

Doncaster Directory of Dementia Services

Helping you to access services in Doncaster
2021



Doncaster is
Working to become
**Dementia
Friendly**

Welcome

Welcome to the 2021 version of the Doncaster Dementia Directory. This brings together information about dementia support services and support groups for people living with dementia, their families and friends. This Directory is supported by both Doncaster Council and Doncaster CCG.



Doncaster
Council



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 3,600 people are currently living with dementia in Doncaster.

The impact of Covid

The number of people with dementia on GP registers has significantly declined since the Covid pandemic in March 2020. This is related to a number of reasons; people who have signs and symptoms may not have approached their GP for a referral for further investigations, changes in healthcare activity during the pandemic and deaths in people who had a diagnosis of dementia.

It is important to highlight that services are still operational and if a person receives a diagnosis of dementia, or is concerned they may have dementia there is support available to them, their carers and family. This Doncaster directory has been designed to provide details of a number of useful organisations across Doncaster who can provide that advice, information, care and support for the person with dementia and their carers/families.

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

Activity Groups/Organisations



Aspiring2 is a not-for-profit company which provides community activities for older people, those experiencing dementia, those feeling isolated. We continue to support carers to engage with others and join in with all of our activities. These include afternoon tea parties which offer a fun filled interactive afternoon over a cuppa and cake, taking guests back to the 1940s, 50s and 60s. We host a CraftChat session bringing back memories of crafts gone by as well as introducing new ones and facilitate a Bunting and Banter Dementia Cafe at The Helping Hands Centre in Edlington. Our overarching aims are to reduce isolation, encourage peer support, provide information of partnership services and above all to allow all our guests to have a good day. For more details and our steps to work within Covid-19 guidelines please ring on **07913314511**. You can find updated information via our Facebook page



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. We run 'Singing For Memory' which is a fun and friendly singing group for adults living with dementia and their family members. To find out how to get involved please visit our website **www.wearedarts.org.uk** or call us on **01302 341662**



Doncaster Culture and Leisure Trust provide access to a wide range of health and wellbeing facilities to enable all residents of Doncaster to maintain a healthy body and mind. These include a number of activities including swimming, gym, cycling, chair based exercises, a healthy at home programme, a discounted Over 60's membership package and free entry for carers. To find out more please contact DCLT on **01302 370777** or visit **www.dclt.co.uk**

Get Doncaster Walking For more details on local walking opportunities visit **Marianne.Turner@doncaster.gov.uk** or contact us on **01302 734484**

Adult Social Care Services

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** 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 737063**

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**

Carer Support

Dementiacarer.net is a 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

 **Doncaster Carer Reach Out Service** This service provides information, advice and one to one emotional and practical support to all carers in Doncaster. Please call our team on **01302 986900** or email on **doncastercarers@makingspace.co.uk** to find out more and to hear about our social groups for carers and former carers in your area.

 **Doncaster Partnership for Carers** provides a range of services including advice, information, 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 email **dpfc@doncastercarers.org.uk** for further information.

Charities and organisations offering support services, information and advice

Dementia

 **Age UK Doncaster** 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 and to age well. Age UK Doncaster's services range from exercise classes through to Homecare and include; Day Services, Home from Homecare through to Dementia Befriending and include: Ageing Well Activities, Home from Hospital, projects addressing isolation, Information and Advice, Volunteering and many more. Contact the team on 01302 812345 or www.ageuk.org.uk/doncaster

Age UK Doncaster's Information and Advice Team provide information, advice and support to access benefits older people may be entitled to, for example Attendance Allowance or a Blue Badge.



The Doncaster Dementia Support Service provides support for carers and people with dementia. We offer 3 different services:

Support for families

- One to one support offering information, advice and guidance to enable you to live as well as you can or manage your caring role
- A seamless service linking you to organisations that can provide the individual support that you need
- Support to connect with your local community, accessing peer support or continuing to do the things you love
- Keep in touch calls to make sure you are getting the right support at the right time

Support for people who live alone with dementia.

- A one to one service ensuring that people who live alone with dementia are able to access the services that will give them the support they need to live as independently as they can for as long as they wish
- Proactive keep in touch calls to maintain links and deal with any issues arising in a timely fashion.
- Support to connect with the local community, peer support and other activities
- Non time limited service – there for as long as you need it

Group Support

- 8 memory cafes for carers and people with dementia
- 2 Singing for the Brain sessions – a group that uses music to stimulate memories
- The groups cover the whole of the Doncaster area

For information about any of the services please call **01709 580543**

(please leave a message and someone will get back to you) or email

doncaster@alzheimers.org.uk



DonMentia is a local dementia charity run by a small group of volunteers, who give their time, skills and experience to help and support those affected by dementia living in Doncaster. The Charity, established eight years ago, raises funds to support a variety of social events and therapeutic activities for people diagnosed with dementia and their carers and families. DonMentia also awards personal grants to support individual carers to have a respite break as well as a community grant to support the development of community groups that support people effected by dementia. More information is available at **<http://www.donmentia.org>**



DonMentia Forum The DonMentia Forum is a monthly meeting hosted and supported by the local dementia charity, DonMentia. This Forum is an opportunity for people affected by, or with an interest in, dementia, living in Doncaster to meet and receive professional advice and information and to enjoy peer support and social activities.

