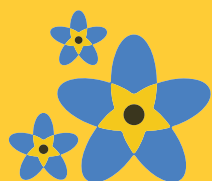




# Living well with dementia in East Hampshire

A directory of support services in  
East Hampshire to guide you through  
the first steps after a diagnosis of dementia.



**Dementia  
Friendly**  
Petersfield

**East  
Hampshire**  
DISTRICT COUNCIL

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# Introduction

## Jeff Williams, Dementia Friends Petersfield

This guide has been produced for people who have recently been diagnosed with a form of dementia, their families, carers and friends. You may well be feeling confused, sad, fearful, lost, alone, angry or even disbelieving. Or you may be feeling some relief that you have now had an explanation for the problems you have been having.

Everyone is different, all these reactions are possible at different times and they are all normal. How you feel will probably vary from one day to the next but with help, understanding and support it is possible to live well with dementia.

From a practical point, it is important to put plans in place for the future and the guide will identify areas of importance. Experience shows that it is important that you access support, understanding and help at this early stage of the diagnosis.



Please use this as your personal guide, point of reference and aide memoire. We have also included plenty of note pages and prompts to help you along the way.

This guide has been based on a decade of experience in supporting people who have recently been diagnosed. It has been designed to signpost you to information, advice and support in the local community.

**Councillor Julie Butler, Deputy Leader and portfolio holder for Welfare and Community Integration at East Hampshire District Council**



The period following a diagnosis of dementia can be a terribly worrying and confusing time, but there is support out there.

You don't have to go it alone, and I am proud that East Hampshire District Council has been able to work with Dementia Friends Petersfield and other dementia experts to produce this document.

If this booklet goes on to help to make life easier for just one person, it will have been worth the effort.

# How can I live well with dementia?

To live well with dementia, it is important that people use this booklet to access the support and guidance that is available in the local community.

This booklet will help people to understand more about that support and those services that are available to you in East Hampshire.

Use the contents page and contacts list to easily find the specific support or service that are available in East Hampshire.

On each page you will find a page checklist and a box for your personal notes.

## Page checklist

- ☐ Moving forward with my diagnosis p8
- ☐ Telling my family and friends p10
- ☐ Putting my affairs in order p12
- ☐ Keeping active and well p14
- ☐ Managing as dementia progresses p16
- ☐ Supporting my carers p18
- ☐ Help for veterans p20
- ☐ Early onset dementia p22
- ☐ Local support groups p24

## My notes

## How do I move forward with my diagnosis of dementia?

It is recommended that the first point of contact is the Carer Support and Dementia Advice Service from Andover Mind who will provide support and will appoint a dementia advisor who can help with all aspects of the diagnosis, see page 38.

The second point of contact should be The Princess Royal Trust for Carers (PRTC) to set up an emergency care plan. In the event of an emergency the PRTC plan may provide a free care service for up to 48 hours to help resolve the situation. People can contact PRTC (see page 25) direct or seek advice from the Dementia Advisor.

The most important way people can help themselves is to access the support that is available in the community and not become isolated. There is no cure for dementia, but it has been proven that socialising can bring great benefits to people living with dementia and their families.

From page 24, there is a list of the local groups, that are available for people living with dementia and their families, in East Hampshire.



## Page checklist

- ☐ Contact the Carer Support and Dementia Advice service at Andover Mind p38
- ☐ Contact Princess Royal Trust for Carers p25
- ☐ Look at local groups p24

## My notes

## How do I tell my family and friends?

It may be difficult to come to terms with the diagnosis but when people feel more comfortable it is important to involve family members and close friends.

Some people may not want to accept it and they may not know what to say but the Dementia Advisor from Andover Mind can help with this.

This can be a difficult period for everyone involved and some people may need time to adjust.

People may treat you differently, but this is because they don't understand what is happening to you. In time, people will adjust and accept what is happening.

People may find that they will lose contact with others and this could be because they don't do the things that they used to do such as work and hobbies or because they find it hard to stay in touch.

There is an opportunity to meet new people in the same situation through the support groups that are available.

It is important to become involved in the support groups at an early stage of the diagnosis. Try to focus on the positives and on the people that are there for you.

## Page checklist

- ☐ Seek advice from your Dementia Advisor
- ☐ Access local support groups

## My notes

## How do I put my affairs in order?

After adjusting to the diagnosis, it is important to start thinking about finances and how to manage money in the future.

There are several ways this can be done, and it is important to seek professional advice which your Dementia Advisor or the Citizens Advice Bureau can help you with.

