

Dementia support services

Memory cafes – There are 3 memory cafes in Torbay which are for both you and the person you care for with dementia. All memory cafes are run by volunteers who have been carers themselves and so have experience in caring for those with dementia. You are able to just turn up to these, no need to make contact before unless you wish to do so.

Details are:

Paignton memory café – Esplanade Hotel, Paignton Seafront - Every Thursday 2-4pm.

For any more information please contact either Kath Jones on 07752 980117 or Anne-Marie on 07974 561721 or email amgibbs139@gmail.com.
Small donation of £2 to cover tea/coffee/biscuits etc ☺

Goodrington memory café – contact Bill Herlihy 07958 558 066

herlihy9@yahoo.com St George's Church 2- 4 every Monday

Small donation of £2 to cover tea/coffee/biscuits etc ☺

Purple angel memory café – Every Saturday afternoon 1.30 – 3.30 Barton Baptist Church, Happaway Road, Torquay (except 2nd Saturday of each month).

Contact Elaine 459290 or 07707 048 595

Dementia Carers support group at chadwell – this is just for carers and not the cared for.

Group runs 1st Friday of every month at chadwell 1.30-3pm. **CURRENTLY AT PAIGNTON LIBRARY** This is a safe place where you can get advice/guidance and practical tips from those also caring for someone with dementia.

Carers support group at GP surgery – all GP surgeries in Torbay now have a support group once a month and this is for those caring for anyone with a disability or illness (not dementia specific) – both carer and cared for are able to attend these. Contact your GP surgery to find out when yours is.

Young Ones support group – for younger people with dementia (approx. 55-70)

www.theyoungones.org.uk

PEER SUPPORT GROUP - For those with dementia and their carers – Dawlish Hospital

CARERS SUPPORT GROUP – Teignmouth museum

FOR FURTHER DETAILS CONTACT INFO@THEYOUNGONES.ORG.UK or telephone

Becky 07855 530645 Lia 07884 037503

Rare Dementia support group inc Fronto temporal (picks disease), PPA, Lewy bodies etc

For both carer and cared for.

Meetings are monthly on the 1st Tuesday of each month from 7:00pm until 8:45pm at Powderham Castle Powderham Estate Exeter EX6 8JQ

Contact k.tapson@ucl.ac.uk or contact@raredementiasupport.org

Carers Aid Torbay –

Carers Aid Torbay (Rear of St Edmunds, Victoria Park Road, Torquay) 01803 323510

1-1 support for carers, Carers' advocacy, events, trips, support groups. Drop in/call for information and advice Mon – Thu 9-5 and Fri 9-1.

Bay Benefits finance support Bay Benefits operates on a Tuesday & Thursday and has a separate number - 07530 790354.

Singing group for those with dementia

Parkfield House, Paignton TQ3 2NH

Moor to sea music (sounding together) – a monthly fun, free music for wellbeing group for people living with dementia and their family, friends and carers. If you like listening to music, playing or singing this session is for you.

Every 3rd Wednesday of the month 2.30 – 4.30 pm

info@moortoseamusic.org.uk or 07816 848239

Dementia friendly Christian group – Tasty scones and sacred songs

1st and 3rd Thursday of every month at Upton Vale Baptist Church, St Marychurch Road (opposite Torquay library) from 3pm – 4.30pm

Tel number 01803 400403

Buckfastleigh Memory Café – on a Train!

3rd Tuesday of every month, 3.15–5pm , South Devon Railway, Dart Bridge Road, Buckfastleigh, TQ11 0DZ

Kathrine Bailey-07899 993134

kathrine@conversationworks.co.uk

Age Uk Community Builders/wellbeing co-ordinators

Every area in Torbay has a community builder who helps to link people into their local community by introducing them to groups/activities which will include dementia friendly groups.

Call 01803 212638 to get in touch with your local community builder or visit <https://www.torbaycommunities.com/>

The Moorings free NHS mental health out of hours service-

Haytor Centre, Torbay Hospital, 4pm-10pm, Monday-Sunday (including bank holidays)

Call: 07483 991 848

Email: devontorquay.mhm@nhs.net

What can you expect from us:

The Moorings offer mental health support in a welcoming, safe, comfortable, non-judgmental, and non-clinical environment. Our experienced staff team is available to provide emotional, social and practical support if you are in crisis or feel you are heading toward a crisis situation. We offer support in person, over the phone, or via video call. You can come just for a chat, or to access one-to-one support from trained professionals.

<https://www.mhm.org.uk/the-moorings-devon>

Alzheimer's society

National helpline – 0333 150 3456

Dementia support forum – online support group where you can chat to other carers anonymously and get support/advice.

Dementia specialist Admiral nurses (Dementia UK)

National helpline 0800 888 6678. Available

- Monday to Friday 9am-9pm
- Saturday and Sunday 9am-5pm
- Open bank holidays (9am-5pm), except 25th December

Specialist dementia nurses, known as Admiral Nurses, will give you free, expert advice, support and understanding to help you care for your loved one and cope with the daily challenges of living with dementia. You can take your time. There's no time limit and you can call back whenever you need us.

If suitable, you'll receive tailored information after your call.

Carers UK helpline –

Our telephone Helpline is available for advice or someone to talk to on **0808 808 7777** from **Monday to Friday, 9am – 6pm (excluding Bank Holidays)** or you can contact us by email (advice@carersuk.org).

Social care support – if you are struggling to look after your loved one and would like to know what support is available such as enabling services, sitting services, day care (including information on Filo Project and Ness Centre in Teignmouth/Chudleigh), respite - please contact the Torbay social care teams on 01803 219700 Mon – Fri 8-6.

Out of hours support - Please contact the social care teams on 0300 456 4876

Or for mental health support out of hours – 0808 196 8708

Bridgit – online AI support

Have you heard about Bridgit - our new on-line service which saves you time finding the right Carer's information for you – any time of day or night! It brings together information from various sources and has lots of useful help and advice.

Link to Torbay [Devon - Bridgit Care](https://carers.bridgit.care/devon) – carers.bridgit.care/devon