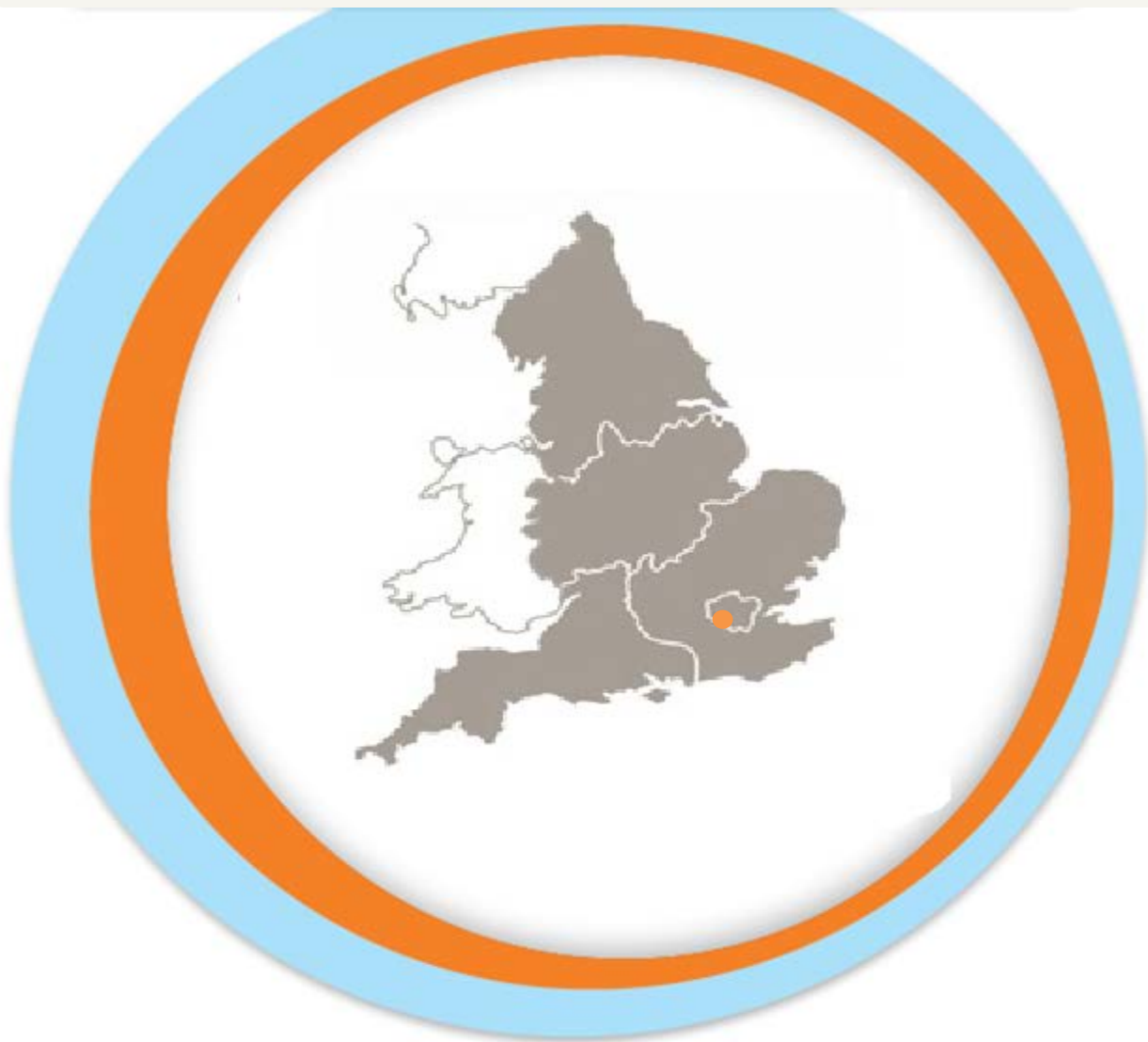


London: Lambeth

Dementia Information Prescription



London: Lambeth

Dementia Information Prescription

There are many things to think about when you are living with dementia, whether you're the person who has been diagnosed or a family member or carer.

The **Dementia Information Prescription** is a directory of key services, organisations and contact details for **Lambeth** where you may be able to access information or support from a local branch of a national organisation. An * highlights where services offer dementia specific support. Other things that you may wish to consider are included in a list at the end of the prescription, these deal with different issues that may occur at various times in your dementia journey, but as everyone's life and dementia experience is unique it does not mean that you will need information about every subject. We aim to provide you with relevant information when the time is right for you.

There are a few services that only provide information via the internet, if you do not have access to a computer we would be more than happy to find and print off information for you, please call our helpline for this **0845 120 4048**.

or

Email: dementiahelpline@guidepoststrust.org.uk

Post to: Dementia Web, Two Rivers, Station Lane, Witney, Oxfordshire, OX28 4BH.



Contents

- | | | |
|----------|---|----|
| 1 | Dementia Adviser/Support Worker, Admiral Nurse – <i>for face-to-face support and information</i> | 4 |
| 2 | Local adult social care contact - <i>if you wish to find out about care at home, respite or Care Homes you will need to request a Community Care Assessment</i> | 5 |
| 3 | Local Council - <i>people living with dementia may be eligible for a discount on their council tax</i> | 5 |
| 4 | Benefits help and advice - <i>you may be eligible for some financial support including a non-means tested benefit called Attendance Allowance</i> | 6 |
| 5 | Local support for the person with dementia - <i>including practical and emotional support, possible opportunities/ activities for people with dementia</i> | 8 |
| 6 | Local support for family, friends and carers | 10 |
| 7 | Local health care contacts - <i>there may be options in your local area for certain health specialist services to visit you at home</i> | 12 |
| 8 | Local activities, organisations - <i>which may offer support but are not dementia specific</i> | 16 |
| 9 | Legal and Financial help - <i>a Lasting Power of Attorney (LPA) enables you to appoint one or more people who you trust to manage your affairs should this become necessary. The role of the attorney may be to make decisions about your health and personal welfare that are in your best interest such as: where you live; the provision of day-to-day care; medical treatment and /or managing your financial affairs.</i> | 27 |



1 Dementia Adviser/Support Worker, Admiral Nurse – for face-to-face support and information

<p>Dementia Support Workers * A Dementia Support Worker provides support to people with dementia and their carers/families to help them maintain their independence, to improve their sense of wellbeing and keep in control of their lives. They also assist in identifying needs and access to appropriate support. This service is provided through one to one support. Lambeth Office, Ground Floor, 6 Sancroft Street, London, SE11 5UD. Email: southwarkandlambeth@alzheimers.org.uk</p>	020 7735 5850
<p>Memory Service (Southwark and Lambeth)* The Southwark and Lambeth Integrated Memory Service (SLIMS) offers comprehensive assessment, treatment and support options to anyone over the age of 18 years who is experiencing mild to moderate memory problems in the boroughs of Lambeth or Southwark. The service is comprised of a multidisciplinary team which works in collaboration with the Alzheimer's Society. The Gatehouse, Ann Moss Way, London, SE16 2TH.</p>	020 3228 0570
<p>My Support Broker My Support Broker is a social business pioneering a unique new collaborative approach between people, Local Authorities, the NHS and local communities – to plan, source and manage quality and value-for-money support and care. Web: https://www.mysupportbroker.com/</p>	0800 994 9944 Free from a landline
<p>Primary Care Navigators (PCNs) for Dementia <i>PCNs will direct people with dementia and their carers to the full range of support they need for all aspects of life and wellbeing post-diagnosis. PCNs can be located in different locations in London</i></p>	
Corner Surgery , 99 Coldharbour Lane, SE5 9NS.	020 7274 4507
Day Lewis Pharmacy , 136 -138 Stockwell Road, SW9 9HR.	020 7737 0846
Edith Cavell Surgery , 41a - c Streatham Hill, Brixton, SW2 4TP.	020 3049 5900
Lambeth Walk Group Practice , Lambeth Walk, SE11 6SP.	020 7735 4412
New Park Pharmacy , 85 New Park Road, SW2 4ES.	020 8674 6070
S G Manning Pharmacy , 294 Brixton Hill, SW2 1HT.	020 8674 4391
Springfield Medical Centre , 110 Union Road, SW8 2SH.	020 3049 4600
Springfield Pharmacy , 110 Union Road, SW8 2SH.	020 7622 1159
The Medical Centre Dr Masterton & Partners Surgery , 2 Prentis Road, SW16 1XU.	0844 477 3313 or 020 8696 5508



