care homes.</p>
<p><b>Sue Ryder Hospice South Oxfordshire Palliative Care Hub</b></p> <p>Joyce Grove, Nettlebed Henley-on-Thames RG9 5DF Phone number:0330 053 6092 Email:<a href="mailto:enquiries.southoxfordshire@sueryder.org">enquiries.southoxfordshire@sueryder.org</a></p>	<p>Sue Ryder provides care for people facing a life-changing diagnosis. It's not just expert medical care they provide; it's the emotional support and practical things they take care of too. They do whatever they can to be a safety net for their patients and their loved ones at the most difficult time of their lives.</p> <p>They are based in South Oxfordshire but also support people across the county borders into Berkshire and Buckinghamshire.</p> <p>They offer a range of services including advice, support, care and co-ordination for people in the last year of life living in South Oxfordshire.</p>

## Local Organisations and Amenities

<p><b>Day Lewis Chemist</b> 19b, Wood Lane Sonning Common, Berkshire, RG4 9SJ <b>Telephone:</b> 0118 9722306 <b>Email:</b> <a href="mailto:sonning@daylewisplc.co.uk">sonning@daylewisplc.co.uk</a></p>	<p>They can provide: Monitored Dosage System (MDS) Home delivery service for medication Dementia help gadgets such as clocks and telephones Publications on Dementia Supplies of 'Message in a Bottle' and 'Message in a Wallet' forms</p>
<p><b>FISH</b> FISH operates from Springhill, Kennylands Road, Sonning Common, RG4 9NT. If you would like to use of any of the services FISH offers, or would like to offer your time as a volunteer, we'd love to hear from you. The office is open Monday-Friday from 9.30-11.30, contact details <b>Telephone:</b> 0118 972 3986 <b>Email:</b> <a href="mailto:office@fishvolunteercentre.org.uk">office@fishvolunteercentre.org.uk</a></p>	<p>Provide transport through a network of private car drivers and using their 16 seater minibus. Run trips out - both for shopping and leisure. Monthly tea parties. Prescription run for those who are unable to get to the local pharmacy. Ad-hoc shopping, collecting small items for those unable to shop due to temporary illness Home visits.</p>
<p><b>Fiddle Fingers Quilts</b> Judy Harris "the Abingdon part of FFQ" <b>Email:</b> <a href="mailto:harris.judy54@gmail.com">harris.judy54@gmail.com</a></p>	<p>Volunteers interested in making quilts, some are made to order, others to purchase from a range of designs.</p>
<p><b>Health Walks</b> <b>Email:</b> <a href="mailto:chris.brook@sonningcommonhealthwalks.co.uk">chris.brook@sonningcommonhealthwalks.co.uk</a> Website: <a href="http://www.sonningcommonhealthwalks.co.uk/">http://www.sonningcommonhealthwalks.co.uk/</a></p>	<p>The 'Health Walks' project was set up by Dr William Bird, a GP in the village of Sonning Common in Oxfordshire. The aim of the project was to improve people's fitness, both in body and mind, by encouraging them to use their local countryside for walking. Together with Val Lunn, a local fitness instructor, Dr William Bird promoted the project which has now grown into a very successful scheme that has been adopted nationwide.</p>
<p><b>Memory Café at Christ Church Henley-on-Thames</b> Manager Vanessa Bird Phone number: 01491 577733 Email: <a href="mailto:managers@christchurchhenley.org.uk">managers@christchurchhenley.org.uk</a> Website: <a href="http://christchurchhenley.org.uk/memory-cafe/">http://christchurchhenley.org.uk/memory-cafe/</a></p>	<p>This café is for people living with dementia or memory loss, their families and friends. It will provide a safe, friendly place for people to meet and socialise with others in a similar situation. Stimulating and fun activities, including quizzes, crafts, games and singing.</p>
<p><b>Nettlebed Lunch Club</b> Contact Sue Abbott to book Phone number: 07968870408</p>	<p>Held at Nettlebed village hall on the 1<sup>st</sup> Tuesday of the month at 12.30, the cost is £5.00 for a two course lunch and coffee. Then a free coffee morning on the 3<sup>rd</sup> Tuesday of the month 10.30-12. Carers and those affected by Dementia are very welcome.</p>

