Doncaster Directory of Dementia Services

Helping you to access services in Doncaster
If you would like help with healthy eating advice or support to lose weight you may want to contact the Healthy Weight Solutions team at the Department of Nutrition and Dietetics on: 0800 9176264

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

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

Doncaster Stop Smoking Service
Supporting people to stop smoking in groups or on a one-to-one basis. Contact on: 01302 640064 or look up http://smokefree.nhs.uk/why-quit for more information and advice on stopping smoking

Doncaster Alcohol Services
For support and advice on alcohol use contact the team on: 01302 368707 or www.doncasteralcoholservices.co.uk

NHS Choices
Website for people who need medical advice or guidance. Contact on: www.nhs.uk
Doncaster Dementia Forum

The Doncaster Dementia Forum recognises the need for people with dementia and their carers to have their voices heard. Held at 1.00pm on the second Wednesday of each month at Forest Gate Day Hospital (the Memory Clinic), Tickhill Road this informal forum is a place to ask questions, and raise problems and issues.

If you are unable to attend you can contact Eileen Harrington on:
eileenharrington@talktalk.net

Doncaster CVS Health and Social Care Team can assist groups to set up and can also help in accessing training. We provide information on a range of subjects including how to apply for funding and many other topics.

If you are interested in finding out about existing health and self-help groups in Doncaster, or if you would like to start a group yourself, contact Tom McKnight on: 01302 343300 Ext 211 or email: tmcknight@doncastercvs.org.uk

Or look at our Doncaster CVS Directory to find out all about over 650 voluntary sector organisations in Doncaster. Simply go to: www.doncastercvsdirectory.org.uk
MEDICALERT
This 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: 08010 581420 for further information.

Doncaster Relatives and Residents Association
A support group for people living in care homes, their relatives and for those who are looking for information on care homes in Doncaster. We offer practical advice on a variety of subjects involving nursing and residential homes. Meetings are held on the 3rd Wednesday of the month at the Women’s Centre, Cleveland Street from 7.00pm – 9.00pm. Contact Jim on: 01302 782697 or Bernard on: 01302 744459

DonMentia
DonMentia is a group of volunteers offering their time, skills and expertise to help those affected by dementia. As they are unattached to any one specific dementia charity, they are able to ensure that funds raised are used exclusively for local people. Contact the group on: donmentia@aoll.com or eileenharrington@talktalk.net

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

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

For further information on the service contact: Jan Burrows – Dementia Support Manager on: 07714 898565 or email jan.burrows@royalvoluntaryservice.org.uk

Healthwatch is your local independent health and social care consumer champion. We gather your experiences and stories of health and social care services to help improve them. We can help point you in the right direction for the services you need or support you in making a complaint about an NHS service you have received. To access our services call freephone 0808 8010391 or to speak to a member of the support team call 01302 378935. Alternatively visit us at: www.healthwatchdoncaster.org.uk or email on: info@healthwatchdoncaster.org.uk and you can find us at 36 Duke Street, Doncaster DN1 3EA.
Creative approaches can raise self-esteem and confidence, improve health and fitness, bring people together, help facilitate learning and change perceptions … and that’s just scratching the surface of the wide range of work we do.

There are plenty of activities you can get involved in either during the day or in the evening including the Quirky Choir, our monthly book group and the Knit and Knatter group.

For more details on how to get involved check out our website: www.thepoint.org.uk/get-involved or call 01302 341662
And for a closer look at the work we do with dementia and carers go to: www.thepoint.org.uk/article/arts-and-health

SYCIL – South Yorkshire Centre for Inclusive Living
SYCIL support disabled people and those with long term illnesses to live more independently by providing free services which include; advice on Aids and adaptations, occupational therapy and physiotherapy assessments, advocacy, support and advice on personal budgets and direct payments, training, exercise, volunteering and much more. We accept referrals from professionals and other organisations but you can also self-refer by calling: 01302 892949 or emailing: info@sycil.org or look at our website on: www.sycil.org

SYCIL Lifestyle Choices (SYCIL LC)
Our SYCIL Lifestyle Choices (SYCIL LC) programme can offer a tailor made package to meet your needs, providing essential support within your home or around your community.