The Vauxhall Surgery , 8 Jonathan Street, SE11 5NH.	020 7735 1971
Touchwood/Prentis Pharmacy , 240 Streatham High Road, SW16 1BB.	020 8677 3145
Watling Medical Centre , Burntoak Surgery, 108 Watling Avenue Edgware, Middlesex, HA8 0NR.	020 8906 1711

2 **Local adult social care contact** - *if you wish to find out about care at home, respite or Care Homes you will need to request a Needs Assessment.*

If you think you may benefit from equipment or advice to help with everyday activities around the home you can request an Occupational Therapy Assessment

Adult Social Care Adults' and Community Services

The first point of contact for referrals & general enquires about Adult Social Care.

Lambeth Adult & Community Services, Phoenix House, 10 Wandsworth Road, London, SW8 2LL.

Email: adultsocialcare@lambeth.gov.uk

Web: <http://www.lambeth.gov.uk/>

020 7926 5555

Emergency Enquiries

Contact Adult Emergency Team for emergencies outside office hours, 5.00 pm – 5.00 am Monday to Friday and 24 hours at weekends and on Bank Holidays.

020 7926 1000

3 **Local Council** - *people living with dementia may be eligible for a discount on their council tax*

Local Council

Lambeth London Borough Council, Brixton Customer Centre, Olive Morris House, 18 Brixton Hill, London, SW2 1RD.

Email: infoservice@lambeth.gov.uk

Web: <http://www.lambeth.gov.uk>

020 7926 1000



4 Benefits help and advice - you may be eligible for some financial support including a non-means tested benefit called Attendance Allowance

<p>Age UK Advice Surgeries: Open drop in surgeries in the Lambeth area: Monday: 1.00 pm – 4.00 pm. Vida Walsh Centre, 2b Saltoun Road, Brixton, SW2 1EP. Tuesday: 2.00 pm – 4.00 pm Salvation Army West Norwood, 246 Norwood Road, SE27 9AW. Wednesday: 1.00 pm – 4.00 pm. The Tate South Lambeth Library, 180 South Lambeth Road, SW8 1QP. Thursday: 9.00 am – 12.30 pm. (building opens 8.30 am) The Accord Centre, 336 Brixton Road, SW9 7AA. Friday: 10.00 am – 1.00 pm. Woodlawns Centre, 16 Leigham Court Road, Streatham, SW16 2PJ.</p>	<p>020 7095 5720 Enquiry Line open Monday to Friday 9.00 am – 5.00 pm</p>
<p>Carers' Hub Lambeth The Carers' Hub offers face to face information, advice and assistance with welfare benefits. The Accord Centre, 336 Brixton Road, London, SW9 7AA. Email: connect@carershub.org.uk Web: http://carershub.org.uk/</p>	<p>020 7642 0038 Monday to Friday 9.00 am – 5.00 pm</p>
<p>Clapham Community Project Free, independent and confidential advice on welfare benefits, housing & debt issues for people who live in Lambeth. Monday: 2.00 pm – 5.00 pm. Tuesday: 4.00 pm – 7.30 pm. Thursday: 10.00 am – 1.30 pm. St. John's Church, 386 Clapham Road, London, SW9 9AR. Web: http://www.claphamcommunityproject.org.uk/</p>	<p>020 7627 0240 or 07947 703 081</p>
<p>Disability Advice Service Lambeth Disability Advice Service Lambeth (DASL) is a Disabled People's Organisation which works with disabled people, including those with mental health support needs, older people and carers, mainly in the London Borough of Lambeth. The Accord Centre, 336 Brixton Road, Brixton, London, SW9 7AA. Email: enquiry.line@disabilitylambeth.org.uk</p>	<p>020 7738 5656</p>
<p>Every Pound Counts Free benefits check to over 60s, carers, people with disabilities, people with sensory impairment and long term disability. Email: everypoundcounts@lambeth.gov.uk</p>	<p>020 7926 6966 Monday to Friday 1.00 pm – 4.00 pm</p>
<p>GOV.UK Department of Work and Pensions enquiry line Web: www.gov.uk</p>	<p>0800 882 200 Free from a landline</p>
<p>Lambeth Law Centre Lambeth Law Centre helps and advises with welfare benefits issues including working out what benefits you are entitled to, challenging decisions and maximising income. Unit 4, The Co-op Centre, 11 Mowll Street, London, SW9 6BG. Web: http://www.lambethlawcentre.org/</p>	<p>020 7840 2000</p>



<p>Lambeth Resolve Lambeth Resolve provides support including welfare benefits support. The Accord Centre, 336 Brixton Road, London, SW9 7AA. Email: ask@lambethresolve.org.uk Web: http://www.lambethresolve.org.uk/</p>	<p>020 7095 5720 Enquiry Line open Monday to Friday 9.00 am – 5.00 pm</p>
<p>Merton and Lambeth Citizens Advice Bureau You can access independent advice from Merton and Lambeth Advice Bureau on a wide range of subjects including welfare benefits, debt, housing, employment, relationships and legal issues. Lambeth Office, Streatham Hill, 1 Barrhill Road, London, SW2 4RJ. Web: http://mlcab.org.uk/lambeth</p>	<p>0344 243 8430 5 p a minute from a BT Landline</p>
<p>One Lambeth Advice One Lambeth is a new initiative brought to you by the CAB and the Council working together. It is designed to enable you to get the information and advice that you need quickly and efficiently and in different ways. Web: http://onelambethadvice.org.uk/</p>	<p>0800 254 0298 0344 245 1298 5 p a minute from a BT Landline</p>
<p>The Brixton Advice Centre Provides free, confidential, independent, impartial advice by way of drop in and appointments, home visits and outreach, email and telephone where appropriate. Drop in sessions every Tuesday to Thursday, 10.00 am – 12.00 pm, or Thursday evening, 5.30 pm – 6.30 pm. 167 Railton Road, Brixton, London, SE24 OLU. Email: info@brixtonadvice.org.uk Web: http://www.brixtonadvice.org.uk/index.html</p>	<p>020 7733 7554</p>
<p>The Money Advice Service – Ask MA Free, unbiased and independent. Web: https://www.moneyadviceservice.org.uk</p>	<p>0300 500 5000 Costs no more than a national rate call to a 01 or 02 number if ringing from a mobile</p>
<p>Winter Fuel Payment Annual payment from the Pension Service of between £100 and £300 individually (liable to change yearly).</p>	<p>0845 915 1515 Charges range from 1p – 12p per minute from a landline</p>



5 Local support for the person with dementia- *including practical and emotional support, possible opportunities/ activities for people with dementia*

Day Centres – Offering socialisation for both people who live alone and people who rely on family for their daily care and support, these all accept people with dementia, however, an assessment may be required depending on the capacity of the centre and level of need.

Age UK Lambeth

Age UK provide an advocacy service, speaking up for, or acting on behalf of its users. Age UK advocates are independent, trained people who can either support people to speak up for themselves and their cared for or represent them.

