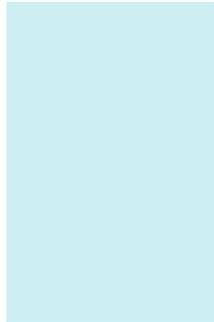


Living Well with Dementia in Oldham

A guide to local services and activities for people living with dementia and their carers.



Oldham
Council

This booklet includes information about some of the key services in Oldham that people with dementia and their families and carers may find helpful.

It has been written by members of the Oldham Dementia Partnership. The Oldham Dementia Partnership is hosted by NHS Oldham Clinical Commissioning Group. It brings together the expertise of many of the health, social care, voluntary sector and private sector organisations in Oldham to work collectively on improving care for people with dementia.

We hope that you will find the information helpful. It is not an exhaustive list of all services in Oldham and there will be other services that you may wish to use.

If there are any other services that you think others would want to know about in future editions of this guide, let Age UK Oldham know on 0161 622 9312 / 9309 or email them at: dementia.services@ageukoldham.org.uk

Copies of this booklet are available at Age UK Oldham, Information, Care & Support Centre, 3 Lord Street Oldham, OL1 3HB (next to the main post office in Oldham) or alternatively, downloaded from www.ageukoldham.org.uk or www.oldham.gov.uk/dementia

All information correct at time of printing in October 2016.

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Alzheimer's Society
Oldham Community Leisure
Oldham Council
Making Space
Saddleworth Carers Group
The Memory Clinic

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At the GP's Surgery

If you are worried about memory loss, it is recommended that you go to your GP as soon as possible for a check-up.

Your GP will ask you some questions, do a quick Memory test and arrange some blood tests. If they think you may have dementia they will refer you to the Memory Clinic for a specialist assessment.



A timely diagnosis will enable you to live well with dementia for longer. Your GP can assist by helping you to stay physically fit, providing you with information and helping to get a range of support for you, your family and other carers.

Depending on the type of dementia you have, they may give you medication for your dementia.

If you have dementia, your GP should offer you a review each year. This will cover your physical health, mental health and social care needs, as well as checking your medications and making sure that your family carers have support if they need it. It is important to have a review each year, so do book one with your GP.

The Oldham Memory Service

Improving the quality of care and support for people with memory problems / dementia related illness and their carers is a key priority of the Oldham Health and Well-being Strategy. Oldham Clinical Commissioning Group and Oldham Metropolitan Council has commissioned an extended Memory Service that not only delivers a Clinical Memory Assessment Clinic but now provides a comprehensive range of post diagnostic support and support to carers of people with memory problems / dementia related illness.



Living with and caring for people with memory problems / dementia can be challenging so it is very important that people are made aware of and offered the opportunity for expert clinical input, early diagnosis, care and support, information, respite, education, training, emotional and psychological support so that they able to continue to live well and plan for the future.

The Enhanced Oldham Memory Service is run by a partnership of organisations including Pennine Care NHS Foundation Trust, Oldham Clinical Commissioning Group, Oldham Council, Age UK Oldham and Making Space.

Each organisation has a specific expertise and role in the service.

Pennine Care NHS Foundation Trust: The Memory Clinic

If your GP is concerned that you have a memory problem they will refer you to the Oldham Memory Clinic for a specialist assessment. A specially trained nurse will arrange to visit your home to find out more about you and do some test of your memory.

If this then suggests you may have a dementia related illness they may arrange for you to have a brain scan or for you to see a specialist consultant either at the hospital or one of the services held in a GP surgery or health centre in Oldham.

The Memory Clinic can offer people who are found to have dementia and their carers:

A Memory Liaison Practitioner – someone who is specially trained who you can see or telephone for support and advice and who will also offer you a check- up appointment once a year.

Opportunity to take part in a nine week education programme explaining what dementia is, how you can live well with dementia and what services there are in Oldham to help you.

If your Memory Liaison Practitioner thinks you would benefit, occupational therapy, psychology assessments and support and, speech and language therapy.

Advice and support from our social worker to help you remain independent and able to enjoy your hobbies and social life.

A range of specialist groups, including Memory Management, Healthy Living, Young On set Dementia, Vascular Dementia Group and we can signpost you to other local or specialist services.

The Memory Clinic is also able to help local dementia support groups and provide advice to your GP and other health or social care staff involved with your care.

The Memory Clinic Walk & Talk in the Park Groups

This fortnightly group walk offers a chance for people with a diagnosis of dementia to get together in a relaxed environment, take part in some light exercise and provide mutual advice and support.

The walk takes place come rain or shine so come prepared. The next walk starts July 7th, and we meet every alternative Thursday at 1:30 p.m. at the Pavilion Café, Chadderton Hall Park, Burnley Lane, Chadderton, OL9 0QB.

We are usually finished between 3:00 p.m.- 3:30 p.m.

For more information contact Elizabeth Kuhn on 0161 716 2792.

Memory Clinic Post Diagnostic Services Drop in Sessions

Are you concerned about any memory problems? If so why not come along for a friendly chat and advice to our DROP IN SESSIONS at the following venues on a Thursday 9: 30 a.m -12: 30 p.m.

Every 1st Thursday of the month at Oldham Library

Every 2nd Thursday of the month at Failsworth Library

Every 3rd Thursday of the month at Lees Library

Every 4th Thursday of the month at Chadderton Library.

Where there are five Thursdays in a month we will hold another drop in session at Oldham Library.

For more information contact Elizabeth Kuhn on 0161 716 2792.

The Memory Clinic is based at:

The Link Centre, 140 Union Street, Oldham OL1 1DZ Tel: 0161 716 2792 Email: Oldhammas@nhs.net

Age UK

Help and support at a national level:

Age UK provides a range of information and advice on health conditions including dementia.

Log on to the website www.ageuk.org.uk > Health & Well-being > Conditions and Illnesses > Dementia – where you can access the following:

- **What is Dementia?**
- **Could you be at risk?**
- **Diagnosis and treatment**
- **Help and support**



There are a number of related pages attached to the above which deal with more in-depth specific issues, including diagnosis and treatment, help and support, life book – helping you remember the important information and make plans.

Age UK Oldham

Help and support at a local level:

Dementia Support & Specialist Carer's Assessment Service

Oldham Clinical Commissioning Group and Oldham Council have contracted with Age UK Oldham to provide The Dementia Support & Specialist Carers Assessment Service. This service works in partnership with The Memory Clinic, Oldham Clinical Commissioning Group and Oldham Adult Services and provides information, emotional and practical support to help people understand dementia and continue live well, with or without a formal diagnosis.

