Dementia Support in Greenwich

There are a number of support services for people living with dementia, their carers and relatives. This leaflet outlines some of the support available in Greenwich.

April 2017

Dementia Advice - The Dementia Advisers service provides support to understand key information around a diagnosis of dementia and what this may mean for the service user and their family. Up to date tailored information is provided, as well as signposting to appropriate services. The Alzheimer’s Society’s Dementia Advisors can be contacted throughout the journey with dementia.

Dementia Support Worker - Where a person with dementia and/or carer has more complex needs, the Dementia Support Worker service will be able to offer practical advice and support to help with understanding dementia, to enable them to cope with the day

Carers Support Group for Irish residents—A friendly carers group who meet once a month to have a cup of tea and a chat. It is also an opportunity to talk about things that are important to you as a carer. They meet every first Wednesday on the month

Dementia Carers Group - A voluntary group for carers and families of those with Dementia. The group is at St Mary’s Community Centre on the 3rd Monday of the month at 10.30 a.m. for coffee and to share information and experiences with other carers.

Dementia Carers Singing Group - Volunteers Jill Austen and Jenni White, with the assistance of musician and choir leader Chris Harrison, formed this singing group for both carers and cared for, to come together to enjoy some social time, together with other people, in similar circumstances to themselves.

The group is now at The Stables, every 2nd Monday of the month at 11.45am—1.15pm

Age Exchange Reminiscence Arts Group and Young-onset group

Reminiscence Arts Group – Arts based activity for people with dementia and their carers held every Tuesday 11am to 3pm.

Kaleidoscope Café – The group is held once a month in the studio at Age Exchange, specifically for under 65’s living with young-onset dementia and those that provide care as family, friends, or staff. Please use the contact detail on the right to confirm dates.

Alzheimer’s Society Dementia Advisors
Email: dagreenwich@alzheimers.org.uk
Tel: 01322 524950

Carers Support Group
St Nicholas Church, 66a Whetstone Road
Kidbrooke, SE3 8PZ
Tel: 020 854 4466 (Mary Pegler)
E-mail: carersmanager@irishcommunityservices.org.uk

Dementia Carers Group (Greenwich & Bexley)
St Mary’s Community Centre
180 Eltham High Street,

Age Exchange
11 Blackheath Village
Blackheath, SE3 9LA

Email: Agnieszka.daldorph@age-exchange.org.uk
Jacqueline.ede@age-exchange.org.uk
Tel: 020 8318 9105
**Dementia Cafes** - provide a friendly and supportive environment where people can meet, have lunch or a just a coffee, talk and learn more about dementia and what support is available. A range of information and activities are also provided at each café.

There are three cafés operating in Greenwich:

1. **Crossroads Care (South East London) Memory Lane Café**
   - Every Tuesday 10am-2.30pm, Middle Park Community Centre, 150 Middle Park Avenue, Eltham, SE9 5SD
   - Tel: 01322 336 086

2. **Alzheimer’s Society Dementia Café**
   - Fortnightly on Tuesdays 1 – 3pm, Shrewsbury House Community Centre, Bushmoor Crescent, Shooter’s Hill, SE18 3EG
   - Tel: 01322 254 950

3. **Crossroads Care (South East London), Memory Lane Café**
   - Every Wednesday 10.00am-2.30pm, Age UK Bromley & Greenwich Resource Centre, 2-6 Sherard Road, Eltham, London, SE9 6EX
   - Tel: 01322 336 086

*For more information and actual dates for the Dementia café please call 01322 524950 or email dagreenwich@alzheimers.org.uk*

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**Let’s Not Forget Club**
- Group is for people with dementia and their carers to socialise with others and to reminisce and meet new people. It includes memories of, holidays, cooking, working, gardening, local area, going dancing, shopping and shops, fashion, cinemas. Every second Tuesday.

**Dementia Dialogue** - Provides one-to-one advice/training sessions for family carers and professionals. Delivers Dementia Awareness including dementia inclusive design.

**The Greenwich Integrated Volunteer (GIV) Network** - A partnership of voluntary sector organisations that pools volunteers to support residents in Greenwich. The GIV Network will match a friendly volunteer who will support people with dementia to do practical and helpful things.

**Greenwich & Bexley Community Hospice** - offers end of life care and support for people in Greenwich and Bexley. Various services provide skilled support and care for people at home, in the Queen Elizabeth Hospital, and at the Hospice in Bostall Hill. Support is also available around advanced care planning and support for people in care homes.

**Reflections Friendship Group** - This is a free group for people with dementia and their family and friends. Come along for a chat, information and activities. The group meets alternate Tuesdays 1pm - 3pm.

**Reflections Carers Group** - This is a free group for people caring for someone with dementia in their home or in a care home. By prior arrangement a person can be cared for alongside this group. The group meets every 2nd Monday 7.30pm - 9pm.

**Greenwich Picturehouse**
- Accessible films screenings can help people reconnect with memories. Greenwich Picturehouse, every fourth Monday of the month shows a film with an interval half way through. Screenings start at 11.00am and refreshments are provided at 10.30am.

**Let’s Not Forget Club**
- Scouts Hall behind St. Nicholas Church Whetstone Rd SE3 8PZ
- Tel: Paul Howard 020 8319 0970 / 07585126407

**Dementia Dialogue**
- Angelika Welzel-Connelly
- Tel: 07716 720 964

**GIV Network**
- Tel: 020 8102 9637
- Email: giv@greenwichcarerscentre.org

**Greenwich & Bexley Community Hospice**
- Tel: 020 8320 5837
- Email: info@gbch.org.uk
- Website: www.communityhospice.org.uk

**Reflections Groups**
- Shrewsbury House Community Centre
- Bushmoor Crescent
- Shooters Hill, SE18 3EG
- Tel: Janet Ley 079817 41499
- Email: reflectionsgreenwich@gmail.com

**Dementia Friendly Film Screenings**
- Accessible films screenings can help people reconnect with memories. Greenwich Picturehouse, every fourth Monday of the month shows a film with a interval half way through. Screenings start at 11.00am and refreshments are provided at 10.30am.

**Greenwich Picturehouse**
- 180 Greenwich High Road
- Greenwich SE10 8NN
- Tel: 0871 902 5732
- Website: www.picturehouses.com