Age UK Lambeth, Third Floor, 336 Brixton Road, London, SW9 7AA

020 7095 5720

Age UK Lambeth Online Directory

Online Directory of older people's services in Lambeth and Southwark

Web: <http://directory.ageuklambeth.org.uk/>

Website Only

Central Hill Day Centre*

Day Centre for older people with physical disability and mild/moderate dementia.

Monday to Friday, 9.30 am – 5.00 pm.

21 Lunham Road, Upper Norwood, London, SE19 1AA.

020 7926 8090

Disability Advice Service Lambeth

Phone line open between 10.00 am – 1.00 pm on Mondays, Wednesdays and Fridays but please leave a message if someone doesn't take your call.

Provides support with direct payments.

The Accord Centre, 336 Brixton Road, London, SW9 7AA.

Email: enquiry.line@disabilitylambeth.org.uk

020 7738 5656

Stockwell Day Centre and Elderly Mentally Infirm Unit*

Day Centre facilities for older people with dementia or memory loss.

Weekdays, 9.30 am – 5.00 pm.

There is also a Saturday service once a month.

44 Clarence Avenue, Clapham Park Estate, London, SW4 8DJ.

020 7926 1040

Young On-set Dementia - has its own unique challenges, and so needs specialist support services.

YoungDementia UK

Provides specialist support and has a directory of local support groups across the country.

Web: <http://www.youngdementiauk.org.uk/>

Memory Cafés/opportunities/activities:

01993 776 295

Dementia Support Streatham*

Support group for people living with dementia, their families, carers and friends.

Every Friday 2.00 pm – 4.00 pm.

The Woodlawns Centre, 16 Leigham Court Road, Streatham, London, SW16 2PJ.

Email: maryoge@btinternet.com

020 8769 5922

07932 067216
Joan Jones

07904 499080
Mary Madden



<p>Forget – Me Not Club* Weekly sessions where older people with memory concerns or dementia can enjoy a mixture of memory games, singalongs, storytelling, crosswords and diary filling. Tea and cake served. Every Tuesday, 2.00 pm – 4.00 pm. 1 Rushworth Street, London, SE1 0RB. Web: www.blackfriars-settlement.org.uk Email: info@blackfriars-settlement.org.uk</p>	<p>020 7928 9521 Tina Johnston</p>
<p>Healthy Living Club* A community of individuals and their family friends and carers living well with dementia in Lambeth. Lingham Court, 10 Lingham Street, Stockwell, London, SW9 9HF. Email: simonaflorio.hlclc@gmail.com Web: http://healthylivingclub.org.uk/</p>	<p>07790 499317 Simona Florio</p>
<p>Potted History* A free weekly gardening and reminiscence project for over 60s, which is also able to take people in the early stages of dementia. Gentle gardening, craft activities and sharing memories with others over a cup of tea. 28 Marsden Road, London, SE15 4EE. Email: jecclestone@wildlondon.org.uk</p>	<p>020 7252 9186 Joanna Ecclestone</p>
<p>Streatham Darby and Joan Club An independently run older people's day centre which offers a subsidised lunch club and a range of activities as well as information & advice, outings and general support. Activities include exercise classes, arts and crafts, Tai Chi and computer classes. People with dementia with their carers are welcome. Monday, Wednesday and Friday, 10.30 am – 3.30 pm. The Woodlawns Centre, 16 Leigham Court Road, Streatham, London, SW16 2PJ. Email: woodlawns@hotmail.co.uk</p>	<p>020 8769 5922</p>
<p>Other Services:</p>	
<p>Dementia Action Alliance Has over 4,000 members providing dementia support; contact to see what is in your area. Email: dementiaactionalliance@alzheimers.org.uk Web: http://www.dementiaaction.org.uk/local_alliances</p>	<p>National website search only</p>
<p>Dementia Engagement & Empowerment Project Innovations in Dementia support many local dementia peer groups; contact to see if there is one in your area. Email: Rachael@myid.org.uk Web: http://dementiavoices.org.uk/</p>	<p>01392 420 076</p>
<p>My Support Broker A social business pioneering a unique collaborative approach between people, Local Authorities, the NHS and local communities - to plan, source and manage quality and value-for-money support and care. Web: https://www.mysupportbroker.com/</p>	<p>0800 994 9944 Free from a Landline</p>



6 Local support for family, friends and carers

<p>Carer Breaks Details of some of the carer breaks which are available for carers in Lambeth. Web: http://carershub.org.uk/help/carers-breaks/</p>	Website Only
<p>Carers Hub Lambeth Carer's Enquiry Line, Monday to Friday, 9.00 am – 5.00 pm. 336 Brixton Road, London, SW9 7AA. Email: connect@carershub.org.uk</p>	020 7642 0038
<p>Carers Hub Lambeth Dementia Carers Support Group* Each month there is an invited speaker. The group runs the same time as the Healthy Living Club so you can bring the person you care for to the club and come to the group. Every third Wednesday of the month 11.00 am – 2.00 pm. Lunch is available after 1.00 pm via the Club. Healthy Living Club, Lingham Court, Lingham Court Road, London, SW9 9HF. Email: connect@carershub.org.uk</p>	020 7642 0038 Louise Holden
<p>Carers Support Group Informal coffee mornings, at Woodlawns Centre drinks, biscuits and a chat, with different activities offered including card making and knitting. Last Wednesday on the month, 10.30 am – 12.00 pm. The Woodlawns Centre, 16 Leigham Court Road, Streatham, London, SW16 2PJ.</p>	020 7642 0038
<p>Carers Trust Offers support for carers and links to local services. Email: support@carers.org.uk Web: http://www.carers.org/</p>	0844 800 4361 Charged from 1p – 13p per minute from a land line
<p>Carers UK Offers support for carers with caring, benefits and someone to talk to. Web: http://www.carersuk.org/</p>	0808 808 7777 Free from a landline
<p>Emergency Carers Support: Service – Solidarity in a Crisis (FREE) emergency care 1 – 48 hours. Contact Adult Emergency Team for emergencies outside office hours, 5.00 pm – 5.00 am Monday to Friday and 24 hours at weekends and on Bank Holidays.</p>	020 7926 1000
<p>Fix Yourself a Break This is a grant scheme to help support carers who need support. Under the scheme you could apply for up to £200 to help pay for a short break or to get goods or services to help support you in your caring role.</p>	020 7926 5555 Lambeth Adults' & Community Services
<p>"Just Like Us" Support Group for young adults from 18 to 25 years old to include arts & crafts, discussions, and days away. Every Tuesday, 11.00 am – 2.00 pm. Conyers Road, Streatham, London, SW16 6LS.</p>	020 8769 5884