The service can help you by providing:-

- One to one emotional support for you and those you care for
- Information regarding diagnosis – explain where to start and what will happen at the GPs surgery and how the Memory Clinic can help you.
- Living well and keeping active
- Access and support to relevant care and support services, where necessary
- Planning for the future – Lasting Power of Attorney etc.
- Making sure you are claiming all your benefits that you may be eligible for
- Practical support and introductions to social groups and / activities or services
- Carry out a Carer's Assessment – helping you to carry on your caring role whilst looking after your own well-being and where eligible apply for a Carers Personal Budget and develop a support plan
- Access to Carers Emergency Card
- Detailed resources
- Access to Carers Training opportunities
- Dedicated dementia website page
- Produces and provides you with the Living Well with Dementia in Oldham guide.
- Books on prescription
- Access and connection to other local and Age UK Oldham Services
- Full range of factsheets and information guides

The service is centrally located in Oldham Town Centre on 3 Lord Street, Oldham OL1 3HB (next to the main post office) where you are welcome to call in between 9.00 – 3.30 pm Monday – Friday, to talk to our experienced advisors, make an appointment, pick up written guides or you can telephone 0161 633 9333 or email: donna.atherton@ageukoldham.org.uk for further information.

Here are some of the other sources of help from Age UK Oldham which you may find helpful.

Information and Advice

0161 622 9333

Provides general advice on a wide range of issues and can help you find out if you are claiming all the benefits you are entitled to. We can help you to complete claim forms on your behalf for Attendance Allowance, Pension Credit, Blue Badge

Applications, etc. If you are ringing at a busy time please leave your name and contact number and our staff will call you back. If your query is urgent and outside our normal local office hours, you can contact Age UK National Free Advice Line between 8:00 a.m – 7:00 p.m each day. The Advice Line can provide initial advice with the option to refer you back to Age UK Oldham for any further help you may need. Age UK National Free Advice Line: 0800 169 65 65.

Care and Support Service

0161 622 9333 / 9314

We can guide you to find the right care / support services to help you stay living independently in your own home or, for those people who can no longer manage in their own home; we can advise and signpost you to find suitable alternative community accommodation. If that is no longer an option we can support you to find the right residential / nursing accommodation / or respite care working in partnership with your social worker. We can explain all your options, provide written details of services, costs, support you to access services and provide practical assistance to view services.

For further details please contact:

You can call in at our Information, Care & Support Centre, 3 Lord Street, Oldham, OL1 3HB. The office is open Monday – Friday 9:00 a.m. – 3:30 p.m. Telephone lines open 9:00 – 4.30 p.m Monday – Friday.

Day Care Services

0161 622 9261

The Age UK Day Care operates Monday – Friday at two sites in Oldham. Providing a friendly atmosphere and experienced staff with positive and flexible approaches, full programme of social and therapeutic activities to meet the individual needs of people living with dementia including a new development which supports those men eligible for day care who prefer a male only environment focusing on their creative and practical skills You will need to be assessed by your social worker to apply for a place. Fully adapted escorted transport is available.

Enhanced Luncheon Club

0161 633 0213

Meet new friends and enjoy a home cooked three course meal followed by a range of activities, operating over eight sichts over Oldham Sunday - Friday each week. A positive environment for those people with dementia and / or carers.



Get Going Together

0161 633 0213

The project aims to increase levels of physical activity among people with long-term health conditions and help them to proactively maintain and improve their own health. Offering taster sessions to community groups, helping set up chair based exercises classes, walking groups and scenic strolls.

Age UK Oldham Singers

0161 633 0213

A fun singing group for over 50's, every Monday afternoon at 2:00 p.m. in the Clock Café, Ellesmere Street, Failsworth. Come along and sing for fun. Carers are very welcome to accompany the person they are caring for.

Befriending Service

0161 633 0213

A home visiting service offering friendship and companionship to older people who live alone or who are housebound – by matching one of our registered volunteers who is able to visit an older person on a regular basis and enjoy a cup of tea and a chat.

Crafty Craft Club

0161 633 0213

Enjoy a different craft each week at the Over 60's Centre, Broadway, Chadderton. The group meets every Monday at 10:30 a.m. – 1:30 p.m. Meet new friends, learn new skills and share your skills with others. All - welcome a small charge of £3.00 per session includes tea / coffee and light lunch. Carers are very welcome to accompany the person they are caring for.

HandyVan Service

0161 622 9277

Can help you with all of those little jobs around the home from putting up curtains to small repairs. We also have a team of qualified tradesmen who can carry out small scale electrical, plumbing and gas repairs.

Independent Living Showroom and Shops **0161 622 9266 / 0161 770 4507**

Based at the Link Centre, 140 Union Street, Oldham and at, More Mobile, Atherton House, Rock Street, Oldham, OL1 3UH and advice is offered on the wide range of new and reconditioned aids and equipment available to help with daily living and maintaining independence.

Life Story Project

0161 633 0213

Life story books help carers and care staff to understand the person they are caring for and enable them to provide care that is individual and specific to their needs and wishes. It is also a wonderful way to reminisce with people about the good things in their life.

Men in Sheds

0161 682 4747

Men in Sheds a service for men over 55 years old based at two sites across Oldham. We provide a meeting place, workshop (shed), tools and equipment so that men can continue to use existing skills, learn new ones and form friendships through positive therapeutic activity. Carers or buddies are welcome to accompany the person they are supporting.

Promoting Independent People (PIP)

0161 622 9288

PIP offers reassurance and practical support for up to six weeks to older people identified by a care professional who have a long term health condition or who have undergone events that have affected their situation and confidence.

The PIP advisor will act as a link, listening to the older person's needs and will then draw up a plan of action to help them re-engage, maintain their health to gain back their independence.

Shopping and Safe at Home Service

0161 665 0283

A reliable and trustworthy supermarket delivery service to the homes of people who are disabled, housebound or struggle to get out and about. Age UK Oldham staff who deliver the shopping are trained to monitor, signpost and offer advice where appropriate. The service is available on either a long term or short term basis, during illness, hospital discharges or bad weather conditions.

Making Space

Help and support at a national level

Making Space is a national charity working in the fields of mental health and learning disability and is now providing and developing specialist dementia services to people across the country. The organisation has plans to develop and provide new dementia specific services to offer support from early diagnosis through to the later stages of dementia for both the person living with dementia and their carers.

Making Space - Help at a local level

Dementia Activities Service Oldham

The service will help to introduce people to social & community activities which match their hobbies & interests. Working in partnership with other dementia specialist agencies to ensure that users are fully supported regarding accessing groups and activities that they are interested in and that are suitable to meet their needs. The service aims to provide a needs-led, person centered service that encompasses all areas in which clients require assistance, particularly around their leisure activities, and allows them to access services at all agencies that can provide help and assistance. The service recruits volunteers to befriend clients, help them access leisure activities and enable them to be/remain part of their community. Please see the current programme of Making Space Group Activity Programme on the next page.

