Living Well with Dementia in Oldham

A guide to local services and activities for people living with dementia and their carers
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 / 9314 or email them at: dementia.services@ageukoldham.org.uk

Copies of this booklet can be downloaded from www.oldham.gov.uk/dementia

All information correct at time of printing in April 2015.

Acknowledgements

We would like to thank the following for their help in compiling this booklet:

Age UK Oldham
Alzheimer’s Society
Firwood and District Residents’ Association
Oldham Clinical Commissioning Group
Oldham Community Leisure
Oldham Council
One Point
Making Space
Pennine Care NHS Foundation Trust
Saddleworth Carers
Springboard
The Memory Service
Threshold
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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 Service 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 Memory Service

• The Memory Service offers a diagnostic service and a wide range of support for people found to have dementia and their families and carers.

• It is run by a partnership of organisations including Pennine Care NHS Foundation Trust, Oldham Council, Age UK Oldham and other voluntary sector organisations.

• If your GP is concerned that you may have dementia they will refer you to the Memory Service for a specialist assessment. A specially trained nurse will visit you at home to find out more about you and do some tests of your memory. If this suggests you may have dementia they may arrange for you to have a scan of your brain and for you to see a specialist doctor at either the hospital or one of the Service’s clinics in
a GP surgery or health centre in Oldham.

• The Memory Service can offer people who are found to have dementia and their carers:
  – A Memory Liaison Practitioner – a specially trained nurse, who you can see or phone for information and advice and who will also offer you a check-up once a year.
  – A ten 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 nurse thinks you need it, occupational therapy, psychology assessments and support and, speech and language therapy.
  – Advice and support to help you remain independent and able to continue to enjoy your hobbies and social life.
  – A range of therapies, including reminiscence therapy, to assist with your memory issues.
  – Coming soon there will be a range of activities for people with dementia and their carers to link into.

• The Memory Service team is also available to help local dementia support groups and provide advice to your GP and any other health or social care staff involved with your care.

The Memory Service 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 March 5th, 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 and 3:30 p.m.

For more information contact Elizabeth Kuhn on 0161 716 2792.
Memory Service 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 Service 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:
  - How do you recognise the symptoms of dementia?
  - How is dementia diagnosed and treated?
  - Am I or a family member at risk of dementia?
  - Further help and support with dementia:
    - We talk to four people who deal with dementia on a daily basis
    - How music can help fight dementia
    - How dementia changed John Suchet’s life
    - Actress Susan Hampshire talks about caring for her husband

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 Information and Support Service**
  Finding out that you or someone you care for has dementia can be a very anxious time. We can help you find out about services nationally and locally that can help you, listen to what you have to say and help you find out about care options/services, source suitable equipment and provide one to one emotional support, provide advice on Lasting Power of Attorney and planning for the future, living well and keeping active, find local support groups, explain the financial support available to you, provide details of useful contacts and a wide range of local resources. For further details please contact: 0161 622 9333 / 0161 622 9314 or call in at our Dementia Information and Support Centre on Lord Street, Oldham. The office is open Monday - Friday 9:00 a.m – 4:30 p.m.

• **Specialist Dementia Carers Support and Assessment Service**
  Caring for someone covers many different aspects, such as helping with their washing, dressing or eating, accompanying the person to regular appointments and offering support when they feel lonely or anxious. In Oldham it is estimated that there are around 23,000 people providing unpaid care and support to another adult (carers who are in receipt of Carers Allowance are still regarded as unpaid carers). From April 2015, carers will be entitled to an assessment to determine if they are eligible for support to help them to carry on caring whilst ensuring their own well-being. Carers can be eligible for support whether or not the adult whom they are caring for is receiving help or support from social services.

  If you are caring for someone with memory loss or dementia, Age UK Oldham can carry out a Carers Assessment for you and where appropriate apply for a Carers Personal Budget. If you are eligible, we will complete the assessment and proposed support plan on your behalf and submit the Personal Budget application to Oldham Council. For further details please contact: 0161 622 9333 or call in at our Dementia Information and Support Centre on Lord Street, Oldham. The office is open Monday-Friday 9:00 a.m – 4:30 p.m.

