LOCAL INFORMATION FOR THOSE WITH DEMENTIA AND THEIR CARERS

THERE ARE SEVERAL LOCAL AND NATIONAL ORGANISATIONS WHICH CAN HELP WITH INFORMATION AND SUPPORT

ALZHEIMER’S SOCIETY BIRMINGHAM AND SOLIHULL DEMENTIA ADVISER SERVICE
0121 706 4052 or
email: birminghamandsolihull@alzheimers.org.uk
NATIONAL HELPLINE: 0300 222 1122 or
email: helpline@alzheimers.org.uk

The Alzheimer’s Society run the following local meetings – call Liz Rose on 07827 940 844 for further information or email: Elizabeth.Rose@alzheimers.org.uk

Memory Cafés
Sutton Coldfield Methodist Church, South Parade, Sutton Coldfield, B72 1QY – 2nd Friday of the month 10.30am – 12.30pm
Walmley Café, St John’s Church Hall, Walmley Road, Sutton Coldfield, B76 1QN – 3rd Thursday of the month 10.30am – 12.30pm

Singing for the Brain
Sutton Coldfield Methodist Church (as above) 2nd Monday of the month 10.30am – 12.00pm
call 0121 706 4052 for further information
CARERS UNITED
Our Place Community Hub, Farthing Lane, Sutton Coldfield, B72 1RN – 0121 355 1006 or email: info@carersunited.org
Carers United offer advice and information as well as a monthly Carers Café, and also opportunities to take part in trips and outings at a subsidised cost. You will need to register – no charge.
Carers Café
United Reformed Church, 1 Brassington Avenue, Sutton Coldfield, B73 6AA – 4th Tuesday of the month
11.00am – 1.00pm

AGE CONCERN
76-78 Boldmere Road, Sutton Coldfield, B73 5TJ
0121 362 3650 / 07940 709 314 or email: t.lovelace@ageconcernbirmingham.org.uk
One to one advice and information on benefits, activities and services available for carers with the opportunity to book respite at well-being day centres.

FRIDAY FRIENDS
A group for those who are newly diagnosed with some form of dementia or who have memory problems
Contact Kath, Ruth or Liz on 0121 291 4466 / 0121 323 3425 / 0121 354 6463
Sutton Coldfield Methodist Church, South Parade, Sutton Coldfield, B72 1QY
Every Friday (except 2nd week) 10.30am – 12.30 pm
A programme of music, exercise, activities, games, outings and carer sessions.
DEMENTIA INFORMATION & SUPPORT FOR CARERS (DISC)
Banners Gate Community Hall, Reay Nadin Drive, Sutton Coldfield, B73 6UR – 0121 553 6483 or
email: carers@discbirmingham.org
Monday each week 11.00am – 1.00pm
A free support group for carers with a Birmingham postcode, who are looking after someone with memory issues or a dementia diagnosis. Information, advice and the chance to meet other people who are in a similar situation. You are welcome to bring along the person you care for too.

HOME INSTEAD SENIOR CARE
Home Instead Senior Care run the following Memory Cafés - for further information call 0121 323 4200 or
email: sally.clough@homeinstead.co.uk
Memory Cafe
St James Church Hall, Mere Green Road, Sutton Coldfield, B75 7BW - every Monday 1.30pm – 3.30pm and Thursday 10.00am – 12.00pm
Also from 10th April 2018 at Little Aston Church Hall on Tuesdays 1.30pm – 3.30pm
CARERS EMERGENCY RESPONSE SERVICE (CERS)
CERS supports carers by providing a free back-up service to ensure the person they care for is given support in the case of an emergency for up to 48 hours (72 on Bank Holidays), after which, if necessary, longer term care can be arranged. Carers must be signed up to be able to access the service during an emergency. Contact Carers Emergency Response Service, Midland Mencap, 171 Alcester Road, Moseley, Birmingham, B13 8JR – 0121 442 2960 or email: info@cers.org.uk

HERE TO HELP TOGETHER DIRECTORY
Here to Help Together is an on-line community directory for the Royal Town of Sutton Coldfield. The directory contains non-profit groups or organisations that have a point of contact in the Sutton Coldfield area and direct access for service users including via self-referral. https://heretohelptotheretogether.wordpress.com/

This leaflet has been prepared by the Patient Participation Group (PPG) of the Manor Practice, James Preston Health Centre and Ashfurlong Health Centre. If you would like further information about the PPG there are notice boards in both reception areas or please ask at reception.

March 2018