Or for more information please contact: Amanda Barrell – 07966 887152 or Peter Lane - 07779 986624. Or email: oldhamactivityservice@makingspace.co.uk or amanda.Barrell@makingspace.co.uk



Making Space Group Timetable

Name	Date / Location	Information
Carers Support Group	Thursday (Fortnightly basis) 6.00p.m – 8.00p.m St Herbert's Court, Wellington Street, Chadderton, Oldham, OL9 0JD.	A support group for carers to obtain advice and information on any issues that may be affecting them, or just a space to sit, relax and have an informal chat.
Springhead Carers Support Group	Thursday (Fortnightly basis) 6.00p.m – 8.00p.m Old Mill House, Old Mill Lane, Springhead, Oldham, OL4 5TS.	A support group for carers to obtain advice and information on any issues that may be affecting them, or just a space to sit, relax and have an informal chat.
Music Group / Dementia Café	Every Friday 1.00p.m – 3.00p.m St. Herbert's Court, Wellington Street, Chadderton, Oldham, OL9 0JD.	Various musical therapies and advice and information for people living with dementia and their carers. Instruments are provided. There is no charge for this service.
Get Arty & Crafty	First Wednesday of every month 10.00a.m – 12.00p.m Downey House, St Paul's Church, Church St, Royton, Oldham.	An art and crafts activity group for people living with dementia and their carers. There is no charge for this service.
Hope Chapel Activity Group / Cafe	Every other Friday 10.00a.m – 12.00p.m Hope Methodist Church, Oldham Road, Failsworth, Manchester, M35 9AQ.	Activities for people living with dementia and their carers and advice and information.
Dementia Drop In	Every Monday 10am-12 noon St Herbert' Court, Wellington St, Chadderton, OL9 0JD	A social, advice and information group offering support to carers and people living with dementia.
Healthy Cooking Group	Every 3rd Monday 1.00p.m – 3.00p.m Mills Hill Chapel, Mills Hill Road, Middleton, M24 2FD.	This group is run in conjunction with the Memory Service and is a healthy cooking group.

Other organisations which can offer you help and support

The Alzheimer's Society At national level:

Information - The Alzheimer's Society provides reliable and up to date information to help you with every aspect of living with dementia. Over a hundred factsheets and publications on dementia provide the answers to many of the common questions you may have.

Go to: www.alzheimers.org.uk



National Dementia Helpline: 0300 222 1122.

Open 9am - 5pm Mon to Fri & 10am - 4pm Sat and Sun. The advisers on Alzheimer's Society National Dementia Helpline can ensure you receive all the information you need.

Online Support Network 'Talking Point' You can also access a wide range of information and learn from the experiences of other carers or people with dementia through the online support network, 'Talking Point' – just follow the link from our website.

'Living with dementia' - Alzheimer's Society members receive a monthly magazine which provides all the latest news and developments in the field of dementia.

Dementia catalogue - You can also search our Dementia Catalogue for specific dementia-related topics from a database of over 11,500 published items.

At a local level:

Singing for the Brain - is a programme developed by Alzheimer's Society for people with memory problems. It promotes communication through singing which can help with articulation, concentration, focus and motivation. Specially trained facilitators deliver a varied programme of vocal, rhythmic and gentle physical exercise and dance, along with songs from different eras and styles.



Alzheimer's Society in collaboration with Oldham Music Service holds Singing for the Brain sessions on Wednesday afternoons. These are friendly, informal sessions ran from 1:30pm – 3:00pm at Oldham Music Centre, Lyceum Building (entrance at rear on Firth Street), Union Street, Oldham, OL1 1QG.

To book please telephone Kay Maher on: 0161 477 6999.

There is a small charge of £2.00 to attend, Carers come along free.

Dementia Action Alliance



Oldham Dementia Action Alliance is made up of lots of different organisations and businesses, big and small, who have come together to work towards creating a dementia friendly community in Oldham. Each member organisation has committed to taking a few actions to help make their service more inclusive for people with dementia e.g. awareness sessions for their staff. Members are eligible to display the Alliance logo and the Dementia Friendly Community logo.

Dementia Friends awareness sessions are free 1 hour sessions which anyone can attend. The sessions cover key points about dementia and explain how small actions can help make a difference for someone with dementia. They are delivered by Dementia Friends Champions, who have attended a free 1 day training session – this training is open to everyone. The Oldham Dementia Friends Champions network provides support, updates, resources and information. If you or someone you know would like to become a Dementia Champion please contact:



Oldham Dementia Action Alliance / Dementia Friends

Telephone: 07966 887152

Email: OldhamDAA@makingspace.co.uk or

Amanda.Barrell@makingspace.co.uk Web: www.makingspace.co.uk

Dementia UK

Dementia UK is a national charity, committed to improving quality of life for all people affected by dementia. They provide free, confidential advice on any aspect of dementia care. You can contact Admiral Nursing DIRECT a national helpline and email service, provided by experienced Admiral Nurses, for family and professional carers, people with dementia and those worried about their memory. It gives practical advice and emotional support to anyone affected by dementia. Call 0800 888 6678 or email direct@dementiauk.org Open Monday to Friday 9:15 a.m. - 4:45 p.m. via telephone or email.



Young Dementia UK

Young onset' dementia – a term used when people under 65 are diagnosed with dementia. Although younger people experience similar symptoms to older people with dementia, the impact on their lives is significantly different. Younger people are more likely to still be working when they are diagnosed. Many may have financial commitments such as mortgages; they often have children to care for and sometimes dependent parents too. There is a dedicated organisation which started in 2010 - Young Dementia UK <https://www.youngdementiauk.org/> which provides relevant information and also shares the individual stories of younger people diagnosed with dementia.

Oldham Libraries' Support for Dementia

Oldham Council libraries have a range of resources to support people who live with dementia and their carers. All library staff has received enhanced dementia awareness training. Libraries provide access to free and non-stigmatised community space with Health Information Points offering resources specifically to support those living with dementia, including Reading Well Books on Prescription, dementia and Mood Boosting Books collections in each library. Books on Prescription dementia titles offer information and advice, help after diagnosis, practical support for carers and personal stories.



Titles include:

ABC of Dementia by Bernard Coope and Felicity Richards

Grandma by Jessica Shepherd

Dementia Positive by John Killick

First Steps to Living with Dementia by Simon Atkins

When Someone You Love Has Dementia by Susan Elliot-Wright

Seeing Beyond Dementia: A Handbook for Carers with English as a Second Language by Rita Salomon

Still Alice by Lisa Genova

But Then Something Happened: a Story of Everyday Dementia by Chris Carling

Some of the libraries also host NHS memory service drop in sessions, offering those concerned about memory a friendly chat and advice.