People may be entitled to a range of benefits and, depending on the circumstances, some will be means tested. The Dementia Advisor or Citizens Advice Bureau can help with this.

People with a diagnosis of dementia are entitled to a council tax rebate, East Hampshire District Council can help with the claim process.

It is recommended that people have an up to date will and set up a lasting power of attorney which will allow someone you trust to make decisions on your behalf when you are no longer able to. You may also consider setting up an advanced decision to refuse treatment or an advanced statement, which will allow you to have a say in your future medical care. It is recommended that you speak to your GP or a solicitor about this.

## Page checklist

- ☐ Seek advice from your Dementia Advisor or the Citizens Advice Bureau
- ☐ Claim council tax rebate
- ☐ Update will and set up lasting power of attorney
- ☐ Discuss advanced decisions

## My notes

## How do I keep active and well?

Being active is considered by many people to be vital in slowing down the progression of dementia.

Staying active can help to retain your skills and memory as well as improving self-esteem, sleep and wellbeing.

Whenever possible, keep doing what you enjoy even if you have to do it a little differently.

It is important to try and stay healthy with regular exercise and eating a balanced diet, what's good for the heart is good for the brain. If you smoke it is worth trying to stop.

Arrange regular check-ups with the GP, as well as regular dental, sight and hearing checks. Getting the annual flu vaccine is important.

Having dementia doesn't mean you should feel ill, depressed or anxious if you do feel unwell it is important that you see your GP as soon as possible. Small things can make people feel very confused if they don't get help straight away.

There is lots of technology that can help people live well which includes electronic medication reminders, locator devices, automatic lights and shut off devices in case people forget to turn of the gas or taps. The Dementia Advisor can help decide what is appropriate.

## Page checklist

- ☐ Investigate ways of staying active
- ☐ Arrange regular check-ups with the GP
- ☐ Discuss what technology could help with the Dementia Advisor

## My notes

## How do I manage as my dementia progresses?

Dementia is progressive, which means that the symptoms will get worse over time. How quickly it progresses will vary greatly from person to person. Some people with dementia maintain their independence for many years.

Once you have contacted the support services that we have recommended they will follow you and support you through your journey.

As the condition progresses it is important to stay healthy and continue with regular exercise and a balanced diet.

It is also, important to maintain social contact, interests and keep to your routines. The advisor will be able to help with any hints and advice to suit your situation.



## Page checklist

- ☐ Discuss with your advisor what type of help would be most appropriate for you

## My notes

## How do I look after those who look after me?

Make sure the carer registers with their GP and seeks advice from the Carer Support and Dementia Advice Service from Andover Mind (see page 38) who can put you in touch with a care support worker who will be able to support you.

Depending on your circumstances, your carer could be a partner, family member or a close friend and they need to identify that they are a carer and that there is support available. It is important that carers are identified for the valuable role that they provide because sometimes carers don't recognise this.

The carer needs to look after themselves and they can do this through peer support groups (see page 24). It is important that they also keep healthy and continue to maintain social contacts with friends and family.

## Page checklist

- ☐ The carer has registered with their GP
- ☐ We have sought advice from an advisor or support worker
- ☐ We have looked at peer support groups
- ☐ We are making time to keep healthy
- ☐ We are making time for friends and family

## My notes

## **What if I am a veteran or have been a serving member of the armed forces?**

The British Legion offers a range of services for ex-service men, women and their families, one of which, is the Royal British Legion Admiral Nurse Service.

They provide specialist support, information and advice to the carers of people with dementia. All admiral nurses are registered nurses specialising in dementia. The service aims to help family carers gain the necessary skills to assist with dementia care with positive approaches in living well with dementia and improving quality of life.

The service has been developed in partnership with Dementia UK, a national charity, which promotes and develops admiral nursing.

To qualify for this service, the carer or person with dementia needs to be a beneficiary of the Royal British Legion. This includes anyone who has served in the British armed forces, their family and carers.

Part of this service is Kitbags – activity groups supporting ex-service men and women with dementia and their carers across Hampshire. This is an opportunity to reminisce around service life.

## Page checklist

- ☐ Contact Admiral Nurse service  
023 8202 5787

## My notes

## **What if I am given a diagnosis of early onset dementia, how is that different and what support is there?**

This diagnosis is given to people before they are 65 years old. Early onset dementia can affect people in different ways, it will depend partly on the type of dementia you have been diagnosed with. Your Dementia Advisor can assist with this.