<p>Lambeth and Southwark Carers* A monthly support group for people caring for a person with dementia. External speakers attend most weeks offering information and advice on a variety of topics as identified by the group. Every third Monday, 2.15 pm – 4.00 pm. Elm Lodge Surgery, 2 Burbage Road, London, SE24 9HJ (at the Half Moon Lane end).</p>	<p>020 7735 5850 Beth Winter</p>
<p>Lambeth Resolve Lambeth Resolve provides support including welfare benefits. 336 Brixton Road, London, SW9 7AA. Email: ask@lambethresolve.org.uk</p>	<p>020 7095 5720 Enquiry Line open Monday to Friday 9.00 am – 5.00 pm</p>
<p>Lambeth Talking Therapies You can refer yourself to have a brief telephone assessment to find out what options are best suited to your needs. Workshops are available if you are concerned about any of the following; depression, anger management, stress management & sleeping difficulties. Lambeth Talking Therapies runs workshops on different subjects at various times during the week.</p>	<p>020 3228 6747</p>
<p>Relatives & Residents Association Exists for older people needing, or living in, residential care and the families and friends left behind at home. Web: http://www.relres.org/</p>	<p>020 7359 8136</p>
<p>Repaying the Kindness Repaying the Kindness seeks to nurture and support carers living in Southwark and Lambeth. They provide respite through a programme of activities including tai chi, arts & crafts, music, relaxation classes. Also arranges day trips to nearby places of beauty and interest. The Old Courthouse, 43 Renfrew Road, Kennington, London, SE11 4NA. Web: http://www.repayingthekindness.org/ Email: repayingthekindness@gmail.com</p>	<p>020 7820 9020</p>
<p>SLaM (South London and Maudsley) Recovery College Offers free courses to friends, family members and carers of anyone receiving services from South London and Maudsley NHS services. SLaM Recovery College, 1st Floor Administration Building, Maudsley Hospital, Denmark Hill, London, SE5 8AZ. Web: http://www.slamrecoverycollege.co.uk/ Email: enrol@slamrecoverycollege.co.uk or hello@slamrecoverycollege.co.uk</p>	<p>020 3228 3643</p>
<p>Sue and Leonardo's Fine Wine & Dine Last Tuesday of the month, 6.30 pm onwards. Metro Garden Restaurant and Bar, 9 Clapham Crescent, London, SW4 7AA.</p>	<p>07737 773652 Sue Patterson</p>
<p>Young Carers Project A support group for young carers. South Thames Crossroads, Woodlawn Centre, 16 Leigham Court Road, Streatham, London, SW16 2PJ. Email: youngcarers@souththamescrossroads.org</p>	<p>020 8678 5605</p>



<p>Young Carers UK Provides support to carers aged 18 or under. Email: info@carers.org.uk Web: http://www.youngcarers.net/</p>	<p>0844 800 4361 Charged from 1p – 13p per minute from a land line</p>
<p>Training FREE for carers:</p>	
<p>CrISP – Carers Information & Support Programme A four-session programme aimed at family members and friends who support a person with a recent diagnosis of dementia. Topics covered include; understanding dementia, legal and money matters, providing support and care and managing day-to-day.</p>	<p>0300 222 1122 Costs no more than a national rate call to a 01 or 02 number if ringing from a mobile</p>
<p>Dementia Friends – Alzheimer’s Society * Understand a bit more about dementia, and the little ways you can help. Web: https://www.dementiafriends.org.uk/</p>	<p>Website only</p>
<p>SCie Dementia Gateway – On-line training* Free web-based module training on various aspects of dementia understanding. Web: http://www.scie.org.uk/publications/dementia/index.asp</p>	<p>Website only</p>

7 Local health care contacts - *there may be options in your local area for certain health specialist services to visit you at home*

Alternative Therapies - *always discuss with your GP first, but these can be a good source of relaxation.*

<p>Alzheimer’s Society Offers Singing for the Brain® in lots of areas please phone or visit the website for a local branch and services on offer. Web: http://www.alzheimers.org.uk</p>	<p>020 7735 5850</p>
--	-----------------------------

<p>Counselling Directory Connecting you with professional support, including Cognitive Behavioural Therapy. Web: http://www.counselling-directory.org.uk/</p>	<p>0844 8030 240 Charged from 1p – 13p per minute from a land line</p>
--	---

<p>Federation of Holistic Therapists 18 Shakespeare Business Centre, Hathaway Close, Eastleigh, SO50 4SR. Email: info@fht.org.uk Web: www.fht.org.uk</p>	<p>0238 062 4350</p>
--	-----------------------------

<p>Single Point Contact for all NHS Services in Lambeth</p>	<p>020 3049 4004</p>
--	-----------------------------



Books on Prescription - *libraries run the Books on Prescription Scheme (BOP); offering self-help books for patients with dementia and carers. Ask your GP for a prescription to take to your nearest participating library.*

Books on Prescription

Your local library or GP service should have available for you to borrow a selection of books recommended that may help you understand dementia further.

How to Join a Lambeth Library

Web: <http://www.lambeth.gov.uk/leisure-parks-and-libraries/libraries/join-a-library>

Contact any local Lambeth Library

Continence - *for problems associated with toileting*

Continence Advisory Service

A specialist nursing service providing advice & information on all aspects of continence and management of incontinence.
St Giles Hospital, St Giles Road, Camberwell, London, SE5 7RN.

020 3049 4040

Ackerman Health Community Centre

Patmos Road, Brixton, London, SW9 6AF.

020 3049 4040

020 3049 6400

Elmcourt Health Centre

214 Norwood Road, London, SE27 9AW.

020 3049 4040

Gracefield Gardens Health Centre

2-8 Gracefield Gardens, Streatham, London, SW16 2ST.

020 3049 4040

Bladder and Bowel Foundation (B&BF)

Provides a confidential helpline and lots of information.

Web: <http://www.bladderandbowelfoundation.org/>

0845 345 0165

Charges range from 1p – 12p per minute from a landline

Dentist - *dental pain and/or poor oral health may be a source of distress*

Lambeth Primary Care Trust

Provides a list of NHS dentists in the Borough, including dentists who can visit at home.

Email: www.lambethpct.nhs.uk

020 7932 3700

Whittington Centre

11-13 Rutford Road, London, SW16 2DQ.

020 3049 4040

Mawbey Brough Community Service

39 Wilcox Close, London, SW8 2UD.

020 3049 6800

Dietitians - *dietary advice and nutritional support*

Community Adult Nutrition & Dietetics Service

The Whittington Centre, 11 – 13 Rutford Road, Streatham, London, SW16 2DQ.

Email: joanne.lenchner@gstt.nhs.uk

020 3049 5422

The Association of UK Dietitians

Information and support on diet.

Web: <https://www.bda.uk.com/>

0121 200 8080



District/Community Nurse - *for visits at home to meet any short or long term nursing needs*

District Nurses are based at a local GP Practice or Health Centre. They are available from 9.00 am – 5.00 pm, seven days a week. Most visits will be made within these core. If you need care outside of these hours then your nurse will arrange for the evening nursing service to visit you.

020 3049 4040

This service is available from 6.00 pm – 10.00 pm.

020 3228 6000

Lambeth Hospital
Switchboard, out of
hours

Hearing - *hearing loss may contribute to increased isolation but hearing aids may also add further confusion with increased or distorted noise levels. It is therefore important to have the right assessment by an audiologist experienced in assessing hearing loss and dementia*

Action on Hearing Loss

Products include listening devices, telephones, amplifiers, hearing loops and text phones. The information line offers advice on a range of subjects relating to hearing loss, deafness and tinnitus.

0808 808 0123

Free from a
landline

Email: informationline@hearingloss.org.uk (for information).

0333 014 4525

Email: solutions@hearingloss.org.uk (for questions about products).

For enquiries about
products

Web: www.actionhearingloss.org.uk

Hearing Therapy

Hearing therapy ENT Department, 2nd floor, Lambeth Wing, St Thomas' Hospital, Westminster Bridge Road, London, SE1 7EH.

020 7188 6245

The Outside Clinic

Specialising in providing free hearing tests in your own home. NHS hearing aids (where eligible) are fully fitted with aftercare services.

0800 854 477

Free from a
landline

Email: info@outsideclinic.com

Web: <http://www.outsideclinic.co.uk>

Occupational Therapists - *activity, aids and adaptations*

Mary Sheridan Centre

Wooden Spoon House, 5 Dugard Way, London, SE11 4TH.

020 3049 4040

Whittington Centre

11-13 Rutford Road, London, SW16 2DQ.

020 3049 4040

Opticians - *undetected visual problems such as sight loss may exacerbate anxiety and increase risk of falls*

My Local Optician

Provides information on all the optical services available in the Lambeth area.

020 8776 9542

NHS Choices

Web: <http://www.nhs.uk/nhsengland/aboutnhservices/opticians/pages/nhsopticians.aspx>

Website only

Specsavers Home Visiting Optical Services

Specialises in home eye care services; takes care of everything from home eye tests and dispensing of glasses to a comprehensive aftercare service.