For further information please contact Janat Czajkowskyj on 0161 770 8000 or at janat.czajkowskyj@oldham.gov.uk

Oldham Local Studies and Archives



Oldham Local Studies and Archives are a department of Oldham Council, responsible for the preservation of historical material relating to the history of Oldham and District. We have an extensive collection of photographs; local newspapers

back to 1854; and access to a wide range of family history resources such as the census, military and parish records. For many years we have been actively assisting the Age UK Oldham Life Story programme and can offer valuable assistance to people with dementia and their carers in helping to compile family histories and aid in reminiscence therapy. Oldham Local Studies and Archives is free to use and is open to the public six days a week:

Monday & Thursday	10am - 7pm
Tuesday	10am - 2pm
Wednesday & Friday	10am - 5pm
Saturday	10am - 4pm

Oldham Local Studies and Archives, 84 Union Street, Oldham, OL1 1DN Tel: 0161 770 4654, E-mail: archives@oldham.gov.uk

Oldham Community Leisure

Easy Does It Activities

There are over 110 classes available which are suitable for older adults in Oldham. The Easy Does It classes are suitable for all ages, shapes and sizes and are a fun sociable way to add variety to your exercise routine and meet new friends. There are various activities to choose from including: Supervised Gym Classes: Aerobics Classes; Aquacise; Badminton; Bowls; Brisk Walking/ Walking Uphill; Sit and Get Fit – Chair Based Exercise; Cycling; Dancing; Pilates; T'ai Chi; Yoga and Swimming. What types of activities should you do? There is no single exercise that best suits everyone.

Choose an activity you enjoy that fits in with your lifestyle. We can advise and there is an Easy Does It Class Timetable available.

Jackie Hanley, our Older People's Senior Development Officer, can discuss with you the most suitable class for you at your own pace. Jackie is also happy to discuss any access problems and will work out solutions for clients who need additional support.



Classes are held at: Crompton Pool and Fitness Centre; Failsworth Sports Centre; Glodwick Pool and Fitness Centre; Royton Pool and Fitness Centre; Oldham Sports Centre; Chadderton Wellbeing Centre and Saddleworth Pool and Leisure Centre.

If you want to get fit, lose weight or are recovering from an illness or injury you'll find the perfect class for you with Oldham Community Leisure.

The Oldham Active Card

Gives everyone significant savings on sport and leisure activities. Benefits include:

- Up to 50% discount on pay and play/casual prices
- Free swimming lessons for adults who can't swim more than 10 metres
- Exclusive promotions
- 10% discount off prices at Revolve Café in Oldham Sports Centre
- Access to online fast-track bookings
- Regular newsletter and programme updates

An Oldham Active card costs just £2 for adults and is free of charge for:

- Over 60s
- Under 18's or those in full time education
- Disabled people
- Carers
- Those in receipt of unemployment benefit or income support

The Oldham Active Plus One Card

Allows free admission for carers, who support people who need additional help and assistance when using the swimming pool or gym. To apply you will need to be either:

- Working for a health and social care organisation
- Working for a person who requires additional help or assistance when using OCL facilities.

For further information please contact:

Jackie Hanley, Senior Health and Physical Activity Development Officer
on 0161 621 3354 m: 07795 493 531

Or telephone our team on 0161 207 7000

Or visit us online at www.oclactive.co.uk

New Oldham Address: Oldham Community Leisure, Middleton Road, Oldham, OL9 6EJ.

Gallery Oldham Making Memories

Arts, Heritage and Culture for older people and their carers.

We offer:

- Themed reminiscence boxes for hire (past times)
- Bespoke reminiscence boxes for care organisations
- Bespoke theatre based training package
- Curator talks and museum object handling sessions for groups
- Free gallery trails (gender and gab)

The Gallery is easy to find, we are just off Union Street, near Sainsbury's. All our staff are trained in dementia awareness and are Dementia Friends. We welcome older people and their carers, we have a Gallery trail inspired by some of our older visitors. This includes different stopping off places that give you the chance to look at some of our most inspiring objects. The trail gives pointers and suggestions to start conversations. We also have a lovely café, serving a reasonably prices range of wholesome food from our seasonal menu, including homemade cakes and pastries.

Contact:

Oldham Gallery, Greaves Street, Oldham, OL1 1AL. Telephone: 0161 770 4663

Email: Joy.thorpe@oldham.gov.uk

Website: www.galleryoldham.org.uk

Opening Times: Monday – Saturday 10.00a.m. – 5.00p.m. (Last admission 4.45p.m.)

Health / Walking Groups

Let's go for a walk

A joint free of charge initiative between Age UK Oldham and Oldham Council and offers plenty of choice for all levels of fitness and abilities. Join us for a great way to have fun and get active around Oldham's fantastic parks and countryside locations. Walk your way to a healthier lifestyle and at the same time meeting new people. For those people who require additional support to take part we have trained volunteers available. Weekday walks are led by Age UK Oldham's 'Get Going Together' qualified walk leaders:



Park	Address	Day	Time	Miles
Chadderton Hall Park	Meet outside the Pavilion Café, Chadderton Hall Park, Burnley Lane, Chadderton, Oldham, OL9 0QB.	Monday	11am	1.5
Alexandra Park	Meet at the Car Park (next to 'The Hub') Alexandra Park, Kings Road Entrance, Oldham, OL8 2BE.	Wednesday	1.00pm	2.5
Daisy Nook	Meet outside the Countryside Centre John Howarth Countryside Centre, Daisy Nook Country Park, Off Stannybrook Road, Failsworth, Manchester M35 9WJ.	Thursday	1.00pm	3
Tandle Hill	Meet at the main entrance Tandle Hill Country Park, Tandle Hill Road, Royton, OL2 5UX	Friday	1.00pm	2

Scenic Strolls

Our strolls are ideal for you if you would like to get out into the fresh air and walk at a slow pace. We will walk for a short distance with plenty of chances to stop for a rest and have a sit down. Our friendly staff members are trained as walk leaders and we also may have some volunteers helping out. Our staff, volunteers and our activities are dementia friendly. Anyone aged 50 or over can join in.

For more information please contact Age UK Oldham Get Going Together Team on: 0161 622 9267 / 07841 344 194 / 07841 344 196.

Park	Address	Day	Time
Alexandra Park	Meet at the Boathouse Café Alexandra Park, Boathouse Café, Oldham, OL8 2BE. We also have a Knit and Natter group which meets at 10.30am at the Boathouse Café on Thursdays before our stroll.	Thursday	10.30 am
Uppermill, Meet at the side of Warburton Court	Meet at the side of Warburton Court, just off Uppermill High Street and take a short route finishing back at Warburton Court. Our route is accessible for wheelchair users.	Tuesday	2.00 pm
Dunwood Park. Meet at the community building.	Dunwood Park, Shaw, Oldham.	Tuesday	10.30 am

Digging for Health

The Digging for Health Project is a community gardening and food growing initiative based at The Hub, Alexandra Park. At The Hub you can learn how to grow your own food, access fresh produce, be more active, find out about eating more healthily or simply enjoy the garden setting. The Hub, Alexandra Park is located within Alexandra Park but is accessed via gate on Kings Road, Oldham OL8 2BH (just along from Kings Road car park).