People with a diagnosis of early onset dementia and those supporting them may be entitled to a range of benefits, some of which are means tested. Your Dementia Advisor and the Citizens Advice Bureau can help with this.

There are support groups specifically for early onset dementia which you can research yourself online or discuss what local opportunities are available with your Dementia Advisor. If you are in employment employers are required by law to make reasonable adjustments to give the support to carry on with your role. The Dementia Advisor can keep you up to date with current legislation.

## Page checklist

- ☐ Registered with advisor/support worker
- ☐ Benefits investigated
- ☐ Research support groups
- ☐ Speak with employer

## My notes

## National and district-wide contacts

### **Age Concern Hampshire - village agent scheme**

Village agents volunteer within rural communities to help those living with dementia access advice and support services

☎ 01962 892 443

📄 [www.ageconcernhampshire.org.uk/village-agent](http://www.ageconcernhampshire.org.uk/village-agent)

### **Alzheimer's Society**

Support, information and signposting for anyone affected by dementia.

☎ 0300 222 1122

### **The Blue Lamp, Bobby Trust Service**

A free service from Police-approved fitters who can provide advice on fire and crime prevention to improve home safety for people living with dementia.

☎ 0300 777 0157


✉ [bobby@bluelamptrust.org.uk](mailto:bobby@bluelamptrust.org.uk)

📄 [www.bluelamptrust.org.uk/Bobby\\_Scheme/](http://www.bluelamptrust.org.uk/Bobby_Scheme/)



## **The Carer Support and Dementia Advice Service**

Provided by Andover Mind. Open to anyone with dementia and their carers, family and friends. Referral by GP, other professionals, family or self-referral. Service aims to help people with dementia and their carers to access the information and support. They will signpost onto groups and services as appropriate.


 01264 332 297

 [enquiries@andovermind.org.uk](mailto:enquiries@andovermind.org.uk)

## **Community Transport East Hampshire - Call and Go**

You need to register to use the service and phone to book your journey. Bookings allocated on a first come, first served basis. The minibus collects from a mutually agreeable point (or from home if mobility impaired) and takes to the required destination.


The minibuses are specially adapted with handrails and low steps to help passengers. Each vehicle is equipped with a lift or ramp to assist wheelchair and walking frame users. It is not a scheduled service. Pick-up times may vary dependent on numbers and the location of passengers booked. Collection times will be advised at the time of booking.


 01420 475 759

 [www.communitytransporteasthampshire.co.uk](http://www.communitytransporteasthampshire.co.uk)

## **Hampshire Fire & Rescue Service - safe and well visits**

Provides a free safe and well visit including a home safety check to reduce fire risk in the home. For example, checking and fitting smoke alarms, health referrals for extra support where appropriate, to improve the occupier's health and wellbeing.

 Weekdays 9am–5pm


 023 8062 6751

 [community.firesafety@hants.fire.gov.uk](mailto:community.firesafety@hants.fire.gov.uk)

 [www.hantsfire.gov.uk/safeandwell](http://www.hantsfire.gov.uk/safeandwell)


## **Hampshire libraries**


Information for people with dementia, carers and friends

 0300 555 1387

## **Home library service**

Arrange for a volunteer to exchange library materials. This service is free and available in all the Hampshire County Council libraries.

 0845 603 5631

 [www3.hants.gov.uk/library/using-the-library/library-access/home-library-service.htm](http://www3.hants.gov.uk/library/using-the-library/library-access/home-library-service.htm)

## **Legal Advice Clinic – East Hampshire**

This service offers free 30 minutes with a solicitor.  
Offers advice on wills, probate, deputyship Court of Protection

🕒 3rd Tuesday of every month from 1–4pm

📍 Malmesbury Lawn Day Centre, Woolston Road,  
Leigh Park, Havant PO9 4JY

☎ 0800 328 7154

## **Meals on Wheels Hampshire**

Lunches and teas delivered.

☎ 01962 779 338

🌐 [www.hants.gov.uk/meals-on-wheels](http://www.hants.gov.uk/meals-on-wheels)

## **OPAL (Older People's Area Link)**


Provided by Age Concern Hampshire - a county-wide service that can provide details of local information and services by phone. If you need a little more help in working out what you want, there are OPAL volunteers in your area who can visit you at home.