The Forum is held every second Wednesday of the month from 1 to 3pm at Scawsby Community Centre, Barnsley Road, DN5 8QQ. For further information please see

www.donmentia.org or email **admin@donmentia.org**



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 **helpline@dementiauk.org** or Dementia Helpline **0800 888 6678**



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

thedoncasteradmiralservice@makingspace.co.uk Alternatively visit the Making Space Admiral Service webpage



Doncaster Dementia Action Alliance

Doncaster Dementia Alliance was established by members of our local community to improve

the lives of people living with dementia and their carers and it is our intention in 2021 to re-establish the alliance.

If you are part of an organisation that wishes to do something for those living with dementia or would like to learn more about the Alliance and the support available for those living with dementia then please get in touch with Claire Hoyles at

Claire.hoyles@homeinstead.co.uk/01302 369655 or visit **www.dementiaaction.org.uk/yorkshire_and_humber**

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. **01302 796138**



Royal Voluntary Service - Healthy, Happy Lives Dementia Support - Community Based CST Groups

The aim of the service is to connect those living with dementia, their families carers and friends to community activities. We have developed CST (Cognitive Stimulation Therapy) sessions of themed activities, which typically run weekly.

Five borough wide groups operate throughout Doncaster on a daily basis offering activities for those living with dementia and provides carer respite.

Clients can access the groups indefinitely on an as and when basis

What are the aims of the groups?

Providing community support for people living with dementia in a friendly and supportive environment that aims to:

- Provide activities that assist in stimulating memory and recall
- Promote healthy, happy lifestyles, and
- Bring people together for social & recreational activities.

What are the benefits for those using the service?

People feel:

- That the creative and innovative tools of engagement assist in stimulating memory and recall.
- Less isolated & lonely.
- More connected to their communities.
- Able to participate in group activities and feel that their contributions count.

The sessions run daily from 1pm – 3pm and there is a cost of £5 per session which pays for refreshments and activities.

If you would like further information on these groups then please contact Jan Burrows, Dementia Support Manager on **07714898565** or email **jan.burrows@royalvoluntaryservice.org.uk**

Mental Health

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**

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 3.30pm at C-View, Church View behind St Georges/The Minster in Doncaster. 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**

Rethink Mental Illness 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** **www.rethink.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**

Others

Active Independence is a disabled person's led organisation offering information, training and advocacy on personal budgets and personal health budgets and support to recruit and employ personal assistants. Contact: Barbara Booton on **info@activeindependence.org** or **(07917) 607730**

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 **heretohelp@bhf.org.uk** or **0300 330 3311**

Diabetes UK Helpline 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 **helpline@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** or email **advice@dialdoncaster.co.uk**

Doncaster Community Stroke Rehabilitation 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 798065**

DMBC 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 at **wellbeing@doncaster.gov.uk** or tel: **01302 735553**



Healthwatch Doncaster will ask What's Your Story? on a health and social care service in Doncaster. As your independent voice, Healthwatch will collect your experiences/stories of health and social care services to help to improve them and help to point you to the service that's right for you. Visit our website to leave your story, how to get started if you want to volunteer, plus other groups of interest. Subscribe to our newsletter to stay updated on our work, and the projects we're working on. To access our service call **01302 965450** to speak to a member of the support team. Healthwatch are based at: 3 Cavendish Court, South Parade, Doncaster, DN12DJ. Visit our website at **www.healthwatchdoncaster.org.uk** or email us at **info@healthwatchdoncaster.org.uk**



Live Inclusive supports disabled people and those with long term illnesses to live more independently. Our services include support to gain or retain employment, volunteering opportunities, advice and information, and support to join community groups and meet new people. We also work with organisations by providing specialist support, training and disability access audits. We accept referrals from professionals and other organisations but you can also self-refer by emailing **enquiries@liveinclusive.co.uk** or calling **01302 592400**. Our website can be found at **www.liveinclusive.co.uk** and our Twitter contact is **@Live_Inclusive**

Macmillan Cancer Support provide information and support for people with cancer and their carers. Contact on **0808 808 0000** or **www.macmillan.org.uk**

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.

NHS Choices a website for people who need medical advice or guidance. Contact on **www.nhs.uk**

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US. **Parkinson's UK**
The Doncaster Support Group

Our group offers friendship and support locally to people with Parkinson's, their families and carers, contact us to find out more.