Community Sessions

Interested in learning new / refreshing old skills? Do you know what we've been growing? Come along to find out, meet new friends, harvest what's been grown and take your share - join us at a Community Growing Session. These are weekly drop-in hands-on sessions growing a range of fruit and vegetables. All welcome, no experience necessary. Join us for a drink, a wander around the site and see what we've been growing. Call to find out more.

For information regarding the range of FREE activities on offer, contact Hannah Williams on 0161 770 4067 or email hannah.williams@oldham.gov.uk

Oldham Link Centre

The Link Centre provides services that help people live independently. The centre is a friendly, safe building where all are welcome. The centre offers information, advice and signposting to a range of services. The centre has a number of support groups for people who have disabilities or are vulnerable and their carers.



**For more information please contact:
The Link Centre, 140 Union Street, Oldham, OL1 1DZ Telephone: 0161 770 4786 Fax: 0161 770 4789
Email: link.centre@oldham.gov.uk
Opening Times: 9:00am-10:00pm Monday-Friday.**

Services provided:

You don't need a referral to use the following services - just pop in!

- Oldham Disability Information Point
- Assistive technology demo rooms and equipment
- Help finding leisure, social and educational activities
- Help to access information on the internet
- Self-help peer support and volunteer run groups.
- Volunteers are available to assist with technology support e.g. using a mobile phone or tablet.

Facilities:

- Bathing facilities, fully accessible specialist bath and shower rooms
- A relaxation room for hire, equipped with a heated waterbed, comfortable seating, tactile box of goodies, fibre optics, music equipment, bubble tube, large floor cushions and light projector.
- Room hire, we hire out fully accessible rooms, up to 9:30 p.m. during the week.

For more information about any of the Link Centre's services, please visit:
www.oldham.gov.uk/link_centre

Independent Living Shop and Showroom based in The Link Centre is run by Age UK Oldham in partnership with Oldham Council. It has displays of equipment set out across a kitchen, bathroom, living room and bedroom. Staff can give you advice about equipment and aids that help with daily living and maintaining independence.

What's on offer?

- Equipment for sale, e.g. jar openers, wheelchairs
- Help with getting referrals and assessments
- Try and buy equipment not available on assessment
- Advice and tips to help with independent living
- If a product isn't in stock we can research it for you, or you can browse catalogues
- Leaflets about services available and what to consider when choosing equipment

Opening times: Monday to Friday 9.00 a.m. – 4:00 p.m.

For more information please contact the Independent Living Shop and Showroom on 0161 770 4507.

Oldham Carers Centre

Oldham Carers Centre provides practical and emotional support, information and advice to unpaid carers in Oldham. We support carers who are over 18 and who care for an adult or child with a range of illnesses or disabilities. By unpaid carer we mean somebody who is not employed or paid to provide care for a person. Carers who are in receipt of Carers Allowance are still regarded as unpaid carers.

- Carers Assessments on behalf of the local authority which helps us to identify if there is any advice or support we can offer the carer.
- One-to-one emotional support and guidance.
- Signposting and referrals to external agencies.
- Access to an advocacy service.
- Carers Counselling.
- Personal Budget – This is a non means tested annual grant that may be awarded as an outcome of a Carers Assessment dependent on eligibility.
- Oldham Carers Emergency Support Scheme (OCESS). This is an emergency backup service that can provide up to 72 hours free care for the person you care for in the event of an emergency that prevents you from fulfilling your caring role.
- Carers social club (drop in sessions) where carers can meet each other and access information, events, talks and activities.

For more information contact Oldham Carers Centre on 0161 770 1188.

Oldham Carers' Training Opportunities



Oldham Council's Development Academy runs a number of courses that are open to carers of people with dementia including:

Life Story

A one day course designed to help people complete their life stories.

Tomorrow is another day (foundation level accredited)

This 3 day programme is an introduction to the practicalities of supporting people with dementia. It offers an insight into the everyday experience of people with dementia and aims to put the learner into the shoes of a person with dementia.

It also looks at:

- How a person may be physically affected by dementia
- Nutrition
- The environment
- Practical ways of improving how to assist the person with dementia
- Addresses preconceived ideas about dementia care, whilst asking participants to take a fresh look at what they do

For more information and course dates, contact the Development Academy Booking Line on 0161 770 8700

Carers Information Sessions

Are you a carer? Life Matters! Come along to the monthly drop in session for information, advice and support between 1.00p.m. and 3.00p.m. at Gallery Oldham, Greaves Street, Oldham, OL1 1AL. The information sessions provide further opportunities for carers of people living with dementia or memory problems to learn more about specific topics that may be of interest them.

The informal sessions are provided by a collaboration of organisations such as Oldham Clinical Commissioning Group, Oldham Council, Age UK Oldham and Gallery Oldham and include talks from other guest speakers / organisations on a wide range of specific subjects.

The following sessions are running throughout 2016:

Personal Budgets - How to get help from the local authority
Wednesday 29th June 2016

Understanding Challenging Behaviour - Understanding challenging behaviour and strategies for coping
Wednesday 27th July 2016

Extra Care Housing - Specialist housing to provide care and support 24 hours
Wednesday 24th August 2016

Delirium - Understanding the cause and impact of Delirium on a loved one
Wednesday 28th September 2016

Meaningful Occupation and Assessment information - Understanding the importance of maintaining your loved ones identity and sense of belonging
Wednesday 26th October 2016

Review and Evaluation – How else can we support you?
Wednesday 30th November 2016

At each session Gallery Oldham will be providing a range of free cultural, heritage, arts and crafts activities for you and those people you are caring for. Trained staff and volunteers will be on hand to ensure you can join in with these fun and informal workshops. Workshops run alongside the carers Information Sessions with plenty of time for tea, biscuits and of course, lots of time for any questions or conversations.

If you would like more information please contact: Oldham Council on 0161 770 8700 or Age UK Oldham Dementia Information, Support and Carers Assessment Service 0161 622 9309.

Oldham Peer/Carer Support Groups

All groups listed in this category provide get together's where people living with dementia related conditions, their carers, family / friends can meet to share their experiences, seek support or just join in and enjoy the social events on offer.

Wednesday Coffee Morning

Meets each Wednesday from 10am – 12 noon. Drop in for a chat – all welcome! Wednesday Coffee Morning is run at Mills Hill Baptist Church, Mills Hill Road, Chadderton, Oldham. There is disabled access to the building and toilet facilities.

For more information about the Wednesday Coffee Morning, contact Christine on 0161 284 2275 or Ruth on 0161 652 0965.

Friday Lunch Club at Mills Hill Primary School

Meets each Friday in term time from 12 - 2pm for lunch. This is another intergenerational activity run by volunteers from the Firwood and District Residents' Association. Lunch is prepared in school and consists of fruit juice, soup, roast meat lunch with 5 vegetables from local allotments, pudding, tea/coffee, chocolates and cake if it's a birthday celebration. Diabetic needs are catered for. After lunch, there are activities, including armchair exercises, aromatherapy and sessions run by the lifelong learning team.