0800 198 1132

Free from a
landline

Web: <http://www.specsavers.co.uk/home-eye-tests>



<p>The Outside Clinic Specialising in providing NHS funded eye tests at home, a dispensing service and free aftercare. Email: info@outsideclinic.com Web: http://www.outsideclinic.co.uk</p>	<p>0800 854 477 Free from a landline</p>
<p>Visioncall Specialises in home eye care services; takes care of everything from home eye tests and dispensing of glasses to a comprehensive aftercare service. Web: www.vision-call.co.uk</p>	<p>0845 050 1831 Charges range from 1p – 12p per minute from a landline</p>
<p>Physiotherapists - for mobility and exercise</p>	
<p>Offers assessment, treatment and management of clients with neurological conditions and mobility and functional difficulties. St Thomas' Hospital, 3rd floor, Lambeth Wing, Westminster Bridge Road, London, SE1 7EH. Guy's Hospital, Ground floor, Tower Wing, Great Maze Pond, London, SE1 9RT. Email: gst-tr.physioadmin@nhs.net</p>	<p>020 3049 4004 020 7188 5094</p>
<p>Podiatry - good foot care leads to reduced pain, increased mobility, increased physical activity and reduction in falls.</p>	
<p>Podiatry Clinic Various surgeries/centres in Lambeth offer treatment for a range of common and complex foot problems including nail surgery and laser therapy (by appointment only).</p>	<p>020 8243 2400</p>
<p>Ackerman Health Community Centre Patmos Road, Brixton, London, SW9 6AF.</p>	<p>020 3049 4040 020 3049 6400</p>
<p>Baldry Gardens Community Service 293 Streatham High Road, London, SW16 3NP.</p>	<p>020 3049 4040</p>
<p>Clapham Manor Health Centre 86 Clapham Manor Street, London, SW4 6EB.</p>	<p>020 3049 4040</p>
<p>Elmcourt Health Centre 214 Norwood Road, London, SE27 9AW.</p>	<p>020 3049 4040</p>
<p>Gracefield Gardens Health Centre 2-8 Gracefield Gardens, Streatham, London, SW16 2ST.</p>	<p>020 3049 4040</p>
<p>Mawbey Brough Community Service 39 Wilcox Close, London, SW8 2UD.</p>	<p>020 3049 6800</p>
<p>Lambeth Community Care Centre Weekdays, 8.30 am – 5.00 pm. Monkton Street, London, SE11 4TX.</p>	<p>020 3049 6910</p>
<p>Speech and Language Therapists - for assessment and advice concerning swallowing, eating and communication</p>	
<p>Whittington Centre 11-13 Rufford Road, London, SW16 2DQ.</p>	<p>020 3049 4004</p>



8 Local activities, organisations - which may offer support but are not dementia specific

Activities that are not dementia specific:

<p>Afro Caribbean Senior Citizens' Group Ground Floor, Leicester House, Loughborough Road, Brixton, London, SW9 7YA.</p>	<p>020 7737 2472</p>
<p>Ashram Asian Elderly Day Centre Every Monday and Wednesday, 1.00 am - 3.00 pm. 452 Streatham High Road, London, SW16 3PY.</p>	<p>020 8516 9643</p>
<p>Basaira Elderly Centre Gender specific keep fit classes and other activities at Greyhound Lane. Lunch every first Wednesday of the month at Baldry Gardens. Carers and escorts welcome. Baldry Gardens, 293 Streatham High Road, London, SW16 3NP. 116 Greyhound Lane, London, SW16 5RN.</p>	<p>020 8677 3863 07958 134 643</p>
<p>Befriending Service The Befriending Service is for older people who may feel socially isolated and lonely. They will match each individual applicant with a suitable volunteer who visits their home for at least one hour a week to keep them company and have a chat.</p>	<p>020 7346 6804 Richard Farnos</p>
<p>Blackfriars Settlement A wide range of activities available throughout the week, including exercise, day trips and art and crafts, lunch club, legal advice, osteopathic clinic, and groups for people with memory problems and visual impairment. 1 Rushworth Street, London, SE1 0RB. Email: info@blackfriars-settlement.org.uk Web: www.blackfriars-settlement.org.uk</p>	<p>020 7928 9521</p>
<p>Caleb Club Church orientated group which meets for talks, arts and crafts, quizzes and film screening. Every Thursday 11.00 am – 2.00 pm All Nations Church, The Bonneville Centre, 12 Poynder Road, London, SW4 8NY.</p>	<p>020 8673 0639 Leslie Ball</p>
<p>Caribbean and Hindu Society A social club aimed at local residents of both Caribbean and Hindu backgrounds. Meetings feature music, singing and discussion. The society aims to be dementia friendly. Every Wednesday, 11.00 am – 2.00 pm. 15 Ostade Road, Brixton Hill, London, SW2 2BB. Web: http://www.chcstemple.org/ Email: csingh1925@aol.com</p>	<p>020 8674 0755</p>
<p>Clapham Library Over 50s Meetings include aromatherapy, homeopathy, gardening, film projects, day trips, free computer workshops, local community advice sessions. Every second Thursday of the month, 11.30 am – 1.00 pm. Clapham Library, 91 Clapham High Street, SW4 7DB. Email: mtowsey@lambeth.gov.uk</p>	<p>020 7926 0717</p>



<p>Eden at St Pauls Gardening Group developing a former piece of wasteland next to a Church. Meets first Saturday of every month. Open daily for visits. St Pauls Church, Rectory Grove, London, SW4 0DX.</p>	<p>020 7622 2128</p>
<p>Film Screening at South Lambeth Library A free film screening at the library every third Wednesday of the month at 6.00 pm. 180 South Lambeth Road, London, SW8 1QP. Email: daphnedesouza@gmail.com</p>	<p>020 7926 0705</p>
<p>Friday Club A club for older residents of Lambeth and Southwark established in 1974, with activities and a monthly outing. Every Friday 1.00 pm – 3.00 pm. Club Room, Kennington Park House, DeLaune Street, London, SE11 4JJ.</p>	<p>0207582 8596 Irene Fish</p>
<p>Friendly Club Streatham, Baptist Church Support to housebound and wheelchair users. Approximately two thirds of users are not connected with the church, but just attend the club. Every Friday 1.30 pm – 4.00 pm. 22 Lewin Road, Streatham, London, SW16 6JR. Email: info@strethambaptist.com</p>	<p>020 8769 1515 Jo Senior</p>
<p>Guernsey Grove Community Centre Lunch Club Lunch club for the over 50s, with games and socialising afterwards. Older people with dementia and memory problems are welcome to attend. Tuesdays, Wednesdays & Thursdays lunch from 1.00 pm. Church Hall, 46 - 46a Guernsey Grove, London, SE24 9DE. Email: guernseygca@btinternet.com</p>	<p>020 8674 7067</p>
<p>Hillside Gardens Allotments Community gardening group, helps grow fruit and veg in a friendly environment. Hillside Road, London, SW2 3HL. Email: mich.thill@gmx.net</p>	<p>Email only</p>
<p>Lambeth Asian Centre A day centre for older Asian people in Streatham offering help, support and activities to promote independence, health and wellbeing. Every Wednesday, 1.30 pm – 4.30 pm. Lambeth Asian Centre, Woodlawns, 16 Leigham Court Road, Streatham, London, SW16 2PJ.</p>	<p>020 8769 5922</p>
<p>Lambeth Chinese Community Association Tai chi, day trips, lunch and general support for people with Chinese heritage. Weekdays, 9.30 am – 5.00 pm, lunch every Tuesday 12.00 pm – 1.30 pm. 69 Stockwell Road, London, SW9 9PY.</p>	<p>020 7733 4377</p>