• **Information and Advice**
  Provides general advice and will help you make sure that you are
claiming all the benefits you are entitled to. We can help you to complete forms relating to Attendance Allowance, Pension Credit, Blue Badge Applications, etc. Age UK Oldham has gained Alternative Office status from the Department of Work and Pensions, which means we can check eligibility, supply the forms, check identification and speed up the claim. Contact: 0161 622 9333 / 9311 / 9312 or call in at our Dementia Information and Support Centre on Lord Street, Oldham to make an appointment or speak to someone who can help. The office is open Monday - Friday 9:00 a.m – 4:30 p.m.

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.

• **Independent Living Showroom and Shops**
Age UK Oldham has two retail outlets filled with helpful products to make life easier. Based at the Link Centre, 140 Union Street, Oldham and at More Mobile, 5 Barn Street, Oldham. Information and advice is offered on the wide range of equipment and aids available to help with daily living and maintaining independence. See, try and buy equipment - from memory aids to jar openers, wheelchairs to walking sticks. This holistic service works in partnership with occupational therapists, assistive technology and sensory technicians. Contact: 0161 770 4478 or 0161 622 9266. The office is open Monday - Friday 9:00 a.m – 4:00 p.m.

• **Finding Care and Support Services**
We can guide you to find the right care services to help you stay living independently in your own home or, for those people who can no longer manage in the community, we can support you in finding suitable residential / nursing accommodation. We can explain all your options, support you to access services and provide practical assistance to view care services. For further details please contact: 0161 622 9333 / 0161 622 9314 or call in at our Dementia Information and Support Centre on Lord Street, Oldham. The office is open Monday - Friday 9:00 a.m – 4:30 p.m.
• **Befriending service**
  Our home visiting service offers friendship and companionship to older people who live alone or who are housebound. We do this by matching a registered volunteer who has the time to give to an older person who would benefit from a friendship. Once introduced, the volunteer and older person can spend time together on a weekly basis and enjoy a chat and a cup of tea, or maybe a stroll to the local park or shops. For details contact: 0161 633 0213.

• **Age UK Oldham Singers**
  A singing for fun group for over 50’s, who meet every Monday afternoon at 2:00 p.m in the Clock Café, Ellesmere Street, Failsworth. Come along and 'sing for fun'! Carers are welcome to accompany the person they are supporting. For more details contact: 0161 633 0213.

• **Crafty Craft Club**
  At the Over 60’s Centre, Broadway, Chadderton, every Monday at 10:30 a.m – 1:30 p.m. Come along and meet new friends and enjoy a different craft each week. If you have craft skills you would like to share with others that would be great, as we love learning new things. All welcome at a cost of £3.00 per person which includes tea/coffee and a light lunch. Sometimes we have a trip out together too! For details call: 0161 633 0213.

• **Get Going Together**
  Our Get Going Together 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. We are offering physical activity taster sessions to community groups and have set up some new activities, including chair-based exercise classes, classes for stroke survivors, Walking Football, healthy walks and scenic strolls. We work closely with Oldham Community Leisure and other partners. For more information please contact: 0161 622 9267 / 07841 344 194 / 07841 344 196.
• **Storytelling for people living with dementia**
  The aim of our storytelling sessions is to give people with dementia a low-stress way to communicate, one that does not rely on their memories. It isn’t to read or listen to a story, but to use a variety of ways to prompt conversation and offer a fun and enjoyable activity for people with dementia and their carers. Each session has a theme, using visual aids like old buttons and bobbins, photos, pictures and comical poems. The idea is to replace the pressure to remember with encouragement to imagine. The ninety minute sessions are held in various venues throughout Oldham and include refreshments.

  For more information please contact 0161 770 4478 or email julie.mcbride@ageukoldham.org.uk

• **Men in Sheds - Failsworth & Greenfield**
  Aiming to reduce isolation for men over 55 and improve their health and wellbeing. Based at two sites we provide a meeting place, workshop (Shed), tools and equipment so that men can use existing skills, learn new ones and form friendships through positive and therapeutic activities. To get involved or find out more, please contact: 0161 682 4747.

• **Enhanced Lunch Club Service**
  Eight sites across the borough of Oldham, operating Sunday – Friday each week. Providing a home cooked three course meal followed by a range of activities. Fully trained staff members are available to ensure people who require assistance/support are able to access this service. Please contact: 0161 633 0213.