For more information about the Friday Lunch Club at Mills Hill Primary School, contact Christine on 0161 284 2275 or Ruth on 0161 652 0965.

Late Lunch

Meets alternate Monday's 2:00p.m. - 3.30p.m. at Hunt Lane Tavern Middleton Road. On other alternate Monday the group is held at The Leisure Group at Mills Hill Baptist Church Hall. A social group open to all.

Bar and Grill

The Bar and Grill is an early evening meal out. It is run once a month on a Tuesday from 4:30 p.m. - 6:30 p.m. at Bar and Grill, Chadderton. It is a great way to get out and socialise.

For more information about the Bar & Grill or Late Lunch contact Christine on 0161 284 2275 or Ruth on 0161 652 0965.

Saddleworth Carers Group

A friendly social group that meets on second and fourth Fridays of each month, 10am – 12.30pm at the Church Hall, The Church of the Sacred Heart and St William of York, 31 High Street, Uppermill, Saddleworth, OL3 6HS.

There is something organised for each meeting, whether it's talks, quizzes, games, activities, outings or party celebrations and is a great way to get information from other carers on various topics.



Why not come along and join our circle of friends? Meetings are free of charge, including refreshments.

Contact Eamon (01457 810614) or Kath (01484 845350) for further information.

Springboard Oldham Dementia Carers Group

A social meeting place with a range of positive activities for people living with dementia, their carers, family and friends. It's a welcoming and safe environment, where people are not judged. Our motto is "We're Here and We Care".



Meetings are being held:

Every Monday from 1:00 pm to 3:00 pm at The Honeywell Centre, Hadfield Street, Hathershaw, OL8 3BP.

Every Tuesday from 10.00 a.m. to 12 noon at St Herbert's Court, Wellington Street, Chadderton. Oldham OL9 0JD.

Every Thursday from 1:00 pm to 3.00pm Downey House, Church Street, Royton, OL2 5JS (opposite St Paul's Church – Downey House is St. Paul's Parish Centre)

Why not join us for a cup of tea or coffee with biscuits and see if it's right for you?

For more information, please call us on: 07541 705009 or visit www.springboard.btik.com Where you can find their Events Calendar and other useful information.

Springboard – Oldham Dementia Carers Group is a Charitable Incorporated Organisation registered with the Charity Commission – Charity No. 1156480

BAME Social Groups

Fatima Women's Association

At Fatima Women's Association they have various courses and activities, a selection of which is listed below. The information is provided by the individual service providers and is correct at time of publishing. We strongly advise to contact the service directly to confirm service details.



SUBJECT	DAY	TIME
Drop in Sewing sessions	Monday	11.00 – 1.00
	Tuesday	10.30 – 12.30
	Thursday	12.30 – 3.00
50+ Senior Citizen (Lunch n Club)	Monday	10.30 – 12.30
Mental Health Support Group	Tuesday	11.00 – 1.00
Health & Well-being (Get Oldham Growing)	Wednesday	12.30 – 2.30
Employability Skills Programme	Thursday	12.30 – 3.00
Spoken English	Tuesday	12.30 – 2.30
	Wednesday	12.30 – 2.30
ESOL	Thursday	9.00 – 11.00

Coppice Community Centre

Coppice Community Centre currently holds various activities, a selection of which is listed below. The information is provided by the individual service providers and is correct at time of publishing. We strongly advise to contact the service directly to confirm service details.

Day	Activities	Time
Monday – Friday	Welfare Benefit Advice	9.00am-12.30pm
Monday	Men Exercise class	12.00pm-1.00pm
	Men luncheon club	1.00pm-2.00pm
Wednesday	Women Exercise class	12.00pm-1.00pm
	Women luncheon club	1.00pm-2.00pm
Wednesday	Men's wellbeing Group	1.00pm-3.00pm

Thursday	Sewing Class	9.30am – 11.30am
Thursday	Women's Exercise Class	10.30am – 11.30am
Thursday	Pennine Care NHS Therapeutic Community Group (Mental Health)	9.00am – 4.00pm
Thursday	Women's Wellbeing Group	10.00am – 11.30am

Pakistani Community Centre

Oldham Pakistani Community Centre currently holds various activities, a selection of which is listed below. The information is provided by the individual service providers and is correct at time of publishing. We strongly advise to contact the service directly to confirm service details.



Monday	Tuesday	Wednesday	Thursday	Friday
Sewing Class 9:30 – 11:30	Sewing Class 9:30 – 11:30 Job Club 11:00 – 2:00 Senior Citizens Luncheon/ Health Club 11:00 – 1:00 Welfare Advice Surgery 1:30 – 4:00	Sewing Class 12:00 – 2:00	Sewing Class 12:00 – 2:00	Sewing Class 10:00 – 2:00

They have an IT suite with internet access available for local communities, please ask at the reception.

For further information please contact Mohammed Alyas, Chief Officer OR Samaira Anjum, Outreach worker. Contact details:

Telephone / Fax: 0161 628 4800

Email: manager@pccoldham.org.uk

Website: www.pccoldham.co.uk

Facebook: Oldham Pakistani Community Centre

Westwood and Coldhurst Women's Association

Westwood and Coldhurst Women's Association currently host a wide range of activities. A selection of these groups and activities are listed below.

The information is provided by the individual service providers and is correct at time of publishing. We strongly advise to contact the service directly to confirm service details.

Day	Activity	Time
Monday	Luncheon Club	12:30 – 1:30.
Tuesday	Coffee morning	9:30 - 12:00.
Wednesday	Sewing	9:30 – 11:30.

Contact:

Westwood and Coldhurst Women's Association,
2nd Floor, OBA Millennium Centre, Fetherstall Road North, Oldham, OL96QB.

Telephone: 0161 652 0000

Email: info@wcwa.co.uk

Website: www.wcwa.co.uk

Oldham Social Services

There is information on our website about a range of services such as: choosing somewhere to live; help to live at home; getting out and about e.g. blue badges; caring for someone; disabilities and sensory loss; looking after yourself and keeping healthy; arranging and paying for your health and social care.

To find out more, go to www.oldham.gov.uk/healthandsocialcare
Our aim is to help you live as healthily and independently as possible without the need for ongoing support. Care and support is the term used to describe the help some adults need to live as well and as independently as possible with any illness or disability they may have. It can include help with things like getting out of bed, washing, dressing, getting to work, cooking meals, eating, seeing friends, caring for families and being part of the community.

If you think you need some help to live at home, we will talk to you about your situation and ask questions to help us to understand your needs, the everyday things you want to be able to do, and the impact on your day to day life of not being able to do them. This is called an assessment. We will provide you with the information and advice or tell you about services or facilities available in your local community which might help your needs. We will talk to you about any practical things including what might help you to do things for yourself. This could include things such as grab rails which help you get out of bed or up and down steps safely, or personal alarms which alert someone in case you fall, or walking aids that help you move inside or outside your home safely.