☎ 0800 328 7154

✉ [sara.nicholls@ageconcernhampshire.org.uk](mailto:sara.nicholls@ageconcernhampshire.org.uk)

## **Princess Royal Trust for Carers emergency planning**

For carers and people living with dementia, offering support to carers to enable them to develop an agreed plan of action in case of emergency. Plans are developed with support from the Trust through an individual visit and a document provided outlining the agreed plan. In the event of an emergency a 24-hour phone line is available if further support is required. Under this project, support in an emergency is available free of charge for up to 48 hours and no Adult Services assessment is needed.

 0845 604 1577

 01264 835 246 (carers' hub)


## **Talking Point**

An online community for people with dementia, their carers and their families hosted by Alzheimer's Society.

 [www.alzheimers.org.uk/talkingpoint](http://www.alzheimers.org.uk/talkingpoint)

## **Wellbeing Walks**

Various health walks for any ability, all across East Hampshire, by walk leaders who have had Dementia Friends training.

 01730 266 551

 [healthwalks@easthants.gov.uk](mailto:healthwalks@easthants.gov.uk)

# North East area of East Hampshire

**Bramshott, Liphook, Grayshott, Headley,  
Lindford, Whitehill and Bordon**

## **CAB outreach – Liphook**

📍 The Millennium Hall, No 2 Ontario Way, Liphook,  
GU30 7LD

## **CAB outreach – Headley Down**

📍 Woodlands Hall, Larch Road, Headley Down,  
GU35 8AS

## **Carer support group - carer support workers and dementia advisors**

Do you support someone? Join the carer support group to meet others and receive support from peers.

🕒 2nd Monday of every month 2–3.30pm

📍 Chase Hospital, Conde Way, Bordon, GU35 0YZ

☎ 01264 332 297

✉ [enquiries@andovermind.org.uk](mailto:enquiries@andovermind.org.uk)

## **Citizens Advice East Hampshire – Whitehill and Bordon**

📍 Forest Community Centre, Pinehill Road, Bordon,  
GU35 0BS

☎ 0808 278 7901 (advice)

☎ 01420 477 005 (admin only)

🖱 [www.citizensadvice.org.uk/east-hampshire](http://www.citizensadvice.org.uk/east-hampshire)

## **Methodist Homes Associations (MHA) Communities in Hampshire**

MHA aims to enable older people to stay living independently in their own homes for as long as possible, with the best possible quality of life. Offering activities such as befriending, lunch clubs, assisted shopping, outings and much more to help tackle loneliness and isolation.

📍 Woodlands Community Hall, Headley Down, Bordon, GU35 8AS

☎ 01256 326 022

## **Sunflower Café Bordon**

The Sunflower Cafe welcomes people living with dementia and those who care for them. It's a chance to relax, chat over a cup of coffee, maybe do a jigsaw, play a game of bingo and speak to one of the health experts on hand.

🕒 10.30am–12pm every fourth Thursday of the month

📍 Cafe 1759, Chieftain House, Bordon GU35 0FP

☎ 01252 782 426

# North West area of East Hampshire

**Alton, Beech, Bentley, Bentworth, Binsted,  
Chawton, East Tisted, Farrington, Four Marks,  
Froyle, Kingsley, Lasham, Medstead, Newton  
Valence, Ropley, Selborne, Shalden, West Tisted,  
Wield, Worldham**

## **Citizens Advice East Hampshire – Alton**

📍 17 Market Square, Alton, GU34 1HD

☎ 0808 278 7901 (advice)

☎ 01420 544807 (admin only)

🌐 [www.citizensadvice.org.uk/east-hampshire](http://www.citizensadvice.org.uk/east-hampshire)

## **Dementia Friendly Alton**

For information on tea dances, horticulture and allotment groups and more please check:

☎ 07922 022 321

🌐 [www.dementia-friendly-alton.org.uk](http://www.dementia-friendly-alton.org.uk)

## **Drop in, Alton Community Centre, Amery Street, GU34 1HN**

All day every Wednesday Dementia Friendly Alton provide a drop in at the Community Centre for an informal chat

📍 Alton Community Centre, Amery St, Alton  
GU34 1HN

## Legions Legends - Royal British Legion

A free social group for anyone who wants to catch up with others and engage in an activity, quiz or craft. An opportunity to chat and share stories and memories in a safe and supportive environment. There is plenty of free parking and refreshments.

🕒 Second Thursday of every month 2–3.30pm

📍 Alton British Legion, Anstey Park, Alton, GU34 2RL

☎ 07922 022 321 or 07771 790 228

## Love to Move

Suitable for those with dementia or memory loss to have fun and enhance strength and physical activity.