• **Day Care Services**
  Operating five days per week (Monday - Friday) at two sites in Oldham. Providing a warm and friendly atmosphere, flexible approaches, positive environment and a full programme of social and therapeutic activities tailored to meet the needs of people living with dementia. You will need to be assessed by a social worker to apply for a place. Fully adapted escorted transport is available. Contact: 0161 622 9261.
• **Shopping and Safe at Home Service**
  Reliable and trustworthy supermarket delivery to homes of people who are disabled, housebound or struggle to get out and about. Staff members who deliver the shopping are trained to monitor, signpost and provide advice where appropriate. The service is available on a long-term or short-term basis during illness, hospital discharge or bad weather conditions. For details contact: 0161 665 0283.

• **HandyVan Service**
  Can help you with all of those little jobs around the home from putting up curtains to small repairs. A team of qualified tradesmen can also carry out small scale electrical, plumbing and gas repairs. Please telephone our HandyVan direct line to book a job or for further information contact: 0161 678 2033.

• **Promoting Independent People (PIP)**
  Age UK in partnership with Pennine Care NHS Foundation Trust - PIP offers reassurance and practical support for up to six weeks to older people identified by a care professional who have a long term condition or who have undergone events that have affected their situation and confidence. The PIP Co-ordinator acts as the key link, listening to the older person’s needs, skills, and abilities and desires. Together they draw up a plan which suits their life style and will help them re-engage, maintain their health, well-being and gain back independence by taking charge of their situation. For more information: 0161 622 9277.

• **Life Story**
  Producing Life Story books for residents living in care homes and in the community across the borough. Life story books help carers and care staff to understand the person they are working with and enable them to provide care that is individual and specific to their needs and wishes. Our visiting volunteers spend time with people to learn about their life and preferences. Our IT volunteers then compile the information into printed books adding photographs and images which bring the story to life. For more information please contact: 0161 622 9257.
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 centred 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.

For more information please contact:
Liz Butler: on 07843 267977 / Louise Coleman: 07779 986673

The service is available Monday – Friday 9:00 a.m – 5:00 pm.

Email: Oldham.Dementia-Service@makingspace.co.uk
enquiries@makingspace.co.uk
Website: www.makingspace.co.uk
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.**
  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.
In Oldham:

• **The Alzheimer’s Dementia Support Service** - offers information, support, signposting and guidance to a person with dementia or their carers and wider family or friends. Our Dedicated Dementia Support Worker can provide you with expert practical advice and support to help you understand dementia, cope with the day-to-day challenges it brings and prepare for the future. This includes helping you to access other support services and build support networks within your community. Our aim is to help you feel supported to maintain independence, choice and control over your life.

  Contact: Hazel on 07720 337920
  Or email: hazel.przewoznik@alzheimers.org.uk

• **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, which run in 10-12 week blocks. 1:30pm – 3:00pm (during term times) at Oldham Music Centre, Lyceum Building (entrance at rear on Firth Street), Union Street, Oldham, OL1 1QG.

  To book please speak to Hazel on 07720 337920
  Or email: hazel.przewoznik@alzheimers.org.uk
  Or ring the Oldham Music Centre on 0161 770 5660
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. You can email Dementia Action Alliance on: oldccg.dfc@nhs.net or you can contact Age UK Dementia Information & Support Service 0161 622 9333 / 9314 for more details.

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. You can email Dementia Friends at: oldccg.dfc@nhs.net or contact Age UK Dementia Information & Support Service 0161 622 9333 / 9314 for more details.

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 0845 257 9406 or email direct@dementiauk.org
Open Monday to Friday 9:15 a.m - 4:45 p.m via telephone or email.
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 have 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 our 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

We 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.

  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
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.

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. Weekday walks are led by Age UK Oldham’s ‘Get Going Together’ qualified walk leaders:

<table>
<thead>
<tr>
<th>Park</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
<th>Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chadderton Hall Park - Meet outside the Pavilion Café</td>
<td>Chadderton Hall Park, Burnley Lane, Chadderton, OL9 0QB</td>
<td>Mon</td>
<td>11am</td>
<td>1.5</td>
</tr>
<tr>
<td>Alexandra Park Meet at the Car Park (next to ‘The Hub’)</td>
<td>Alexandra Park, Kings Road Entrance, Oldham, OL8 2BE</td>
<td>Wed</td>
<td>1.30pm</td>
<td>2.5</td>
</tr>
<tr>
<td>Daisy Nook Meet outside the Countryside Centre</td>
<td>John Howarth Countryside Centre, Daisy Nook Country Park, Off Stannybrook Road, Failsworth, Manchester M35 9WJ.</td>
<td>Thu</td>
<td>1.30pm</td>
<td>3</td>
</tr>
<tr>
<td>Tandle Hill - Meet at the main entrance</td>
<td>Tandle Hill Country Park, Tandle Hill Road, Royton, OL2 5UX</td>
<td>Fri</td>
<td>1.30pm</td>
<td>2</td>
</tr>
</tbody>
</table>
• **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 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.

