



Working to become  
**Dementia  
Friendly**  
2019-2020

Ashfield and Mansfield Dementia Friendly Community Partnership understand that the current situation must be very difficult for those living with dementia and those who are caring from them.

Due to the current restrictions in social contact it is difficult to support as much as we would like to be we have put together some information that hopefully you will find useful during this time.

### **Nottingham and Nottinghamshire Covid-19 Community Support Hub**

There are a number of local community and voluntary groups offering support to vulnerable residents, ensuring they still have access to daily essentials such as food and prescriptions. For more information you can contact Nottinghamshire County Council Customer Service number on 0300 500 8080, 8am-6pm, Monday to Friday.

Alternatively you can visit their website and complete an online form to request support <https://www.nottinghamshire.gov.uk/care/coronavirus/nottinghamshire-coronavirus-community-support-hub>

### **Alzheimer's Society**

- ✿ Dementia Connect Support Line remains open on **0333 150 3456**
- ✿ [Talking Point](#) is an online community that can be accessed online for free, night or day, via the [Alzheimer's Society website](#). It's a fantastic way to connect with other people affected by dementia, share personal experience and receive valuable support
- ✿ Get involved in Dementia Voice to help shape future services for people living with dementia. For more information visit <https://www.alzheimers.org.uk/get-involved/dementia-voice/what-is-dementia-voice>
- ✿ To view all updates and Coronavirus advice for people living with dementia visit <https://www.alzheimers.org.uk>

### **Ashfield and Mansfield Working Age Dementia WhatsApp support group**

Terry who is the lead of this group would like to invite anyone locally to get involved in this WhatsApp group which has been set up as alternative to the weekly hub meetings. It means people can still stay in touch with their peers, supporting each other through this time. They have also been doing quizzes and activities through the group to help keep occupied and add some humour during isolation. If you would like to join this group please contact Terry on 07702 242862.

**Support for Carers/ Virtual 'Cuppa' for carers** - Mobilise is an organisation providing a daily e-support package through the Covid-19 crisis. It includes links to key information, updates on how other carers are finding ways of coping, and suggestions for entertainment at home. Mobilise is running a virtual 'cuppa' for carers which is proving to be popular. [For more information visit: https://carers.org/guidance-coronavirus](https://carers.org/guidance-coronavirus)

**Nottinghamshire Carers Hub Virtual Drop in for Carers** – Speak to a care support worker, ask questions, share ideas. For more information contact Nottinghamshire Carers Hub on 0115 824 8824 or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

**Diamond Centre Community Hub, Diamond Avenue, Kirkby in Ashfield** – The hub are currently offering support to residents in the Kirkby area including Shopping, Medication collections, Befriending via phone or text or zoom, Tia Chi via Zoom, Virtual Community Lunch Meetings, Delivery of hot meals. To access this support please contact 01623 880258

### **Other useful websites:**

Age UK <https://www.ageuk.org.uk>

Nottinghamshire Carers Hub <https://carerstrustem.org/hub>

Nottinghamshire Mind [www.nottinghamshiremind.org.uk](http://www.nottinghamshiremind.org.uk)

Mental Health Foundation <https://mentalhealth.org.uk/coronavirus>

DEEP network <https://www.dementiavoices.org.uk/>

Notts Help Yourself <http://www.nottshelpyourself.org.uk>

Every Mind Matters <https://www.nhs.uk/oneyou/every-mind-matters/>

Government Advice for extremely vulnerable <https://www.gov.uk/coronavirus-extremely-vulnerable>

We hope you find this information useful.

If you are aware of additional groups or support services that you can recommend or could be included on this leaflet, or any other ideas for supporting local people living with Dementia and their carers through this current times, please contact Dianne Holmes, 01623 457233 or email [d.c.holmes@Ashfield.gov.uk](mailto:d.c.holmes@Ashfield.gov.uk)