If your needs are eligible for local authority support we will estimate the cost of that support and let you know what your personal budget is in order to purchase services to meet your needs. You can take your personal budget as a direct (cash) payment and arrange your own support or you can ask the Council to arrange services on your behalf. You may be required to contribute towards the cost of services.

To ask for an assessment, please contact: 0161 770 7777 or go to www.oldham.gov.uk for further information or where you can complete a referral form for an assessment on line.

Out-of-hours emergencies

This is the social work service for people in crisis to meet their urgent needs in the following out of hour's times: 5.00 pm - 9.00 am, Monday to Friday. 24 hours at weekends and Bank Holidays. The Emergency Duty Team can be contacted on:

Telephone: 0161 770 6936 Minicom: 0161 770 8302 Fax: 0161 770 8502
Email: edt@oldham.gov.uk

Oldham Adult Safeguarding

If you have concerns that a person with dementia may be being exploited, abused or neglected contact the multiagency safeguarding team. A triage officer (who is a qualified social worker) will take the information, discuss the case of the person who has been referred with colleagues and decide what course of action needs to be taken to make that person safe.

To contact the team to make a safeguarding referral, or for advice or guidance, please telephone: 0161 770 7777

Oldham Care and Support

Helpline and Response Service

A 24/7 service that provides clients with an alarm system, where we monitor and offer a physical response service to deal with emergency calls when people have activated their alarm to request help. The client is given a personal alarm unit which connects them to specially trained staff in a control centre. In an emergency, you can receive help by pressing the red button on the unit or a small portable button which can be attached to clothing, wrist strap or a neck cord. When you press the alarm, the operator at the control centre will be able to talk to you and assess the situation. The operator will then inform your contact, or send assistance.

3 different levels of service are available depending on whether you wish to:

- Have your own key holder contacted, or the Service's staff attend, when the alarm is activated
- Have a checking in call on a weekly basis

Please telephone 0161 770 5189 for further information and details of the costs of this service. Applications for this service can also be made online at www.oldham.gov.uk/helpline

Assessment, Reablement and Recovery Service

Supports individuals, in their own home, to regain the skills needed to live as independently as possible and increase their confidence in their own abilities. This service works alongside other health professionals to devise and deliver an appropriate programme of support. Support is available for up to 6 weeks following a period of illness, disability or loss of confidence. The service will be appropriate for some people on discharge from hospital or when they are at risk of being admitted to hospital. To receive the service people must be assessed by Oldham Social Services as having an eligible need.

For further information, please telephone 0161 770 8246

Assistive Technology Services

A range of telecare equipment is available to help people with dementia to continue to live in their own home and maintain an independent lifestyle, and to support their carers. Examples include, emergency location devices (as part of assessment process), automated medication dispensing equipment (monitored through Helpline and Response), voice prompt recordings and movement sensors, bed exit equipment, property exit equipment, automated falls triggers. Equipment can also be installed to assist in the assessment process to establish what care package is required and identify needs following concerns raised by others regarding someone's safety in the home or a person's deterioration in health. The assistive technology service will assess and customise the equipment to the individual's needs.

Assistive Technology works alongside the reablement process and the Helpline and Response Service. The equipment installed can be used as a stand-alone piece of equipment; some equipment requires to be connected to the Helpline and Response Service. Referrals to the service can be made between the hours of 8.40am - 5.00 pm, Monday to Friday, with a facility to respond to emergencies out of hours.

**Please contact us either by telephone: 0161 770 4197 / 3498
or email: assistive-tec@oldham.gov.uk**

Oldham Housing and Advice Service

The Oldham Housing and Advice Service is provided by First Choice Homes Oldham and the Citizens Advice Bureau Oldham are working together to deliver high quality advice and solutions on a range of housing and housing related options for our customers. Primarily housing services are delivered from the First Choice Homes Oldham.



Offices at: First Place, 22 Union Street, Oldham, OL1 1BE.
Email: housing.options@fcho.co.uk
Telephone: 0161 393 7117

The Oldham Housing and Advice Service can offer support with finding the right home.

Our services cover rented or owned homes, whether it's social housing, private rented, home ownership, sheltered housing or extra care home.

Sheltered homes

Sheltered homes are grouped together and have a scheme manager. There are usually alarms in the properties in case you need help and there are often shared areas such as a lounge, laundry and garden. If all members of your household are

over the minimum age you may be eligible to apply for sheltered or retirement housing. Age restrictions vary and start at 55.

Extra Care homes

Extra Care housing in Oldham consists of independent self-contained flats (one or two bedroomed) within a court that has a range of additional facilities available, including:

- Restaurant
- Residents' lounge for social activities
- Assisted bathroom
- Laundry room
- Hairdressing/therapy room
- En-suite guest room for hire by visiting family or friends

All courts allow easy access for people with mobility problems or disabilities. All Extra Care flats are allocated after an approved referral and assessment process. Extra Care flats are not advertised through Oldham Council's Choice Based Lettings system (My Move Oldham).

To find out if sheltered housing or an extra care home is right for you and to get help applying, please contact:

Oldham Housing and Advice Service

First Place,

22 Union Street, Oldham,

OL1 1BE

Email: housing.options@fcho.co.uk Telephone: 0161 393 7117

Community Health Services



NHS Foundation Trust provides a wide range of treatment and care for the whole community, helping to keep people out of hospital and ensuring that they receive the highest quality care. Key services offered that may be of help for people with dementia at some point include:

Community Matrons	0161 621 7185
District Nurses	0161 622 6463
Stoma / Continence Nursing Service	0161 621 7104 / 7148
Nutrition and Dietetics	0161 622 9088
Physiotherapy Team	0161 484 1375
Occupational Therapy	0161 770 1447
Falls Prevention	0161 622 4311
Speech and Language Therapy	0161 621 3679
Podiatry	0161 621 3803
Audiology	0161 621 3468
Neurological Rehabilitation & Stroke Team	0161 621 3785
Parkinson's Nurse Specialist	0161 621 3785
Adult Learning Disability Service	0161 633 9951
Macmillan & specialist end of life care	0161 621 7171
Tissue Viability/Leg Ulcer Services	0161 621 7113

NHS Foundation Trust also provides a range of community services that help people to stay at home when they are unwell, instead of having to go to hospital, and to help people who are in hospital to return home more quickly and safely. These include:

- Early supported discharge services
- Discharge liaison services
- Crisis/rapid response teams
- Intermediate care /rehabilitation centres
- IV therapy

**For more information about any of the above, please contact:
Oldham Community Health Services, Pennine Care NHS Foundation Trust,
Ellen House, Waddington Street, Oldham OL9 6EE Tel: 0161 622 6500**

Community Mental Health Services for Older People

Pennine Care NHS Foundation Trust provides mental health services to people living in Oldham. We provide a range of services for people who have serious mental illness, as well as more common mental health problems including depression, anxiety and dementia.