<table>
<thead>
<tr>
<th>Park</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
<th>Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alexandra Park Meet at the Boathouse Café</td>
<td>Alexandra Park, Boathouse Café, Oldham, OL8 2BE.</td>
<td>Thu</td>
<td>11.30am</td>
<td>We also have a Knit and Natter group which meets at 10.30am at the Boathouse Café on Thursdays before our stroll.</td>
</tr>
<tr>
<td>Uppermill, Meet at the side of Warburton Court</td>
<td>Meet at the side of Warburton Court, just off Uppermill High Street.</td>
<td>Tue</td>
<td>2.00pm</td>
<td>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.</td>
</tr>
<tr>
<td>Dunwood Park. Meet at the community building.</td>
<td>Dunwood Park, Shaw, Oldham.</td>
<td>Tue</td>
<td>10.30am</td>
<td></td>
</tr>
</tbody>
</table>

For more information please contact Age UK Oldham Get Going Together Team on: 0161 622 9267 / 07841 344 194 / 07841 344 196
• **Digging for Heath**  
  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 3067  
  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 café open to all
  - 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** 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 back up 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 please 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
Oldham Peer/Carer Support Groups

• **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 inter-generational 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 2:00 p.m - 3.30 p.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.

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

• **Bar and Grill**  
  The Bar and Grill is an early evening meal out. It is run once a month on
a Tuesday from 4:00 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 for details of the next meal, contact Christine on 0161 284 2275 or Ruth on 0161 652 0965.

• **Saddleworth Carers Group**
  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.

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**
  Meetings are every Thursday from 10.30am - 12.30pm Downey House, Church Street, Royton, OL2 5JS (opposite St Paul’s Church – Downey House is St. Paul’s Parish Centre)

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”.

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
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 1122 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 hours times: 5.00 pm - 9.00 am, Monday to Friday. 24 hours at weekends and Bank Holidays.

The Emergency Duty Team Phone: 0161 770 6936 Minicom: 0161 770 8302 Fax: 0161 770 8502 Email: edt@oldham.gov.uk

Oldham Adult Safeguarding Team

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 1532
Oldham Care and Support

• **Helpline and Response Service**
  A 24/7 service that provides clients with an alarm system, call monitoring service and responds to emergency calls when people have triggered 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 summon help by pressing a 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 triggered
  – Have a checking in call on a daily/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 agencies such as District Nurses and Physiotherapists, 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 in danger 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 gadgets are 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 locator devices for objects, medication aids, automatic calendar clocks, voice prompt recordings and movement sensors.

  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 or 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 3497/3498
  Or email: assistive-tec@oldham.gov.uk
Oldham Housing Options

The One Point Housing Options Centre
1 Medtia Square
Phoenix Street
Oldham, OL1 1AN
Email: housing.options@fcho.co.uk
Telephone: 0161 770 4463

One Point 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 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 Housing Options Choice Based Lettings system.

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

**One Point Housing Options Centre**
1 Medtia Square
Phoenix Street
Oldham, OL1 1AN
Email: housing.options@fcho.co.uk
Telephone: 0161 770 4463

- **Floating support**
  Are you finding it hard to manage? You may be eligible for Floating Support.

  Floating support is a flexible service where a support worker will meet you in your own home or in a neutral place to help you with difficulties that affect your housing. The service will enable you to overcome issues that may otherwise lead to you losing your home and help you to develop the skills you need to live independently.

**Who can use the service?**
We work with people across the borough of Oldham who are setting up home or finding it hard to manage. Anyone over the age of 16 can ask for floating support, but we prioritise the following groups:

- People at imminent risk of harm (e.g. experiencing abuse at home)
- Those due to leave or who have recently left hospital or residential care
- People at risk of, or coping with homelessness
- Families with support needs

You can apply for help whether you are a tenant in social housing, private rented accommodation or an owner-occupier.
What kind of support do we offer?

