

Exeter Diocese: Local support services

The Alzheimer's Society is taking the lead in dementia issues of all kind and so it's good to contact them as soon as a diagnosis has been confirmed. They can usually offer support and news of other help available. There are different contacts for Devon, Plymouth and Torbay so here are the key contacts.

Memory Cafes

<http://www.memorycafes.org.uk/england/southwest/devon/devon.html>

Devon area 0300 1232029

These offices in Exeter provide support for all areas including North Devon and will refer you to a local service but you need to begin here – their helpline telephone no is very useful. They support people living with dementia and their carers, throughout the county.

Alzheimer's Society 0300 1232029

Suite 1, Forde House, Park Five Business Centre, Harrier Way, Sowton Industrial Estate, Exeter Devon, EX2 7HU.

Email: devon@alzheimers.org.uk

Devon Carers 08456 434 435

Helpline (open Monday-Friday 8am to 6pm and Saturday mornings 9am to 1pm) 08456 434 435

Benefits to carers include:

a regular newsletter with information about events, groups and training in your area;

a Carer Alert Card to ensure the person you care for gets help if something unexpected happens to you;

contact with someone to give you advice and support; and,

help accessing short breaks to give you time off from caring.

<http://www.devoncarers.org.uk/>

Plymouth

Alzheimer's Society Tel:01752 608 900

First Floor Offices, Main Building

Scott Lodge Scott Road, Plymouth Devon PL2 3DU

Email: plymouth@alzheimers.org.uk

Dementia Support Workers offer expert practical advice and support to help you to understand dementia. They will assist people to cope with the day-to-day challenges that having dementia may bring, and help prepare them for the future. They will help access other support services within the area, and help access local services within the community. Their aim is to help people feel supported, and help maintain independence, choice and control over life. They offer face to face, telephone, or email support. For people of all ages with dementia and their carers.

The Carers Hub Plymouth 01752 201890

is an information and support service run by three organisations working together to provide an enhanced service to unpaid carers who are over 18 and living in the City of Plymouth. Referrals can be made by contacting the Hub direct on 01752 201890 or by completing a referral form and emailing to chp@plymouthguild.org.uk

Torbay

Alzheimer's Society 01803 210333; helpline. 0300 222 1122

Suite 02 Ground Floor, Berwyn House, 70-72 Abbey Road, Torquay, Devon TQ2 5NH

Email: torbay@alzheimers.org.uk

The Alzheimers Society in Torbay provides a Dementia Adviser Service for people with dementia and their carers. Offers Information, guidance and support and if a referral is made for someone post diagnosis we will allocate a Dementia Support Adviser who will become the single point of contact and help steer people through the emotional and sometimes difficult times ahead, helping them to live well with dementia.

Torbay Carers Service 01803 666620

(Signposts for Carers) is a specialist information and support service provided by Torbay and South Devon NHS Foundation Trust for unpaid Carers in Torbay, who are caring for someone with a long-term health condition.

Devon Memory Service

Up until now, the assessment of people's memory problems and the possible diagnosis of a dementia have not been managed consistently. The new Memory Clinics, which are based in Torbay, Exeter and Barnstaple, will change that. They are a joint initiative between Devon Partnership NHS Trust, which provides specialist mental health services, and our colleagues based in the county's main acute hospitals.

The Memory Clinics are part of the Devon Memory Service and provide a comprehensive assessment, by a multi-disciplinary team, under one roof and in a single appointment. They also mark the start of the process to provide follow-up information, care and treatment, where it is required. Your GP will be able to give you a referral.

Caring for Dementia – Dementia Carer's Pathways New Devon

This is a very practical resource for carers and people living with dementia put together by David Light and funded by Rotarians Easing Problems of Dementia. Available free to anyone with a confirmed diagnosis. For your free copy telephone Patient Advice and Liaison Service (PALS) on 0800 0730 741.

<http://www.carerspathways.org.uk/>

Stay independent and keep active

Useful guidance about staying active

<http://www.nhs.uk/Conditions/dementia-guide/Pages/staying-independent-with-dementia.aspx>

For further advice contact Sally.farrant@exeter.anglican.org , Church and Society 01392 294940.