

The Pam Britton Trust
for Dementia



A Caring Hand

**The Little Pocket
Book of Support
4th. Edition 2019**

WARWICKSHIRE
CAVA



COMMUNITY & VOLUNTARY ACTION

THE LITTLE POCKET BOOK OF SUPPORT, No. 4

This pocket booklet is designed to give carers or those living with a dementia, current information on support services & social activities in the wider Warwick District area. Many of the charities and agencies involved have contributed to its content and our intention is to update and release further versions as and when there is significant change.

There are specific sections planned to give you easy access to the information relevant to your needs, along with some essential phone numbers for reference, a calendar, a monthly planner for the groups you choose to attend, and pages for your notes.

Contents

Emergency Numbers

Yellow section - Services for carers

Red section - Support Groups, Cafés and Activities

Notes pages

Monthly planner

Calendar

Emergency Numbers

Hospitals

Warwick - 01926 495321

St Michael's - 01926 406789

Heathcote - 01926 317700

Stratford - 01789 205831

University Coventry - 02476 964000

Out of Hours GP - 111

Community Services

Leamington Police - 01926 451111

Non-Emergency Police - 101

**Older Persons Mental Health Team - 01788
513712**

Warwickshire Council - 01926 410410

District Nurses - 01926 600818

Citizen's Advice - 01926 421515

Age UK - 01926 883118

Mental Health Matters - 0800616171

Samaritans - 08457 116123

**Coventry & Warwickshire Partnership NHS
Trust - Central Booking Service - 0300 200
0011 (Out of hours - 01926 406 741)**

**Clinical Commissioning Group - 01926 353
700**

Healthwatch Warwickshire - 01926 422823

Every effort has been made to ensure information printed is correct. No responsibility can be accepted or liability undertaken for any error or omission in respect of any information contained in this publication. Correct at time of print.

COMPILED & PUBLISHED BY;

The Pam Britton Trust for Dementia

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Tony Britton

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anthony.britton1@btopenworld.com

Local support for those living with a dementia and/or their family carer/s.

Support for those wishing to set up further groups within South Warwickshire.

Dementia Awareness sessions.

Charity Registration No. 1159848

Admiral Nurses

Specialist dementia nurses who give practical, clinical and emotional support to carers and family members

KENILWORTH SERVICE (CV8 postcode)

Contact –01926 852365 or 07521 024787

Louise Gillard-Owen, (Tues. Wed. Thurs.)

National helpline, 0800 888 6678

Email : louise@waverleydaycentre.org.uk

Age UK—Warwickshire

Dementia Carers' Service

General support, links to community and residential services, help accessing benefits and legal services.

Contact - Beverley Hotson 07881824468

Email; beverley.hotson@ageukwarks.org.uk

Age UK, Clemens Street, Leamington Spa

www.ageuk.org.uk/warwickshire

Alzheimer's Society Warwickshire, WCC

Dementia Navigator Service - Offers personalised information and guidance, emotional support, signposting and referral to organisations which can help you, whether you have dementia or are caring for someone with dementia.

Contact - 01926 888899

Email; southwarks@alzheimers.org.uk

Appoint Us

Advocacy Services

Support Services, Sitting Service

Appropriate Adults Service, Appointee Officer
Benefit Advice.

Contact Julie Earls 02476 998414

Email; info@appointuservices.co.uk

Carers Trust Heart of England

Warwickshire Carer Wellbeing Service

Ensure that carers are supported in every way possible so that they are able to take on this vital role while maintaining their own wellbeing.

Contact 02476 101040

Email; carerssupport@carerstrusthofe.org.uk

New Hope Counselling

Provide counselling to those who have a partner or relative with dementia

Contact - Lyn Smailes

07799 015650

Email; lyn@newhopecounselling.org.uk

www.newhopecounselling.org.uk

Relate Warwickshire

Relationship Counselling

Contact - Mandy Boothe

Tel. 02476 225863

Email; mandy.booth@relatecoventry.org

Age UK—Warwickshire

Carers Retreat

Meet for tea or coffee, chat and information.

Queensway Court, Orbit Housing

Queensway, Leamington Spa, CV31 3JZ

2nd Saturday 10.30-11.45

Contact—Chris Bratchie 07759126731 or

Email; beverley.hotson@ageukwarks.org.uk

Alzheimer's Society Warwickshire

Contact -Sharon Donnelly

01926 888899

sharon.donnelly@alzheimers.org.uk

Singing for the Brain -

The Young Ones - Warwick Space,

Coton End, Warwick

4th Tuesday 11.00 - 1pm

Café - Waverley Centre, Kenilworth

1st Saturday 10.30 - 12.30pm

Café—Compton Verney, CV35 9HZ

2nd. Tuesday 10.30-12.30

Day care/support

St James Court, Weston Close, Warwick

BUDDIES

A weekly drop in for anyone with memory issues to meet in a friendly setting with the aim of reducing isolation and loneliness.