🕒 Every Wednesday from 2–3pm

📍 Alton Community Centre, Amery St, Alton GU34 1HN

☎ 07922 022 321

✉ dementia\_friends@btinternet.com

## Memory Lane Café

Free drop in café for those with dementia and their carers to meet with others for support, activities and companionship.

🕒 Every Wednesday, 11am–12noon

📍 Alton Community Centre, Amery St, Alton GU34 1HN

☎ 01420 85057

✉ acenquiries@altoncommunitycentre.org.uk

🖱 [www.dementia-friendly-alton.org.uk](http://www.dementia-friendly-alton.org.uk)



## Memory Lane Singing

A fun and friendly singing workshop for people with dementia/memory loss and their carers.

🕒 1st and 3rd Friday of every month, 11am–12.15pm

📍 Orchard House, 40 Orchard Ln, Alton GU34 1EG

☎ 07922 022 321 or 01420 85952

🌐 [www.dementia-friendly-alton.org.uk](http://www.dementia-friendly-alton.org.uk)



Claire Smith of Young Dementia UK at the East Hampshire Dementia Festival 2019

# Central area of East Hampshire

**Buriton, Colemore and Priors Dean, East Meon, Froxfield, Greatham, Hawkley, Langrish, Liss, Petersfield, Sheet, Steep, Stroud**

## **Age Concern Petersfield & District**

Transport into town to do your shopping, meet friends or run errands. Door to door in our minibus. Cost £2 return.

🕒 Every Wednesday and Friday morning

👉 Winton House Centre, 18 High Street, Petersfield, GU32 3JL

☎ 07456 051 620

✉ info@ageconcernpetersfield.org.uk

## **CAB Outreach – Liss**

👉 The Triangle Centre, Mill Road, Liss, GU33 7DX

## **CAB Outreach – Liphook**

👉 Millennium Hall, 2 Ontario Way, Liphook, GU30 7LD

## **Citizens Advice East Hampshire – Petersfield**

👉 Petersfield Library, 2nd Floor 27 The Square, Petersfield, GU32 3HH

☎ 0808 278 7901 (advice)

☎ 01730 710 281 (admin only)

🖱 [www.citizensadvice.org.uk/east-hampshire](http://www.citizensadvice.org.uk/east-hampshire)

## **Pam Robson's Entertainment Group**

🕒 Meets on the fourth Friday of the month –  
11am–12.30pm

👉 United Reform Church, College St, Petersfield,  
GU31 4AG

☎ Clive Robson 01730 892996 / Audrey Morton  
07966 759929

## **Pam Robson's Music Group**

🕒 Meets on the second Thursday of the month  
2–3.30pm

👉 United Reform Church, College St, Petersfield,  
GU31 4AG

☎ 01730 892 996 or 07966 759 929

## **The Petersfield Community Garden**

Growing vegetables with others. Enjoying the  
outdoors in good company.

🕒 Wednesdays and Sundays, 2–4pm

👉 Beside the railway crossing in Sheet, far end of  
Long Road

☎ 01730 264 527

📄 [www.petersfieldcommunitygarden.org](http://www.petersfieldcommunitygarden.org)

## **The Petersfield Dementia Choir**

🕒 1st, 3rd and 4th Tuesday of each month

10.45am–12noon

👉 Petersfield Rugby Clubhouse, Penns Place GU31 4EP

☎ 07849 195702 or 07557 914954

## **Petersfield Friendship Group**

👉 United Reform Church, College St, Petersfield, GU31 4AG

🕒 First Friday of the month, 11am–12.30pm

☎ 07849 195 702 or 07909 546 081

## **Petersfield Memory Café**

🕒 Held on the third Wednesday of the month  
2–3.30pm

👉 Winton House, High St, Petersfield, GU32 3JL

☎ 01730 266 046

## **Winton House Pop-In Tea Room**

🕒 Last Tuesday of the month, 10–12noon

👉 18 High Street, Petersfield, GU32 3JL

# Southern parishes of East Hampshire

## Clanfield, Horndean, Rowlands Castle

### **Andover Mind, Carer Support and Dementia Advice Service for Hampshire**

Dementia advice service offering Hampshire-wide advice, information, signposting and support groups to people with dementia and their families throughout their journey, provided by Andover Mind.

☎ 01264 332297 (option three).

✉ [enquiries@andovermind.org.uk](mailto:enquiries@andovermind.org.uk)

### **Carer Support Service**

Offers a range of Hampshire-wide peer support groups, carer clinics and one to one support for all adult carers who care for another adult regardless of their illness, condition or diagnosis, provided by Andover Mind.

