

CHANGING LIVES

SHAPING OUR DEMENTIA JOURNEY TOGETHER



City of Westminster



We've put together a handy little guide that's jam-packed with lots of helpful stuff. On one side, you'll find a list of useful contact details where you can get advice on everything from staying safe to financial support.

And on the other side, we've come up with our top tips on ways to make living at home a bit easier.

It's a good idea to pop me in your purse, or stick me up on the fridge as a useful reminder.



LOCAL HEALTH AND CARE SERVICES

Age UK

Advice on dementia care, funding care provisions and entitlements to benefits

Kensington and Chelsea - T: 020 8969 9105, or go to www.ageuk.org.uk/kensingtonandchelsea

Westminster - T: 020 3004 5610 or go to www.ageuk.org.uk/westminster

BME Health Forum

Health advice for members of the black, Asian and minority ethnic communities. T: 07958 479217 or go to bmehf.org.uk

Marie Curie

Care and support through terminal illness. T: 0800 090 2309

Macmillian Nurses

Care and support for cancer. T: 0808 808 0000



Admiral Nurses

Information, practical advice and support for people who care for a relative or friend who has dementia. T: 020 3317 3667

People First

Supporting independent living and health in your borough. www.peoplefirstinfo.org.uk/looking-after-someone

Dementia Advisors

Practical support, advice and guidance on services and local activities

Kensington and Chelsea - T: 020 3181 0002

Westminster - T: 020 3905 6981

Kensington and Chelsea and Westminster Adult Social Care Services

Local social care, information, advice and support. www.rbkc.gov.uk and www.westminster.gov.uk



GENERAL ADVICE AND INFORMATION ON DEMENTIA

Age UK

Freephone 0800 678 1602 or go to www.ageuk.org.uk

Alzheimer's Society

Advice for people affected by dementia. Freephone 0300 222 1122 or go to www.alzheimers.org.uk

Dementia UK

Provides specialist dementia advice and support for families through its Admiral Nurse service

Freephone 0800 888 6678 or go to www.dementiauk.org

Young Dementia UK

Support, information and guidance for those who are effected by young onset dementia. www.youngdementiauk.org

NHS

Need medical attention? Call 111 or dial 999 in an emergency. For general medical information and advice, go to www.nhs.uk



THINGS TO DO IN YOUR AREA

Open Age

Activities for all older people. T: 020 8962 4141 or go to www.openage.org

Rainbow Memory Café

For members of the LGBTQ+ community living with dementia. T: 020 7239 0400 or go to www.openingdoorslondon.org.uk/rainbow-memory-caf

Arts4Dementia - T: 020 7239 4954 or go to www.arts4dementia.org.uk

Creating with Dementia

T: 07775 784520
E: creatingwithdementia@gmail.com

ADVICE FOR CARERS

Carers Network

Advice and support on: carer's assessment, benefits, legal rights and wellbeing.

T: 020 8960 3033

E: carers@carers-network.org.uk
www.carers-network.org.uk

Carers Trust

Helping unpaid carers access the help they need to live their lives. www.carers.org.uk

Carers UK

Advice and support to anyone looking after a family member or friend with dementia. T: 0808 808 7777

Open Age - Time for Me

Free or low-cost leisure activities for people over 50 who look after a family member or friend as an unpaid carer.

T: 020 8962 4141

www.openage.org.uk/carers

Revitalise

Respite holidays for carers. T: 0303 303 0145

Westway Community Transport

A local charity providing transport for those who find it difficult to get around. T: 020 8964 4928

DID YOU KNOW?

Lots of arts and cultural organisations host events aimed at people living with dementia and their carers. The Victoria & Albert Museum, the National Gallery, the Museum of Brands, The Royal Albert Hall and Marylebone Cricket Club to name a few.



STAYING SAFE



The Metropolitan Police

In an emergency call 999
If you want to report a crime call 101

The London Fire Brigade

For information on fire prevention & safety advice, or to get a free fire alarm fitted, call 020 8555 1200 or go to london-fire.gov.uk



www.peoplefirstinfo.org.uk

FOR MORE INFORMATION ABOUT DEMENTIA, LOCAL SERVICES AND WHAT'S HAPPENING IN YOUR AREA, GO TO