Services include adult sitting (non personal care), cleaning, ironing (within your home), gardening, basic decorating, accompanying you to medical appointments, social outings and support to attend hobbies. Contact us on: 01302 892967 or email: admin@sycillifestyle.co.uk. You can also find us at www.sycillifestyle.co.uk or on Twitter at @SYCILLC

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

Door 2 Door Bus Service
This service is vital for people who would normally be housebound. It 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.
The Partially Sighted Society
In the UK there are over a million visually impaired people, including many elderly people whose vision is failing through age. We provide advice, help and training in living with low vision and carry a wide ranging stock of aids to help with daily living and vision problems ranging from simple devices to the latest technology. People with a visual impairment can be referred by health and social care professionals, friends, relatives or themselves for low-vision advice, help and support. Please contact: 0844 4774966 or 0844 4774963 or visit the website: www.partsight.org

The Talking Shop
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

Tourism For All UK
Contact the ‘Tourism For All’ team for advice and information on accessible holidays and travel – in the UK and abroad – for older people and for those with particular needs. Details are available on residential, nursing and holiday homes catering for people with dementia. The team can be contacted on: 0845 124 9971. For more information visit: www.tourismforall.org.uk

Vitalise Essential Breaks
This service organises holidays and breaks for people with disabilities and their carers in five purpose-built centres in England. Four of the centres run Alzheimer’s weeks, sponsored by the Alzheimer’s Society. Vitalise can be contacted on: 0303 3630145 or www.vitalise.org.uk

ICAS (Independent Complaints Advocacy Service)
A free advocacy service that will support anyone with an NHS complaint. Contact on: 0845 120 3734 oricas@carersfederation.co.uk

Parkinson’s UK
The Doncaster Group meet every Thursday of the month (except January) at 1.30pm – 3.30pm at the Stirling Street Centre. Contact the group on: 0844 225 3634 or bvso.yorskhire@parkinsons.org.uk

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

Diabetes UK Care Line
0845 120 2960 or www.diabetes.org.uk
Dementia Carers' Dementia Support Service offers regular one-to-one visits for two hours each fortnight to provide respite for carers of people diagnosed with moderate to severe dementia, providing company and conversation when needed and offering carers a regular break from their caring role.

Community and Peer Support Service for people living with dementia provides a chance to meet other people with dementia and their carers, share experiences and resolutions to problems, emotional and practical support and receive information about other services. The support group is also open to people that have memory loss but have not yet had a formal diagnosis of dementia. For more information call: 01302 380077, email: befriending@sueryder.org or visit www.sueryder.org

South Yorkshire Fire & Rescue offers a free Home Safety Check service to advise you on how to reduce your risk of fire. During a visit, firefighters or community safety staff will visit your home to advise you on things like smoke alarms, escape routes and common causes of fire. They will also fit smoke alarms for you for free where required. To request a visit call: 0114 253 2314 and quote the word ‘GT0297’.

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If you think you may have a form of dementia, or are caring for a person with dementia, there are many ways that the Alzheimer’s Society in Doncaster can help. Their support workers can visit you at home, provide a friendly ear when you need someone to talk to, introduce you to the Memory café and the Singing for the Brain groups. For information on the many ways they can help call: 01709 580543 email on: doncaster@alzheimers.org.uk or write to: Room F9, Mexborough Business Centre, College Road, Mexborough S64 9JP
Doncaster Carers Emergency Contact scheme is a FREE service funded by Doncaster Council to provide support for the person needing care if the carer has an emergency situation. Support can be put in place immediately for up to 48hrs week days and up to 72hrs weekends and Bank Holidays. For further information telephone 01302 812827, email: cmf@ageukdoncaster.org.uk or visit the website at: www.doncastercarersservice.org.uk

The Independent Living Guide has been developed with and for disabled and older people through Doncaster Council. It provides information and advice on how to live safely and independently in your own home, from housing to transport, to learning opportunities and volunteering. To find out more contact the Adult Contact Team on: 01302 737391 or email: adultcontactteam@doncaster.gov.uk

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

The Energy Team For energy saving advice, free Fire Service home safety checks and much more please call the Energy Team on: FREEPHONE 0800 028 1067

Doncaster Council’s Repair and Support Service is a free service that helps disabled and older people by carrying out minor repairs and maintenance jobs within their own homes. To find out more contact Yvonne Charters on: 01302 736574 or email: Yvonne.Charters@doncaster.gov.uk

Doncaster Council’s Wellbeing Service is available to you if you need support to remain independent. For more information call the Adult Contact Team on: 01302 737391

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, you need to contact the Council’s Adult Contact Team as above.

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, you need to contact the Council’s Adult Contact Team as above.

Get Doncaster Walking For more details on local walking opportunities visit www.doncaster.gov.uk/walking For further information on other ways to stay active contact Dean Wiffen at Active Doncaster on: 01302 735403 or dean.wiffen@doncaster.gov.uk

Active Doncaster works in partnership with various organisations to ensure the residents of Doncaster have access to high quality sport, active recreation and physical activity opportunities.