☎ 01264 332297 (option three).

✉ [enquiries@andovermind.org.uk](mailto:enquiries@andovermind.org.uk)

## **Fawnhope – meal delivery service**

Meal service providing a safe, wholesome and satisfying fresh meal in your home. Traditional meals, home cooked food, prepared fresh daily delivered either monthly, fortnightly, weekly or daily between 11am and 1pm by professional, caring and fully vetted delivery staff. Covering Havant, Waterlooville, Hayling Island, Emsworth, Cosham, Denmead, Horndean, Clanfield, Rowlands Castle and surrounding areas.

☎ 023 9264 6433

✉ dementiafriendlythreeparishes@gmail.com

🖱 [www.fawnhope.co.uk/mealsservice.php](http://www.fawnhope.co.uk/mealsservice.php)

## **Three Parishes Support Group**

Activity support group for anyone with dementia and those who support them in Horndean, Rowlands Castle and Clanfield. Held at Merchistoun Hall, Horndean. For more details on activities please contact Merchistoun Hall.

☎ Merchistoun Hall on 023 9400 1394

✉ dementiafriendlythreeparishes@gmail.com or  
bcharles106hca@gmail.com



Pets for Therapy proved a welcome distraction at the East Hampshire Dementia Festival

# Carer Support Group

Do you support someone?

Join us at our Carer Support Group

Meet others and receive support from peers,  
Carer Support Workers and Dementia Advisors

2nd Monday of every month  
2pm till 3:30pm

Chase Hospital, Conde Way,  
Bordon, GU35 0YZ

Contact: [enquiries@andovermind.org.uk](mailto:enquiries@andovermind.org.uk)  
01264 332297



CARER SUPPORT AND  
DEMENTIA ADVICE SERVICE  
FOR HAMPSHIRE





# Dementia Services

## Hampshire and Portsmouth



### Dementia Support Service

Our local staff are working by phone, in writing and online to support people affected by Dementia. Local Dementia Support Workers offer information and practical guidance to help people understand dementia, cope with day-to-day challenges and prepare for the future. Dementia Support Workers are there to explain about the condition as well as signposting people to the support services available. Face to face visits can also be arranged as appropriate.

### Companion Calls

Companion Calls can help people with dementia and their carers feel more connected and less lonely during the coronavirus crisis. These are a social chat - they do not offer specific dementia support, advice or guidance. Our trained volunteers make regular phone calls to check in and have a friendly chat about anything the person they're calling chooses.

### Singing for the Brain

A singing group for people affected by dementia, it is currently being delivered online via zoom, spaces are limited so please contact us for more information.

### Activity, Peer Support Groups and Dementia Cafes

Our activity, peer support groups and Dementia Cafes are currently suspended.

### Dementia Talking Point

Dementia Talking Point is a helpful online community where anyone who is affected by dementia can receive valuable support. It's free, open day or night, and can be accessed online:

<https://www.alzheimers.org.uk/get-support/dementia-talking-point-our-online-community>

### Contact Details:

For more information on any of these services or to request a call from one of our local support team please contact us by phone, through the Alzheimer's Society Dementia Connect Support Line or directly by email.

**Phone: 0333 150 3456**

9am–8pm Monday–Wednesday | 9am–5pm Thursday and Friday | 10am–4pm Saturday and Sunday

**Email: [HIP@alzheimers.org.uk](mailto:HIP@alzheimers.org.uk)**

**Visit our website for full details of all Alzheimer's Society Services: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)**

# Support for people living with dementia in Horndean

## Forget Me Not Social Hour

Every 4th Thursday of the month  
from 10-11am at Merchistoun Hall

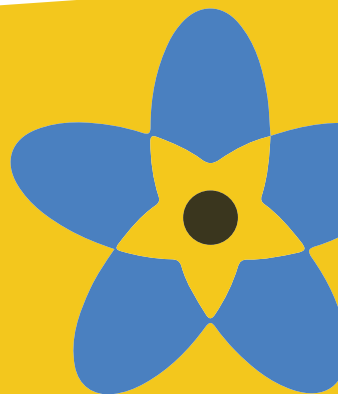
An opportunity for people with dementia and their carers to meet with others in a safe environment for an hour of chat, fun, laughter, and some activities thrown in for good measure!

Come along and enjoy a cup of tea or coffee with us and treat yourself to a scrumptious slice of cake if you fancy!