Our services offer the kind of support you need to stay in your home longer term, for example:

- Housing issues
- Budgeting and debt advice
- Life skills
- Health issues
- Education and training
- Volunteering and employment
- Signposting and support to access other help that you may be entitled to.

We work with you to help you develop a manageable plan to overcome your immediate challenges and get the support you need to stay in your own home.

Community Hubs

We also operate community hubs across the borough of Oldham at different times of the week. The hubs are friendly places, where you can find help and support. You can arrange an appointment or just drop in. At the hubs you can:

- Make a self-referral
- Meet with your support worker
- Take part in group sessions
- Meet new people

Contact us on 0161 652 9584 to find out where you can find a community hub in your neighbourhood.

How do you get floating support?

Please telephone 0161 652 9584 to speak to one of our helpful members of staff.
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
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.

The practitioners also provide hospital staff with expert clinical advice, training and support on how to care for dementia patients. 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. Email: pcn-tr.PenninecareDirect@nhs.net for information.

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

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: 01693 771 087
Their holiday home in Ireby, the Lake District has full disabled access and day and night time care can be arranged.
Bluebell Retreat, Woodland Spa, Lincolnshire.
Telephone: 01526 388 341   Email: alidrew.gibbs@btinternet.com
Holiday cottage for people with early or mild dementia. Run by recently retired nurse, Alison Gibbs.

Buchanhaven Cottage
Grainbank Cottage, Kirkwall, Orkney, KW15 1RD
Tel: 01856 874 093 / 07759 330 892   Email: mbuchan77@btinternet.com
Buchanhaven Cottage is aimed specifically at people with dementia and attention has been paid to lighting, colours and signage.

Can Do Holidays
Tel: 0800 298 3052   Email: enquiries@candoholidays.com
Can Do Holidays specialise in personally inspected UK holiday accommodation for people with disabilities.

D’s caring holiday let
Tel 01608662177   Email caringholidaylet@talktalk.net
Self-catering holiday let in Shipston on Stour, Warwickshire for up to eight guests. Family and dementia friendly.

Dementia Adventure
Tel: 01245 230 661
Offers opportunities to connect with nature, adventure holidays and information on dementia-friendly venues.

Mendip House, Somerset
Tel: 01934 842 865 / 07531 638866
Bed and breakfast accommodation 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.

Norfolk Disabled-Friendly Cottages
Tel: 01485 578 354
Family run business with eight fully-equipped, self-catering cottages.

The Mede, Topsham, Devon
Sallie Rutledge Tel: 01392421189 / 07718976070
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.

Tourism For All
Tel: 0845 124 9971
Tourism for All UK is the UK Voice for Accessible Tourism.
They are a national charity dedicated to making tourism welcoming to all. Tourism for All UK provides information to the public, especially to older or disabled people, on where their specific access needs can be met so that they can fully participate in travel and leisure.

**Vitalise**

Bookings Team, 212 Business Design Centre, 52 Upper Street, London, N1 0QH. Tel: 0303 303 0145 / Fax: 0207 288 6899 / Email: bookings@vitalise.org.uk

Offers 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.

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**Some at a glance, useful telephone numbers:**

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<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Oldham’s Memory Service</td>
<td>0161 716 2792</td>
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<tr>
<td>Dementia Information Service, Age UK Oldham</td>
<td>0161 622 9333</td>
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<tr>
<td>Alzheimer’s Society, National Dementia Helpline</td>
<td>0300 222 1122</td>
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<tr>
<td>Making Space Activity and Social Inclusion</td>
<td>07779 986 673</td>
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<td>Oldham Libraries’ Support for Dementia</td>
<td>0161 770 8011</td>
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<tr>
<td>Oldham Local Studies and Archives</td>
<td>0161 770 4654</td>
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<td>Oldham Community Leisure</td>
<td>0161 207 7000</td>
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<td>Oldham Health and Wellbeing Service</td>
<td>0161 621 7128</td>
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<tr>
<td>Oldham Link Centre for Independent Living</td>
<td>0161 770 4507</td>
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<tr>
<td>Oldham Adult Safeguarding</td>
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<td>Oldham Community Health Services</td>
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<td>Mental Health Care Home Liaison Services</td>
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<tr>
<td>Oldham Carers’ Centre</td>
<td>0161 770 1188</td>
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<tr>
<td>Oldham Bereavement Support Service</td>
<td>0161 627 8207</td>
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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 April 2015