Contact: Rose Crawley **0344 225 3634** **rcrawley@parkinsons.org.uk**

For information and advice on Parkinson's contact Parkinson's Local Adviser, Jill Cockett **0344 225 3768/jcockett@parkinsons.org.uk** or call the Parkinson's UK helpline on **0808 800 0303** **www.parkinsons.org.uk**

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 796138** Email **stjohnsinfo@rdash.nhs.uk**

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 **01302 965195** Email: **reception@partsight.org.uk** or visit the website **www.partsight.org**

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 come and see us at Doncaster Advocacy Service, Rear of Carcroft Club, 6 Chestnut Ave, Carcroft, DN6 8AG.

Your Life Doncaster is here to help you live your life your way at home, surrounded by the things that are important to you. Whether you need equipment to maintain your wellbeing at home, are feeling lonely and would like to connect with people, need help with household tasks or are seeking advice about financial support, find out how we can help at **www.yourlifedoncaster.co.uk**

Dementia Care, Companionship and Day Centre Services



Home Instead provides specialist, person centred Dementia Care throughout the Doncaster Area. We cover all aspects of care from companionship and befriending right through to 24 hour personal care, respite, home help, live-in care and night sits. We also offer free dementia training for families and carers and run community-based groups.

To find out more please call **01302 369655** or email **careoperations.doncaster@homeinstead.co.uk**



Helen Warnock Befriending Services provides regular one-to-one companionship, conversation and outings, offering reliable support for a trip to the shops, a café or medical appointments. Help with errands, an arm to lean on, a good chat and, most importantly, a caring friendship. Price includes transport and drinks.

Call Helen Warnock on **077645 77831 / 01302 773004**

email **helenwarnockbefriending@outlook.com** or visit

www.helenwarnockbefriending@weebly.com for more information



INSPIRE - Day Centre Service

Our Day Centre's are an integrated day facility offering enhanced services such as active rehabilitation and mind stimulation, for people living with dementia and Early Onset, and those who have a physical disability, learning difficulties, and those who are socially isolated. The centre's aim is to provide activities that are enjoyable, stimulating, and therapeutic. The charge for the day centres is £50, which includes free transport to and from the day centre, mid-morning/afternoon snacks, and a two-course hot homemade lunch. Inspire offers other services such as Befriending – Home Conversation – Assisted Shopping, we will take you out in our vehicles to local amenities, garden centre, shopping trips. Our services also give carer's a few hours of 'quality time'. For more information call **01302 770662** or email **hello@inspiredoncaster.com**



Making Space Day Opportunities Making Space provides two well established and highly regarded day opportunities in Wheatley Hills (Sandalwood) and Bentley (Moat Hills). Trained and experienced staff, specialising in person centred Dementia care, offer a warm welcome to all older people who may need extra support to enjoy life. Our environments are friendly, welcoming and accessible places. A typical day includes good company, a range of enjoyable, stimulating and therapeutic activities and a lovely two course meal. There is regular musical entertainment and a programme of outings. Carers needing respite tell us these services have helped them enormously. For more information call us on **01302 327318** (Sandalwood) or **01302 820911** (Moat Hills) or email us on **doncasterdayopportunities@makingspace.co.uk**

Stainforth Outreach has a pop up day service for older people, including those with dementia, and adults of working age with a disability at Stainforth Outreach (Monday's, Wednesdays and Fridays) and Room 4, Holmescarr, Rossington (Tuesday's and Thursday's). We provide a wide mixture of activities to suit the abilities of the people who attend including painting, sewing, embroidery, knitting, weaving, card making, screen printing, quizzes, games, working on large group projects to small individual ones. We even provide sessions to promote lifelong learning such as computes or literacy skills. The service we offer is personalised and adapted to suit each individual from their one page profile and reviews. For more information call **01302 734026**.

Drugs, Alcohol and Smoking Support



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**

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 **01302 561722** for support and further advice. You can also try the Smokefree National Helpline on **0300 123 1044** or visit their website **<https://doncaster.yorkshiresmokefree.nhs.uk/>**

Home Improvement/Safety Services

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 **publicbuildingmaintenance@doncaster.gov.uk**



**South Yorkshire
FIRE & RESCUE**

South Yorkshire Fire & Rescue offer Home Safety Checks to people who are considered to be particularly at risk of fire. During a visit, firefighters or community safety staff will give you advice on how to make your home safer, what to do in the event of a fire and what to do if you are trapped by a fire.



Safe & Well

TOGETHER WE CAN MAKE A DIFFERENCE

They will also fit free smoke alarms if a home is without one and explain how to keep them working. During the visit you may also be offered a Safe & Well Check which includes further advice and support to access other service such as crime prevention and falls prevention. The Safe & Well Checks are currently aimed at residents over 65. To speak to SYFR regarding a visit please call 0114 253 2314 or visit www.syfire.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 and information on how to reduce fuel bills please call the Energy Team on **01302 737053** or email: **energy.team@doncaster.gov.uk**

Transport

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**