Our services include:

- Primary care mental health services – talking therapies
- Psychological therapy for older people
- Community Mental Health Teams who co-ordinate the care of those with acute mental health issues and complex needs
- The Intensive Home Treatment Service who will support people at home who are experiencing a mental health crisis and need acute care
- Inpatient care in hospital for those whose acute mental health problems cannot be managed safely at home
- Older people's mental health liaison services - RAID (Rapid Assessment Interface and Discharge) which provides:
 - Dedicated older people's liaison practitioners working on general hospital wards to provide mental health assessments to people with dementia (and other mental health needs) and ensure their needs are being met.
 - The practitioners also provide hospital staff with expert clinical advice, training and support on how to care for patients with dementia. They develop staff's knowledge and understanding of dementia and how to manage challenging behaviour, as well as how to identify and meet each patient's specific care needs.
 - RAID will help to improve the quality of care provided to patients with dementia and help to prevent patients from staying in hospital for long periods of time.

If you feel you may require mental health assessment or support, please see your GP who can refer you to us.

Mental Health Care Home Liaison Service



This is a new Pennine Care NHS Foundation Trust service for residential and nursing homes in Oldham. The dedicated team of mental health nurses and occupational therapy staff will:

- Provide mental health assessments and treatments to people living in residential and nursing homes in Oldham.
- Provide care plans formulated with service users, care home managers and staff to manage the mental health need of care home residents.
- Provide advice and information to families of care home residents regarding their relative's mental health and where they can access carer support.
- Promote wellbeing and good mental health in the care home setting through advice and support in providing meaningful occupation and activity for residents.
- Help care home staff identify and manage common mental health problems such as depression and anxiety.
- Assist care homes to establish plans of activity and appropriate communication and engagement with people with dementia.
- Provide advice and education on the use of non-pharmacological means of managing the behavioural and psychological symptoms of dementia.
- Review patients with dementia who are prescribed antipsychotics.
- Support care homes to improve the quality of care provided to people with dementia and other mental health needs.

For further information, please contact: 0161 716 2165

Email: pcn-tr.PenninecareDirect@nhs.net

Dementia Friendly Holidays



Here are some ideas for dementia friendly holidays. Please note this is not an exhaustive list and no holidays mentioned below have any affiliation with Age UK Oldham nor have they been independently vetted by Age UK Oldham or another local body. Please contact the individual holiday companies for more information on the services they provide and use at your own discretion.

Amy's Holidays Telephone: 016973 71087

A dementia friendly holiday organisation. Their holiday home in Ireby, the Lake District has full disabled access and day and night time care can be arranged.

D's caring holiday let

Telephone: 01608 662177 Email: caringholidaylet@talktalk.net

Self-catering holiday let in Shipston on Stour, Warwickshire for up to eight guests. Family and dementia friendly.

Kerry Farm, Wales

Telephone: 01480 357224 Email: Rachel@papworthtrust.org.uk

Three self-catering holiday cottages located on a farm in beautiful Welsh countryside. Family friendly. Care support is available for an extra charge. Two new lodges and a new cottage will be opening in 2016.

Norfolk Disabled-Friendly Cottages

Telephone: 01485 578354

Family run business with eight fully-equipped, self-catering cottages.

The Mede, Topsham, Devon

Sallie Rutledge Telephone: 01392 421189 or 07718 976 072

Email: sallie.rutledge@yahoo.co.uk

A self-catering bungalow in a peaceful setting in Topsham in Devon, overlooking the Exe estuary. Run by qualified nurse Sallie Rutledge. Help and support can be arranged during your stay if needed.

Purple Angel Holidays

Telephone: 01803 212223

Hotel based holiday packages in Torbay, South Devon for people living with dementia and their family members. Daytime activities and evening sitting services are available.

Mendip House, Somerset

Telephone: 01934 842865 or 07531 638866

Bed and breakfast accommodation in an Area of Outstanding Natural Beauty close to the West Mendip Way. Welcomes families living with early stage dementia and memory loss. Host Jen holds a Nationally Accredited Qualification in Dementia Care.

Can Be Done

Telephone: 0208 907 2400

Travel company established for over 30 years, organising travel and holidays for people with disabilities.

Dementia Adventure

Telephone: 01245 237548

Multi-award winning social enterprise. Offers opportunities to connect with nature, adventure holidays and information on dementia-friendly venues.

Disabled Holidays Abroad

Telephone: 0800 622 6771

Specialist travel company, offering a bespoke travel service.

Disability Holidays Guide

Online resource designed to give disabled holidaymakers and carers choice and flexibility in finding and arranging holidays and activities.

Vitalise

National charity offering full-board short breaks and holidays with a wide range of activities and excursions at centres around the UK. Offers a number of weeks each year specifically for people with dementia, although activities and entertainment are aimed at older people.

For more information contact:

Age UK Oldham

Telephone: 0161 622 9333 / 9309

Email: Donna.Atherton@ageukoldham.org.uk

SOME AT A GLANCE, USEFUL TELEPHONE NUMBERS:

Oldham Memory Clinic	0161 716 2792
Dementia Information, Support Service, Age UK Oldham	0161 622 9333 / 9309
Dementia Carers Assessments, Age UK Oldham	0161 622 9333 / 9309
Alzheimer's Society, National Dementia Helpline	0300 222 1122
Making Space Activity and Social Inclusion	07779 986 673
Oldham Libraries' Support for Dementia	0161 770 8011
Oldham Local Studies and Archives	0161 770 4654
Oldham Community Leisure	0161 207 7000
Oldham Health and Wellbeing Service	0161 621 7128
Oldham Link Centre for Independent Living	0161 770 4507 / 0161 770 4478
Oldham Carers' Training	0161 770 8700
Firwood and District Peer/ Carers' Groups	0161 284 2275
Saddleworth Carers	01484 845 350
Springboard Peer/Carers' Group	07541 705 009
Alzheimer's Society, Oldham Peer/ Carer Services	07720 337 920
Oldham Social Services	0161 770 7777
Oldham Adult Safeguarding	0161 770 7777
Oldham Helpline and Response Service	0161 770 5189
Oldham Assessment, Reablement and Recovery Service	0161 770 8246
Assistive Technology Services	0161 770 3497
Oldham Housing Options	0161 770 4463
Oldham Community Hubs	0161 652 9584
Oldham Gallery	0161 770 4653
Oldham Community Health Services	0161 622 6500
Mental Health Care Home Liaison Services	0161 716 2165
Oldham Carers' Centre	0161 770 1188(Opt. 1)
Oldham Bereavement Support Service	0161 627 8207
Oldham Link Centre	0161 770 4786



Living Well with Dementia in Oldham.

Please contact Age UK Oldham on 0161 622 9312 / 9314
or email them at: dementia.services@ageukoldham.org.uk

Copies can be downloaded from:
www.oldham.gov.uk/dementia

All information correct at time of printing in October 2016