<p>Lambeth Elderly Association from Vietnam A day centre which offers a lunch club, befriending, exercise and more for Lambeth residents of Vietnamese heritage. The services are not dementia specific but people with dementia with their carers are welcome. Open throughout the week. Warm meals available on Friday and Saturday. 56b Courland Grove, Stockwell, London, SW8 2PX. Email: l.eav@hotmail.co.uk</p>	<p>020 7498 2465</p>
<p>Lambeth GP Food Co-op The Lambeth GP Food Co-op is a project which invites residents around Lambeth to build gardens and grow food at GP surgeries. The project especially welcomes people of all ages who have longterm health conditions or are isolated. People normally join for 2-4 hours on a set day each week, and groups are led by a nurse or other clinical staff. No previous gardening experience is necessary and you don't need to have a garden at home to join in. Participating Surgeries: Brockwell Park Surgery Clapham Family Practice Edith Cavell Surgery Gracefield Gardens (Streatham High Practice) Lambeth Walk Group Practice Mawbey Group Practice Vauxhall Surgery</p>	<p>020 8678 5400 020 3049 6600 020 3049 5900 020 3049 4850 020 7735 4412 020 7411 5720 020 7735 1971</p>
<p>Lambeth Senior Citizens Day Centre A meeting place for the elderly, with games, exercise, trips, invited speakers and more. Every Tuesday, Wednesday & Thursday, 11.00 am – 3.00 pm, and every Friday, 1.30 pm – 6.00 pm. New Testament Church of God, Lambeth Road, Brixton Hill, London, SW2 5BB.</p>	<p>020 7737 0998 Robert Edwards</p>
<p>Lambeth Walk Club Social mornings for older people living close to Lambeth Walk and Kennington, with tea, coffee, cake and outings. Mondays, 10.00 am - 12.00 pm. Chandler Hall, 15 Lambeth Walk, Kennington, London, SE11 6DUT.</p>	<p>020 7207 4628 Daisy Moore</p>
<p>Polish White Eagle Club Drop in keep-fit class for older people in Polish followed by light lunch. Every Wednesday, class – 11.00 am – 12.00 pm, light lunch – 12.00 pm – 1.00 pm. During school term time only. 211 Balham High Street, Balham, London, SW17 7BQ.</p>	<p>020 8395 9892 Basia Kilmas</p>
<p>RouPELL Park Senior Citizens' Coffee Morning Socialising, refreshments and occasional bingo. Every Tuesday, 10.30 am – 12.30 pm. Hyperion House, Upper Tulse Hill Road, London, SW2 1HY.</p>	<p>020 8674 0740 Molly Sinclair</p>



<p>South Lambeth Library Over 50s Club Social group for over 50s including various activities, gardening, computer classes, etc. Tate South Lambeth Library, 180 South Lambeth Road, SW8 1QP. Web: http://www.tatesouthlambethfriends.org/ Email: daphnedesouza@gmail.com</p>	<p>020 7926 0705</p>
<p>Southwark Pensioners' Centre Weekdays, 9.00 am – 4.30 pm. All activities (knitting circle, computer classes, art, exercise and day trips) open to Lambeth residents, except advice services. 305 - 307 Camberwell Road, London, SE5 0HQ.</p>	<p>020 7708 4556</p>
<p>Springfield Methodist Church Luncheon Club Lunch, board games and socialising. Mondays, Wednesdays and Fridays, 12.00 pm – 3.00 pm. Springfield Methodist Church, 200 Wandsworth Road, London, SW8 2JU. Email: springfieldluncheonclub@gmail.com</p>	<p>020 7622 4897</p>
<p>Stockwell Good Neighbours Community group running exercise classes, games and outings, light lunch, as well as a choir and occasional education classes. Every Monday, 11.00 am – 2.00 pm. Readers Project: Thursday 11.00 pm – 1.00 pm. Oval House Theatre, 52-54 Kennington Oval, London, SE11 5SW. Email: lesleyaallen@btopenworld.com</p>	<p>07729 785 843 Lesley Allen</p>
<p>The Reader – Reading Group The Reader Organisation runs shared reading groups across Lambeth and Southwark, they run weekly, everything is read aloud so you can just relax, enjoy a good story, some poems and a cup of tea! No need to book, just turn up. All the groups are free. Would be suited to people with mild to moderate dementia. Contact for timings and location details. Web: www.thereader.org.uk Email: loiswalters@thereader.org.uk</p>	<p>07730 503144 Lois Walters</p>
<p>Trinity Social Club A social group with refreshments, food and activities including board games, discussions, arts & crafts, music and days out. Mondays, 1.00 pm – 3.00 pm. The Undercroft, Holy Trinity Church, Trinity Rise, London, SW2 2QP.</p>	<p>07985 937 557</p>
<p>Upper Norwood Association for Community Care UNACC offers a wide range of activities and outings and aims to provide a safe and inclusive meeting place for older people. Monday, Tuesday, Wednesday & Friday, 9.30 am – 2.30 pm. The Waterside Centre, 26 Avenue Road, London, SE25 4DX. Web: www.unacc.org.uk Email: info@unacc.org.uk</p>	<p>020 8771 6886</p>



<p>U3A Norwood A friendly local group for retired or semi-retired people who want to enjoy interesting and active lives through shared interests and activities. They offer 20 activities per month including art, crafts, creative writing, poetry reading, short story reading, music appreciation and talks by outside speakers on various topics of interest. General meeting third Wednesday of the month at 2.00 pm, programme five activities per week on various days. The Park Tavern, 56 Elder Road, London, SE27 9ND. Web: www.u3asites.org.uk Email: beverleywight@btinternet.com</p>	<p>020 8715 0642 Beverley Wight</p>
<p>Vasell Senior Citizens' Association The project provides opportunities for people aged 55 and over and within the Vassall Ward specifically but generally offered to Lambeth residents to get together to liaise, access information gain skills and represent the views and needs of elderly people who are often ignored stigmatised and lonely. 19 – 21 Fredrick's Crescent, London, SW9 6XN. Web: http://www.vassallseniorcitizensassociation.co.uk/</p>	<p>020 7735 4166 Roz Borley</p>
<p>Vida Walsh Activity Centre Arts, crafts, reading groups, day trips, exercise and various other classes. Activities every Tuesday, Wednesday and Friday . 2 b Saltoun Road, London, SW2 1EP.</p>	<p>020 7326 1780</p>
<p><i>Other organisations which may be able to support you:</i></p>	
<p>Action on Elder Abuse Working to protect, and prevent the abuse of, vulnerable older adults and by doing so also protect other adults at risk of abuse. Email: enquiries@elderabuse.org.uk Web: http://www.elderabuse.org.uk/index.html</p>	<p>080 8808 8141 Monday to Friday 9.00 am to 5.00 pm Free from a landline</p>
<p>Blue Badge Scheme The Blue Badge Scheme provides national parking concessions for people with severe walking difficulties who travel as drivers or passengers. The scheme is also for people who are severely sight impaired. People who have blue badges can park close to their destination in on-street parking and some car parks. Web: https://www.gov.uk/apply-blue-badge (to apply on-line)</p>	



BT Landline – Free Priority Report Fault Repair Scheme

If you qualify for the Scheme, your phone line will be looked after free of charge and any faults will be dealt with as soon as possible, day or night, every day of the year, including Christmas Day. You can also find more information about other BT services for those with additional needs, and download a copy of the booklet, at:
Web: www.bt.com/includingyou

0800 800 150

Free from a landline

0300 123 3333

Advice Line.

