

What is Dementia?

Whilst the likelihood of developing dementia increases with age, dementia is not a normal or inevitable part of ageing. Dementia is also not a disease in itself; it's a term used to describe a group of symptoms that may accompany a number of diseases or conditions that affect the brain. Dementia affects everyone differently. It can cause a wide range of symptoms, including difficulties with memory, problem-solving, communication and language. People may also become confused or struggle with how they perceive things. Dementia can cause changes in mood or emotions and may affect how someone behaves.

Supporting those living with dementia is a priority for Biddulph Town Council, therefore, we've put together this guide that's jam-packed with useful contact information, where you can get advice on everything from staying safe to financial support.

THINGS TO DO IN BIDDULPH

Dementia Friendly Cinema

See a film at Biddulph Town Hall, on Wednesdays
12 noon, with tea and cake served in the interval.

2024 'Dates for Your Diary'

13 March

10 April

8 May

12 June

10 July

11 September

9 October

13 November

Contact Biddulph Town Council for information

Approach Dementia Support – Carers Advice & Support Group

Friendly and informal support group, chat to other carers, speak to experienced staff and receive personalised advice on the 2nd Thursday of each month, 10.30am to 12.30pm at Biddulph Town Hall. Free refreshments included. For more information call 01782 214999 or email enquiries@approachstaffordshire.co.uk

Dementia Voices

A fortnightly free Dementia Friendly Thursday afternoon musical session, 2pm to 3.30pm, including refreshments on arrival. Meet at Biddulph Methodist Church and Victoria Centre, Station Road, Biddulph. ST8 6BJ. For more information please contact Lynn Tindale - Social Inclusion Worker at Biddulph Methodist Church.

STAYING SAFE

The Herbert Protocol

Do you know what the Herbert Protocol is? Do you care for someone who has dementia and worry that they might go missing? The Herbert Protocol is a national scheme where you fill out a form in advance to give to the police if your loved one goes missing – it saves time, and the police can start a search sooner. You can give a copy to friends, family and neighbours. Keeping a form means you don't have to try and remember the information when you're under stress. When you call the police, say you have a Herbert Protocol profile available. Forms are available on the following websites:

www.staffordshire.police.uk

www.alzheimers.org.uk

www.dementiauk.org

Staffordshire Moorlands Police

In an emergency call 999

If you want to report a crime call 101, send a private message on Facebook or Twitter or fill in and submit a form online www.staffordshire.police.uk

Biddulph Community Fire Station

In an emergency call 999

For queries regarding smoke alarms contact the Community Advice Team on 0800 0241 999

GENERAL ADVICE AND INFORMATION HEALTH AND CARE SERVICES

Age UK

Advice on dementia care, funding care provisions and entitlements to benefits
Phone their Advice Line: 0800 678 1602 or go to www.ageuk.org.uk

Alzheimer's Society

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

Approach Dementia Support

Provide services to support the well-being of people living with dementia, their families and carers. Phone Monday to Friday 9am to 4.30pm T: 01782 214999, or go to approachstaffordshire.co.uk

Carers UK

Advice and support to anyone looking after a family member or friend with dementia.
Helpline available Monday to Friday 9am to 6pm. T: 0808 808 7777

Dementia UK - Admiral Nurses

Provides specialist dementia advice and support for families through their Admiral Nurse service. Call 0800 888 6678 or emailhelpline@dementiauk.org

Moorlands Voluntary & Community

Transport

Volunteer drivers use their own cars to offer transport to those in need. A contribution is charged towards the cost of the driver's expenses. Phone 01782 511659 or go to www.mvct.co.uk

NHS

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

North Staffs Carers

Information and advice, emotional support, practical help. Phone 01782 793100 or go to www.carersfirst.com

Young Dementia UK

Support, information and guidance for those who are affected by young onset dementia. Go to youngdementiauk.org

TIPS: LIVING AT HOME WITH DEMENTIA SAVE MONEY

You might qualify for a discount or an exemption on your council tax. To find out more call into Biddulph Town Council or contact Staffordshire Moorlands District Council on 0345 605 3011



GET A DAILY NEWSPAPER

Buy a newspaper each morning or get one delivered, then you'll always know what the day and date are



KEEP IMPORTANT ITEMS IN ONE PLACE

If you're having trouble remembering where you've put things, such as your purse, wallet, etc try and get in the habit of keeping them in the same place



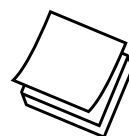
SHOPPING LIST

Take a list with you when you go shopping and cross things off as you put them in your basket/trolley. At home, keep a list of items that you run out of so you can add them to your list



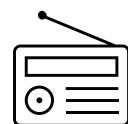
STICKY NOTES (POST ITS)

Use sticky notes in your home to remind you to do something. Stick one on your freezer to remind you to take something out to defrost



TV AND RADIO

It can be enjoyable to watch your favourite TV show or listen to music and chat, but consider switching them off if you need to concentrate



We've taken care to ensure the accuracy of this information, no responsibility can be accepted for errors or omissions. If you feel some information is incorrect or details have changed, please let us know.

Biddulph Town Council

High Street

Biddulph

ST8 6AR

T: 01782 498480

E: office@biddulph-tc.gov.uk