<p><b>Regal Picturehouse Henley</b>  Box Office Number: 0871 902 5747  Email: <a href="mailto:enquiries@picturehouses.co.uk">enquiries@picturehouses.co.uk</a>  To apply for an annual Carers Card, visit any of our cinemas, call us on 0871 902 5747 Email: <a href="mailto:customerservice@picturehouses.co.uk">customerservice@picturehouses.co.uk</a></p>	<p>Dementia Friendly Screening  Regal Picturehouse in Henley-on-Thames is a Dementia Friendly Cinema. Once a month they have Dementia-Friendly Screening. The cinema is open to all but especially for people with dementia and their family, friends and carers. There is a chance to socialise for 30 minutes before the film and enjoy free tea, coffee and biscuits.  During the film, lights are left on low. Viewers are welcome to talk, move around and sing along as they wish. There is also a 20 minute interval halfway through the film. Many of the films shown should be familiar to those with Dementia.</p>
<p><b>Sonning Common Library</b>  Librarian, Rosemary Dunstan  Phone number: 0118 922448  Email: <a href="mailto:sonningcommon.library@oxfordshire.gov.uk">sonningcommon.library@oxfordshire.gov.uk</a>  Website: <a href="https://www2.oxfordshire.gov.uk/content/sonning-common-library">https://www2.oxfordshire.gov.uk/content/sonning-common-library</a></p>	<p>Books relating to Dementia  Jigsaw puzzles to borrow  Scrabble club held on Friday mornings 10-12  Reminiscence boxes - to stimulate the memory – useful for groups.  Home Library Service – Books delivered to your door by a friendly volunteer  Large print, short stories for those with Dementia are available</p>
<p><b>Sonning Common Lunch Club</b>  Phone Freda 01189722924</p>	<p>Held in the village hall on the 2<sup>nd</sup> Wednesday in the month from 12.30.  The cost is £3.50 for a main course and pudding.  Carers and those affected by Dementia are very welcome.</p>
<p><b>Thames Valley Police Herbert Protocol</b>  Phone number: 101  Website: <a href="https://www.thamesvalley.police.uk/police-forces/thames-valley-police/areas/au/about-us/the-herbert-protocol/">https://www.thamesvalley.police.uk/police-forces/thames-valley-police/areas/au/about-us/the-herbert-protocol/</a></p>	<p>The Herbert Protocol initiative is named after George Herbert, a war veteran of the Normandy landings, who lived with dementia. It is a process to be used where there is a risk that a vulnerable person, particularly if suffering from dementia, may go missing. It consists of a form for recording key information which the police will require if the vulnerable person goes missing. Carers, family members and friends should complete part one of the form in advance, and obtain a recent photograph of the vulnerable person. In the event of the vulnerable person going missing, part two should be completed, and the form plus photograph handed to the police. The form can be used for any vulnerable person, not just those with dementia.</p>
<p><b>The Lions Club of Henley-on-Thames</b>  Market Place  Henley-on-Thames  Phone: 0845 833 7387  Email: <a href="mailto:secretary@henleylions.org.uk">secretary@henleylions.org.uk</a>  Website: <a href="https://henleylions.org.uk/">https://henleylions.org.uk/</a></p>	<p>‘Message in a Bottle’ and ‘Message in a Wallet’ are available from the Sonning Common Health Centre and the Day Lewis pharmacy. Lions Message in a Bottle is a simple idea enabling people to keep their personal and medical details on a standard form and in a common location – the fridge!  Message in a Wallet is a form on which you can write all the relevant information. You can then fold it and put it in a protective plastic pouch that can be stored with your credit cards. There is a sticker that you put in your wallet or purse to notify the emergency service that there is a form.</p>
<p><b>Twiddle Muffs</b>  Alison Holdsworth  Email: <a href="mailto:a.j.holdsworth@talk21.com">a.j.holdsworth@talk21.com</a></p>	<p>Instructions for making of Twiddle Muffs, and purchasing Muffs.  Alison is a local volunteer who can help you get started and may be able to help supply a Twiddle Muff.  Many hospital wards have found that the muffs have a positive effect on patients by keeping them comforted, as well as encouraging movement and brain stimulation.</p>

## Research Projects

**These are current projects which you can join and thus aid research  
into prevention and treatment of Dementia**

<p><b>Kings College London</b></p> <p>Maria Megalogeni, PROTECT Study co-ordinator</p> <p>Phone number: 0207 848 8183</p> <p>Email: <a href="mailto:admin@protectstudy.org.uk">admin@protectstudy.org.uk</a></p> <p>Website: <a href="http://www.protectstudy.org.uk">www.protectstudy.org.uk</a></p>	<p>The PROTECT Study is an exciting opportunity to take part in a major UK research study. It aims to understand what happens to our brains as we age. You can take part in the study if:</p> <p>You are aged 50 or over You reside in the United Kingdom You have not been diagnosed with dementia.</p> <p>PROTECT is run by the Institute of Psychiatry, Psychology and Neuroscience, King's College London.</p>
<p><b>OxDare Oxford Dementia and Aging Research</b></p> <p>Email: <a href="mailto:oxdare@psych.ox.ac.uk">oxdare@psych.ox.ac.uk</a></p> <p>Phone number 01865 283806</p> <p>Website: <a href="https://www.oxdare.ox.ac.uk/">https://www.oxdare.ox.ac.uk/</a></p>	<p>OxDARE brings together diverse groups who are involved in dementia and ageing research across Oxford's departments and Institutes.</p> <p>The main aims of OxDARE are to support and connect Oxford's biomedical research community, as part of the Older Adults and Dementia theme of The National Institute for Health Research (NIHR) Biomedical Research Centre (BRC), and to engage the public through educational events and research opportunities. We work closely with the local Oxford Alzheimer's Research UK network (ARUK) on many of our activities and events.</p> <p>To find out more about how you can get involved with Oxford Dementia and Ageing Research, please visit the relevant pages on the website.</p>
<p><b>PREVENT Study</b></p> <p>To find out more, visit <a href="http://www.joindementiaresearch.nihr.ac.uk">www.joindementiaresearch.nihr.ac.uk</a> or call the Dementia Research Infoline on <b>0300 111 5 111</b>.</p>	<p><b>Aims of the Study</b> In recent years it has been recognised that dementia is probably a very late consequence of Alzheimer's disease, or other neurodegenerative diseases, which may have been present in people for up to 20 or 30 years before symptoms show. The aim of the PREVENT programme, therefore, is to identify the very earliest signs of these diseases, so that meaningful interventions can be put in place to try and stop the disease progressing to the point where dementia develops.</p>

Finally...

As one of the organisers of 'Matters of Memory Day' I compiled this booklet. It is intended to help those with Dementia and their carers find local information.

It may not be exhaustive but I would be happy to update or correct any omissions if necessary, please email: [sue.HAT1999@gmail.com](mailto:sue.HAT1999@gmail.com)

*Sue Litchfield* November 2018