Costs no more than a national rate call to a 01 or 02 number if ringing from a mobile

Ofcom Guide to reducing unwanted telephone calls

Web: <http://consumers.ofcom.org.uk/files/2012/09/all-guides-small.pdf>

Careline 24

Careline 24 is run by Lambeth Town hall to enable elderly and vulnerable people to summon help to their home via a telephone alarm system. It is a simple and easily installed alarm system.
Email: Careline24@Lambeth.gov.uk

020 7926 2852

Careline 24

Or

020 7926 1000

Lambeth service centre

Change 4 Life

Help to change lifestyle by adding more exercise, simply by walking more.

Web: <http://www.nhs.uk/Change4Life/Pages/national-partnerswalk-england.aspx>

0300 123 4567

Costs no more than a national rate call to a 01 or 02 number if ringing from a mobile

CITAS – Community Interpreting and Translation Service

A non-profit organisation working with local authorities & private organisations to help vulnerable people in local communities in London, covering over 55 languages.
1 Dalling Road, Hammersmith, London, W6 0JD.

020 8600 3830**0845 521 0405**

Charges range from 1p– 11p per minute from a landline

Community Meals Service

‘Meals on Wheels’ – or community meals as they are now known – are cooked/frozen meals which are provided to people in their own homes to assist them to live as independently as possible.

020 7926 5555**Counselling Directory**

Connecting you with professional support.

Web: <http://www.counselling-directory.org.uk/>

0844 8030 240

Charges range from 1p – 13p per minute from a landline

Dementia Adventure*

This organisation provides a range of adventures from short walks to international holidays and bespoke group breaks.

Dementia Adventure CIC, Unit 11 Old Park Farm, Main Road, Ford End, Essex, CM3 1LN.

Email: info@dementiaadventure.co.uk

Web: <http://www.dementiaadventure.co.uk/>

01245 237 548

<p>Dementia related information in other languages* A website where dementia related information is provided in a number of languages other than English. Web: https://fightdementia.org.au/about-dementia-and-memory-loss/information-in-other-languages</p>	<p>Website only</p>
<p>Disabled Living Foundation Provides advice, information and training on independent living. There is a library of electronic aids that can be borrowed for up to two weeks to see if they are suitable for the person. Monday to Friday, 10.00 am – 4.00 pm. Email: helpline@dlf.org.uk Web: www.dlf.org.uk/library</p>	<p>0300 999 0004</p>
<p>Equality Advisory Service The helpline advises and assists people on issues relating to equality and human rights. Freepost Equality Advisory Support Service. FPN4431 Web: www.equalityadvisoryservice.com</p>	<p>0808 800 0082 Freephone Weekdays 9.00 am – 8.00 pm, Saturday 10.00 am – 2.00 pm</p>
<p>Falls Prevention - SLIPS (Southwark & Lambeth Integrated Care Pathway for Older People with Falls) This service aims to reduce the number of people having falls throughout Southwark and Lambeth by providing tried and tested ideas for those who have fallen and/or are at risk of falling. Web: http://www.slips-online.co.uk/Home.aspx</p>	<p>020 3049 4004 Lambeth Community Therapies</p>
<p>Forget Me Not Book* Forget Me Not Book allows family and friends to collect stories and photographs together in an online memory or life story book. It is free to create a book online and there is a small charge if the book is printed. Email: jon@forgetmenotbook.com Web: www.forgetmenotbook.com Facebook: www.facebook.com/forgetmenotbook</p>	<p>01225 891 778</p>
<p>Freedom Pass Freedom Pass is provided by your local borough council to give older and disabled Londoners free travel on almost all public transport in London.</p>	<p>0845 275 7054 Local rate. Monday to Sunday 8.00 am – 8.00 pm</p>
<p>Guideposts' own 24 hour Dementia Helpline* To have a chat about any concerns or to find out about local support. The helpline is designed to assist individuals and organisations caring for people with dementia. The particular focus of the service is to offer advice and information when it is most needed, a call back service is provided so we incur the call cost not you.</p>	<p>0845 120 4048 Charges range from 1p – 12p per minute from a landline</p>
<p>Handyperson Service A home repair agency helping older and disabled people to keep their homes secure, safe, warm and accessible. Web: http://www.ageuk.org.uk/lambeth/our-services/handyperson-service/</p>	<p>020 7346 6806 Sue Taylor Kim Connell</p>



<p>Jewish Care Providing care and support to the Jewish community in London with outreach workers for the Lambeth area. Amélie House, Maurice and Vivienne Wohl Campus, 221 Golders Green Road, London, NW11 9DQ.</p>	<p>020 8922 2000</p>
<p>Lambeth and Southwark Community Transport (LaSCot) Community Transport schemes aim to provide members of the public, who are unable to use conventional public transport due to disability or age, with fully accessible transport. 10 Somerleyton Road, London SW9 8ND. Web: http://www.lascot.com/</p>	<p>020 7501 8998</p>
<p>Lambeth Council Interpreting and Translation Service Interpreting and translation services are available for meetings upon request. 10th Floor, Blue Star House, 234 – 244 Stockwell Road, London, SW9 9SP. Email: mdomange@lambeth.gov.uk</p>	<p>020 7926 9688 Marjorie Domange</p>
<p>Lambeth Forum for Older People The forum promotes the interests of older people of 55 + in Lambeth. c/o Age UK, Lambeth, 336 Brixton Road, London, SW9 7AA.</p>	<p>020 7346 6800 Mohammed Khan – Lodi (Chair)</p>
<p>Lambeth Pensioners Action Group A campaign group for pensioners in Lambeth associated with National Pensioners' Convention. c/o Age Concern, Lambeth, 336 Brixton Road, SW9 7AA. Third Monday of the month, 1.30 pm – 3.30 pm. Room 8, Lambeth Town Hall, Brixton Hill, London, SW2 1RW.</p>	<p>020 7582 5063 Ellen Lebethé</p>
<p>Language Line Language solutions provided include telephone, face-to-face, video and British Sign Language interpreting and document translation in more than 200 languages. Email: translations@languageline.co.uk Web: http://www.languageline.co.uk</p>	<p>0800 917 6564 Free from a landline</p>
<p>Lambeth Resolve Advocacy is a way of helping people, in partnership, to express their views and wishes, so they can be heard.</p>	<p>020 7095 5720 Monday to Friday 9.00 am – 5.00 pm</p>
<p>Latin American Disabled People's Project Latin American Disabled People's Project provides information, advice & advocacy for disabled Spanish & Portuguese speaking people from Latin America, Europe & Africa. Drop in Service: Tuesday & Thursday. Unit 7, Kennington Workshop, 42 Braganza Street, Kennington, London, SE17 3RJ. Email: ladpp@ladpp.org.uk Web: www.ladpp.org.uk</p>	<p>020 7793 8399</p>



<p>Meri Yaadain (My Memories) Provides general dementia related information for South Asian communities in a number of community languages. (Although a Bradford based organisation, much of the information is not locality specific to that area) Web: http://www.meriyaadain.co.uk</p>	<p>Website only</p>
<p>My Care My Home Free advice to help people with their care. Web: MyCareMyHome.co.uk</p>	<p>0800 731 8470 Free from a landline</p>
<p>RADAR key Toilets with extra room and easier access for the use of disabled people. To obtain your own key, you can call the sales department on the number opposite or you can send a postal order or cheque for £4.50 to Disability Rights UK at the address below. Disability Rights UK, CAN Mezzanine, 49 – 51 East Road, London, N1 6AH. Email: enquiries@disabilityrightsuk.org (General enquiries). Disabled Toilets A list of disabled toilets can be purchased from Disability Rights UK.</p>	<p>020 7250 8191 Sales</p>
<p>Regional Driving Assessment Centre To arrange an assessment if you are worried about driving skills. Many people with dementia can still drive, but it is always best to have an assessment if you are unsure. Web: http://www.elap.co.uk/questions/choosing_adaptation/adaptation-assessment/do-you-have-a-list-of-driving-assessment-centres/</p>	<p>Website Only</p>
<p>S.A.I.L – Safe & Independent Living Lambeth Safe & Independent Living (SAIL) enables organisations and individuals working in the community to help people with problems outside their area of responsibility. In this way, health and social care providers can increase their reach without requiring additional funding. Through co-operation, Lambeth community organisations can provide a more holistic service to older people in need. Seventeen services are accessible through a single referral. Email: info@ageuklambeth.org.uk.</p>	<p>020 7346 6800 Age UK Lambeth</p>
<p>Telecare and alarms These are products and services that can prompt, remind and inform people and their carers about things in daily life which need to be done. Or, they may alert a carer or a monitoring centre that something has happened and appropriate action should be taken.</p>	<p>020 7926 2852</p>
<p>The Daily Sparkle Every day, carers are improving the lives of elderly people and dementia patients with the use of a new tool - The Daily Sparkle. It looks like a newspaper and provides reminiscence activities. Email: info@dailysparkle.co.uk Web: http://www.dailysparkle.co.uk/</p>	<p>0800 228 9698 Free from a landline.</p>