All activities on offer are fun and accessible including short mat bowls, quizzes, board games, themed events and much more, and there's always lots of laughter and support along the way!

Cost £3.50 (with Silverstars discount card – purchased separately at £10 per year) or £4.50 without card.

Includes refreshments and activities.



Run in partnership with  
**Horndean Community Association, East  
Hampshire District Council, Dementia Friendly  
Hampshire and Three Parishes**

For more information call: **023 9400 1394**  
or email [bcharles106hca@gmail.com](mailto:bcharles106hca@gmail.com)



# Dementia-friendly Alton

British  
Gymnastics  
Foundation  
Love to Move



## ALTON COMMUNITY CENTRE – MEETING CENTRE

**Every Wednesday – support during all day session:**

1000 – 1100 – Meet with Friends in the Garden/Cafe

1100 – 1300 – Memory Lane Café –

Crafts/Music/Gardening

1300 – 1400 – Lunch at your leisure (Regency Café open)

1400 – 1500 – Love to Move

## 'Let's Get Growing' – Town Park

From **Sunday 5<sup>th</sup> Sept 2021**, we will be

hosting a social and horticultural meeting at new benches being installed by the Sensory Garden every Sunday

from 1430 – 1630. Pop up Gazebos will be on hand to ensure that cloudy

weather doesn't stop proceedings. Please come along and join us for some

weeding and pruning while we chat. Bring your own picnic or enjoy discount

refreshments courtesy of



## British Legion at Anstey Park, Alton



**Legions Legends is back**

From 1400 - 1530 on the second Thursday of every month join Judy, Anne, Pat and Colin for tea and cake and a varied programme of activities / visitors

**Tea Dances restart on Tuesday afternoon from Sept 2021 – towards end of each month**

## Memory Lane Singing at Orchard House

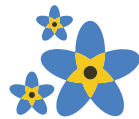
Join us at 11.00 to sing from 11.15 – 12.15 with Paul Tickner

**On the 1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month**

**See website to check dates or for more information**

[www.dementia-friendly-alton.org.uk](http://www.dementia-friendly-alton.org.uk)

# The Petersfield Dementia Support Groups



**Dementia  
Friendly  
Petersfield**

**There is a dementia support group  
running every week in Petersfield**

Each group has a slightly different focus - **music**, **entertainment**, **choir**, **support** but are all designed to help those living with dementia and their families or carers. The groups are supported by experienced volunteers, some with guest presenters.

<b>Groups</b>	<b>When</b>	<b>Where</b>
<b>Petersfield Friendship Group</b> Contact: Jeff Williams 07849 195702, Amanda Buckley 07909 546081	First Friday of the month	United Reform Church
<b>Pam Robson's Music Group</b> Contact: Clive Robson 01730 892996, Audrey Morton 07966 759929	Second Thursday of the month	United Reform Church
<b>Memory Cafe</b> Contact: Winton House 01730 266046	Third Wednesday of the month	Winton House
<b>Pam Robson's Entertainment Group</b> Contact: Clive Robson 01730 892996, Audrey Morton 07966 759929	Fourth Friday of the month	United Reform Church
<b>Dementia Choir</b> Contact: Caroline Blatter 07557 914954, Liz Jones 07775 902298	First, third & fourth Tuesday of the month	Petersfield Rugby Club

Supported by:  
Dementia Friendly Petersfield  
and East Hants District Council



**East  
Hampshire**  
DISTRICT COUNCIL



# East Hants Social Prescribing Service



*"Giving someone choice and time to focus on what matters to them"*



Social Prescribers deal with a range of concerns and issues regarding a person's wellbeing, this can range from health concerns to financial worries.

Whatever the issues are that are causing you distress the team are here to work with you by linking you to services which will provide you with support to give you the tools to improve your lifestyle.

Social prescribers offer up to 8 free sessions of information and support so you are able to improve your general health and wellbeing, including what support/ activities/ counselling is available in your local area.

Please contact us for more information



Contact your GP surgery for more details.



See your GP website for the self-referral link.



Find us on Facebook:  
@easthantssocialprescribers



Email:  
sehccg.socialprescribers@nhs.net



## Testimonials

"You have filled a void and given me hope"

"I feel heard and understood, I'm able to sleep better which means I can cope better as a single parent."

First Contact: Overall mental health score: **2/10**

Last Contact: Overall Mental health score: **9/10**







"A support  
group for people  
living with  
dementia and  
their carers."