Fat Pug, Rugby Road

Every Thursday 2-4pm

Contact - Hazel 07748383023 or

Jill 07747632042

Email; hazelratcliffe_6@hotmail.co.uk

FORGET-ME-NOT DEMENTIA DROP IN CHASE MEADOW COMMUNITY CENTRE

Warwick

Last Tuesday each month

1pm –2.30pm

Contact Holly 07971221901

Email; Holly_Nixson@hotmail.com

MEN AS CARERS

Group sessions held throughout the year for 2 hrs, weekly in six week blocks. Facilitated by a counsellor, a confidential space to explore personal issues, family dynamics & strategies as a carer. Supported by activities for the person being cared for if required.

For further information contact-

Chris on 02476 461796 or 07759 126731 or

Tony on 07867 698073

Harbury Connections Café

Dementia support group - in the Tom Hauley rooms, Church Street, Harbury

3rd Wednesday 2pm -4pm

Friendship, activities, music and support.

Contact - Jill 01926 612483 or

Janice 01926 612340

janelmont@gmail.com

**Lillington Community Dementia Support
The ACORNS**

Free Drop in group offering support, activities,
friendship & fun for the community.

Acorn Court, Loxley Way, Lillington

Last Friday 10.30 - 12.30

Contact - Kath Bannister 01926 427684

Garden Organic - Principles of organic
gardening, social and therapeutic horticulture.

Growth Project/Thyme To Be Growing
session for family carers

Contact - Colette Bond

02476 308217

education@gardenorganic.org.uk

**Little Ray of Sunshine Café
Kenilworth Centre, Abbey End, Kenilworth**

3rd Monday 10.30 - 12.30

Contact - Debbie 07847 366149 or

Cathy 07929 371470

Email; thelittlerayofsunshinecafe.hotmail.com

MEMORY CAFÉ PLUS+

**All Saints' Church Community Centre,
Vicarage Field, Emscote**

WARWICK CV34 5NJ

1st & 3rd Monday, 2-4pm. Support offered to people with memory loss and their carers.

Contact 07507 646030 (answer machine), we will call you back.

www.allsaintsemscote.com/outreach

Musical Memories Café

AGE UK

Contact - Jill Davis 07748595926

The Moorings, Myton Road L/Spa.

4th. Monday each month 10.30am -12.00

Saxon Mill, Warwick 1st. Monday 10.30-12.00

Folly Inn, Napton, 3rd. Tuesday 10.30-12.00

ReCollections Dementia Café

Market Hall Museum, Warwick

2nd Monday 14.00– 15.30

ReCollections uses museum collections and creative activity to engage and inspire, join us for object handling, crafts, socialising & songs. Contact—Claire 01926 412500

clairehickey@warwickshire.gov.uk

SATKAAR

Asian Elders Day Care

Sikh Community Centre, Queensway, Leamington, CV31 3LZ

Contact - Mr Y Tara

01926 315191

The TRIPLE LINK

Held every week at the Brunswick Hub,

98-100 Shrubland Street

Leamington Spa CV31 3BD

Dementia Support, Activities, Friendship &
Fun.

For people living with dementia and for carers,

On Wednesdays 11am - 1pm

Contact - Theresa Taylor

01926 422123

Email; theresataylor@brunswickhlc.org.uk

Free of Charge

No need to book—just drop in

WRAP

Wellesbourne Memory Café

Village Hall, School Road, Wellesbourne.

Every Wednesday 2pm - 4pm

Contact - Heather 01789 841419

Café Wrap and Day Care

Bishopton Community Centre, Drayton Rd

Stratford Upon Avon, Friday's 2pm - 4pm

Contact - Mike Strophair 01789 778431

WELLESBOURNE

OSCARS CARERS GROUP

2ND MONDAY EACH MONTH

WELLESBOURNE VILLAGE 10.30 - 12.00

Contact - Heather 01789 841419

Waverley Carers

Carers Group

Support, advice and friendship.

Waverley Centre, Kenilworth

3rd Saturday 10.30 - 12.30

Contact - Rosemary Jones

01926 858433

Forget me-not café

The Lawns, Gleave Rd. Whitnash

2nd Wednesday 10.00 -12.00

Contact - Jenny Heath

07879616311

jennyheath1544@aol.com

JANUARY 2019

Mo	Tue	We	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY 2019

Mo	Tue	We	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

MARCH 2019

Mo	Tue	We	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL 2019

Mo	Tue	We	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY 2019

Mo	Tue	We	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JUNE 2019

Mo	Tue	We	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Monthly Planner

	Week 1
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Monthly Planner

	Week 2
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Monthly Planner

	Week 3
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Monthly Planner

	Week 4
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Monthly Planner

	Week 5
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

NOTES

NOTES

**WARWICKSHIRE COMMUNITY AND
VOLUNTARY ACTION**

**Registered Office: 19 & 20 North Street, Rugby,
Warwickshire, CV21 2AG**

**Tel: 01788 574258 Fax: 01788 550786 Website:
www.wcava.org.uk**

Email: information@wcava.org.uk

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