<p>The Life Story Network This programme looks to educate, empower and enable in order to encourage and embrace relationships built on empathy. Web: http://www.lifestorynetwork.org.uk/</p>	<p>0151 237 2669</p>	
<p>The Purple Angel* A not-for-profit group of volunteers who aim to share knowledge, inspire and empower those living with dementia. The website also features a blog detailing personal experiences of dementia. Email: info@purpleangel.org.uk Web: www.purpleangel.org.uk</p>	<p>Email</p>	
<p>Vitalise Quality time with the one you love, holidays for people with dementia and their families. Web: http://www.vitalise.org.uk/centre_breaks/</p>	<p>0303 303 0145 Calls charged the same as the national rate to 01 & 02 numbers.</p>	
<p>White Badge Scheme A White Badge parking permit can be used in Lambeth only and allows you to park closer to your destination if you are disabled. Once you have received your Blue Badge parking permit you will be entitled to apply for Lambeth only White Badge parking permit.</p>	<p>020 7926 1000</p>	
<p>YoungDementia UK* YoungDementia UK runs a national website providing information specifically for people aged under 65 with dementia, and their family and friends. PO Box 315, Witney, Oxfordshire, OX28 1ZN. Email: mail@youngdementiauk.org Web: www.youngdementiauk.org Facebook: www.facebook.com/YoungDementiaUK Twitter: www.twitter.com/YoungDementiaUK</p>	<p>01993 776 295</p>	

Notes:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



9 Legal and Financial help - a Lasting Power of Attorney (LPA) enables you to appoint one or more people who you trust to manage your affairs should this become necessary. The role of the attorney may be to make decisions about your health and personal welfare that are in your best interests such as: where you live; the provision of day-to-day care; medical treatment and /or managing your financial affairs. You do not have to involve a solicitor to draw up a LPA; more information about the two types of LPA can be found on the GOV.UK site.

Web: <https://www.gov.uk/power-of-attorney>

You can fill out and register a LPA on line, guidance is given on how to do this.

Web: <http://www.gov.uk/power-of-attorney/make-a-lasting-power-of-attorney>

However, if you chose to use a solicitor the following information may be helpful:

9 a: The Law Society

The Law Society

Finds a solicitor for you.

020 7242 1222

If you would like to find a solicitor for yourself you can use the online search facility:

Web: <http://www.lawsociety.org.uk> (click on find a solicitor, then click on find a law firm, fill in your postcode and enter the word **advocacy** for area of law.)

9 b: Financial Advice

PayingForCare

An information and advice service helping people (their families, friends and carers) to make informed choices when faced with the prospect of having to pay for the costs of their own care.

Web: <http://www.patingforcare.org/>

Website only

Saga Care Funding Advice Service

For independent advice regarding funding care.

0800 056 7996

Free from a landline

The Society of Later Life Advisors (SOLLA)

Aims to assist consumers and their families in finding trusted accredited financial advisors who understand financial needs in later life.

Web: <http://www.societyoflaterlifeadvisers.co.uk/>

0845 303 2909

Charges range from 1p – 12p per minute from a landline



Here is a list of some of the issues which may or may not be relevant to you - but help and information is available.

- The different types of dementia
- Understanding behaviours
- Care and support options
- Dementia medications including the use of anti-psychotics
- Safety – at home or out and about
- Assistive technology
- Life Story Work
- Living well with dementia
- Contenance and toileting
- Sexual relationships
- Advocacy
- Younger people and dementia
- How to explain to children
- Cultural diversities
- Learning disabilities and dementia
- Environment, including equipment and adaptations

If you provide an England wide service for people affected by dementia and would like to be included in this Information Prescription please email: dementiahelpline@guidepoststrust.org.uk or telephone **0845 120 4048**

Evaluation:

We would really welcome and appreciate your feedback in order to develop our work. If you would be happy to discuss your thoughts and answer a few questions then please contact 0845 120 4048, or you can complete the form at the end of this document and return to us.

Disclaimer:

Every effort has been made to ensure the content of the Information Prescription is accurate at the time of issue (see date at the bottom of the page). However, neither the authors nor Guideposts Trust accept liability for any third party information or service provision.

The inclusion of organisations, services and links to other websites is for information purposes only and does not constitute endorsement of any kind by Guideposts Trust/dementia web or the organisations supporting the publication.

Guideposts Trust/ dementia web are not responsible for the content of external internet sites.

Primarily the Information Prescription is a guide only, it is not intended as a substitute for independent / expert advice; always consult a qualified professional about your own care or the person you care for.

If you have a problem with any of the content or contact details, please call our helpline number **0845 120 4048**. (Charges range from 1p – 12p per minute when calling from a landline.)



Evaluation of Dementia Information Prescriptions

The Dementia Information Prescription is always under development and we would really value your feedback to improve the quality and content of the service we provide. We would really be very grateful if you could answer the following questions and return them to us.

Thank you

Please tell us about you:

Please tick ✓ all boxes that apply.

- | | |
|--|---|
| <input type="checkbox"/> I have dementia | <input type="checkbox"/> I think I might have dementia |
| <input type="checkbox"/> Someone in my family has dementia | <input type="checkbox"/> I care for someone with dementia |
| <input type="checkbox"/> I am a social or health care professional | |

1. What information about dementia are you looking for?

2. Have you used any other resources to find out about dementia? If so, please list them below.

3. Which sections of the dementia Information Prescription contains relevant information to you? *Please tick ✓ all boxes that apply.*

- | | |
|---|---|
| <input type="checkbox"/> 1 Face to face support | <input type="checkbox"/> 6 Local support for family, friends and carers |
| <input type="checkbox"/> 2 Local adult social care contact | <input type="checkbox"/> 7 Local health care contacts |
| <input type="checkbox"/> 3 Local Council | <input type="checkbox"/> 8 Local activities |
| <input type="checkbox"/> 4 Benefits help and advice | <input type="checkbox"/> 9 Legal and Financial help |
| <input type="checkbox"/> 5 Local support for a person with dementia | |



4. Would you describe the Dementia Information Prescription as:

Please tick ✓ one box below.

Very Useful

Useful

Not Useful

5. Are there any areas that you would like to see included?

Please comment in the box below.

6. How would you rate the information overall - with a score from 1 (poor) to 10 (excellent) and comment why.

1 2 3 4 5 6 7 8 9 10 (*Circle one*)

7. *Do you like the design of the information prescription?* - with a score from 1 (poor) to 10 (excellent) and comment why.

1 2 3 4 5 6 7 8 9 10 (*Circle one*)

Please use the enclosed envelope or return to:

Guideposts Trust/Dementia Web, Two Rivers, Station Lane, Witney, Oxfordshire, OX28 4BH.

*Or call and discuss your evaluation **0845 120 4048***