## **Right at Home Alton & Bordon**

Every 4th Thursday of the month

**10.30-12 | Cafe 1759**

[hello@rightathomealtonbordon.co.uk](mailto:hello@rightathomealtonbordon.co.uk)

[www.rightathomealtonbordon.co.uk](http://www.rightathomealtonbordon.co.uk)

01420 481716

**Enriching lives in Alton & Bordon**



## MEALS DELIVERY SERVICE

### TWO COURSE HOT LUNCH

Traditional Meals Delivered  
Fresh Daily Direct to Your Door

BOOKINGS ESSENTIAL  
02392 646433

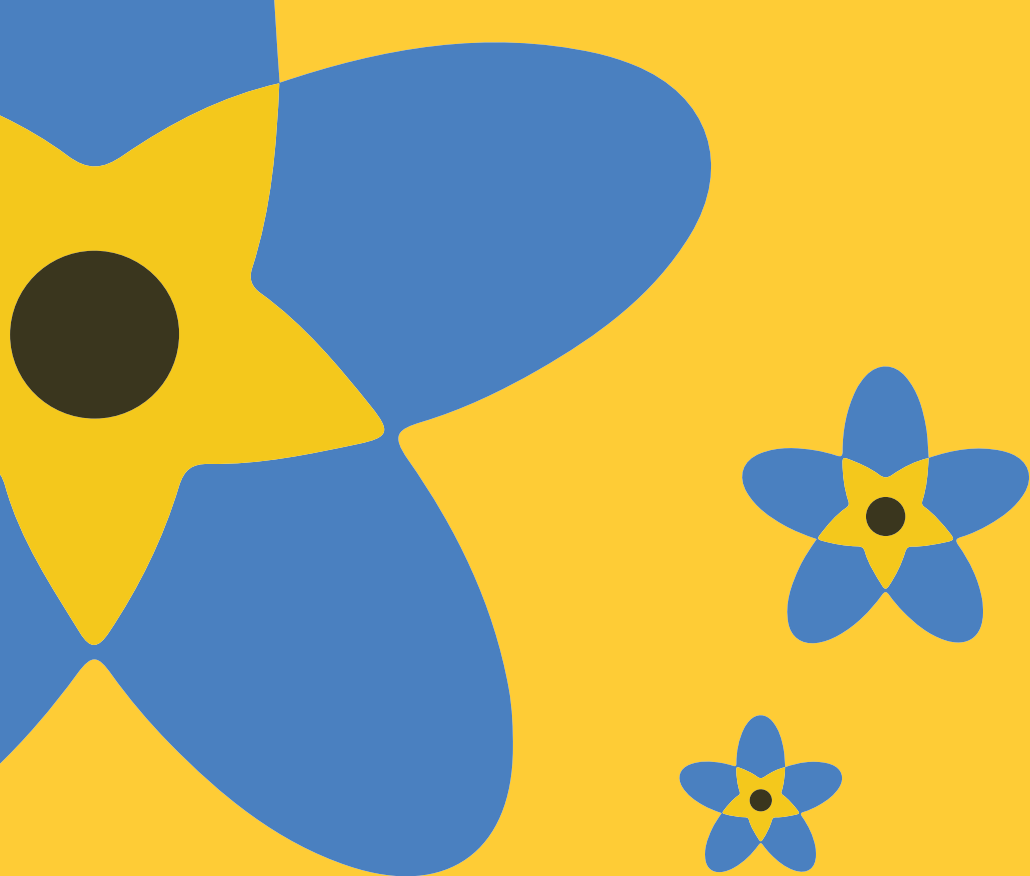
FAWNHOPE REST HOME  
54 STOCKHEATH ROAD  
HAVANT PO9 5HQ

OPEN MON-SAT  
LUNCH & AFTERNOON TEA  
11AM - 1PM

✉ [communitymeals@fawnhope.co.uk](mailto:communitymeals@fawnhope.co.uk) 🏠 [www.fawnhope.co.uk](http://www.fawnhope.co.uk)



@fawnhopemeals



This booklet was produced by **Dementia Friendly Petersfield** and **East Hampshire District Council** with help from:

- Dementia Friendly Hampshire, Alton and Southern Parishes
- The Carer Support and Dementia Advice Service - Andover Mind
- The Alzheimer's Society
- South East, Southampton, Hampshire and Isle of Wight CCG
- East Hants Primary Care Network
- A31 Primary Care Network
- Local families living with dementia

All information is correct in January 2022