

ReMind^{UK}

Getting ahead of dementia

Directory

A post diagnosis resource for people living with dementia and those who care for them.

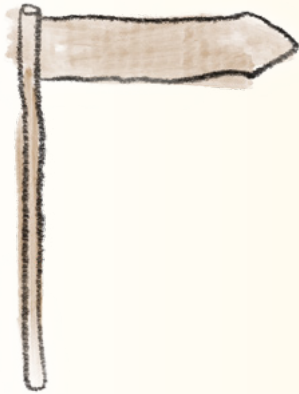
This section outlines some of the many dementia friendly services available both nationally and locally.

The entries are listed in sections to help you navigate, for example, finances or homelife.

We have also included some recommendations from our staff, carers and beneficiaries.

There is a listing of local day to day services, organisations and activities that you should contact directly for more information.

We hope you find it useful.



Contents

ReMind UK staff recommended books and websites

Books

Contented Dementia by Oliver James

Travelers to Unimaginable Lands By Dasha Kiper

Finding the Light in Dementia: A Guide by Jane M.Mullins

What I wish People knew about Dementia by Wendy Mitchell

Websites

Dementia Adventure also offer a further reading list here:

- ⊗ <https://dementiaadventure.org/resources/resources-for-friends-and-family/>

Living with Dementia Toolkit

- ⊗ <https://livingwithdementiatoolkit.org.uk/>

Arts 4 Dementia

- ⊗ www.arts4dementia.org.uk

Dementia UK's list of books help you to explain to your grandchildren

- ⊗ <https://www.dementiauk.org/information-and-support>

The Brain Health Network

Find out about steps you can take for brain health

- ⊗ <https://brain.health/>



Family support

Dementia Adventure



Who For family and friends supporting someone with dementia at home.

What Informal two-hour training sessions to meet and learn from other people in a similar situation.

£ Free
☎ 01245 237548
✉ info@dementiaadventure.co.uk
🌐 www.dementiaadventure.org

The Alzheimer's Society's Learning Hub



Who An educational platform suitable for anyone who wants to improve their knowledge about dementia.

What Fourteen dementia courses. Each course takes approximately 45 to 60 minutes to complete.

Online e-courses
Make an online enquiry:
www.alzheimers.org.uk/dementia-professionals/external-training/make-an-enquiry
£ from £24 per session

Legal and financial

Planning Ahead

It is important you record your beliefs, wishes, and choices regarding your care for the future. Consider:

- If you wish to make a prior decision to decline any particular medical treatment at a later date.
- Discussing and signing a 'RESPECT' form with your GP. This provides recommendations for a person's clinical care in a future emergency in which they are unable to make or express choices.
- Making any legal decisions about your health and welfare, property and finance if and when you can no longer make them yourself.
- Getting a 'Lasting power of attorney' – important for loved ones to help care for you in the future according to your wishes.
- Where you would prefer to be cared for, including at the end of your life.

A number of solicitors will donate their fee to charity if you make your will with them during certain weeks or months of the year.

Legal and financial

The UK Care Guide

An award-winning resource

🌐 <https://ukcareguide.co.uk>

Managing money can become difficult for people living with dementia. Everyone struggles with pin numbers, passwords and new security technology. The Alzheimer's Society launched The Dementia-Friendly Financial Services Charter in 2013 and banks such as Lloyds Banking Group, Santander, RBS, HSBC, Bath Building Society have pledged to support the initiative to treat people with dignity and understanding, improving everyday life for people with dementia.

Ask your local branch for staff trained in dementia awareness and/or dementia specific advice on finances.

Homelife

Making your home dementia-friendly may seem overwhelming, but there are simple changes you can make to help someone with dementia continue living independently.

- Lighting is important. Speak to your loved one about how much light they need in specific areas to feel comfortable.
- Reduce excess noise, avoid shiny or reflective flooring, and choose contrasting colours for walls, furniture, and furnishings.
- Labels and signs can be helpful, as can dementia-friendly household items such as clocks with large displays, telephones with big buttons, and reminder devices.
- Ensure that any outside spaces are secure and have flat, stable walking surfaces and adequate lighting.
- Consider automatic calendar clocks showing the day and date as well as the time.
- Whiteboards to write daily tasks down, or 'daily routine cards' may help
- Label cupboards and drawers.
- Consider keeping a journal to track changes (and mood).

See the NHS website for more information:
How to make your home dementia-friendly

🌐 www.nhs.uk

Independent Living Service

☎ 01225 366135

Please contact the Independent Living Service for ongoing support to help you stay independent in your home, whether you are a homeowner, a Curo tenant, or in privately rented accommodation. Help is at hand to:

- Make sure your home is as safe and convenient for you as possible, including a pendant alarm for use in emergencies.
- Help you keep on top of correspondence and bills.
- Signpost and help you get in touch with organisations providing specialist support.
- Check that you are getting all the benefits you should be, and if not, help you apply for them.
- Enable you to get out and about more, to enjoy more of the things you like to do.
- Provide a friendly, listening ear when you need it.

Avon Fire and Rescue Service

Offers a free Home Fire Safety Visit. A fire safety assessment is carried out, and recommendations given on how to stay safe from fire. This includes information on how to prevent a fire from happening, what to do in the event of a fire, cooking and electrical safety, planning an escape route, and a nighttime routine.

If, during the visit, they find that your home needs smoke alarms, they will fit them free of charge. The visit usually lasts around 45 minutes and can be self-referred.

In addition, Avon Fire and Rescue Service also provides free dementia wristbands. These soft yellow silicone bands have an accessible chip inside them. If someone wearing the wristband wanders and gets lost, the police and emergency services can use the chip to get them safely home. It's a great initiative to help people with dementia stay safe and secure.

Dementia Support

Offer some tips for helping to prevent admission to hospital.

🌐 www.dementiasupport.org.uk

We Care Home Improvements

- ☎ 0300 323 0700
- ✉ info@wecr.org.uk
- 🌐 www.wecr.org.uk

We Care Home Improvements is an award winning, not for profit organisation that adapt and repair homes for older and disabled homeowners. Their occupational therapist and expert design team offer to build bathrooms, annexes or conversions to enable independent living.

Herbert Protocol

The Dementia Safeguarding Scheme (Herbert Protocol) is a national scheme encouraging carers, family and friends to provide useful information which can be used in the event of a vulnerable person going missing. The information is captured in a form and is used by the police to help locate vulnerable individuals. Search for: Dementia Safeguarding Scheme (Herbert Protocol) | Avon and Somerset Police

Changes to landline telephones

AGE UK have a useful explainer:

- 🌐 <https://www.ageuk.org.uk/information-advice/money-legal/consumer-issues/changes-to-landline-telephones/>
-

Home from Hospital – support at home if you have been in hospital.

Age UK B&NES will help make the return home a little easier by offering transport home in your own vehicle from any of the four hospitals in the area and provide free practical support such as ensuring your house is warm, helping with shopping, cleaning, transport and medical appointments for up to six weeks or longer for those with a dementia diagnosis. They also provide a paid for service for those who would like to continue to receive practical support and companionship.

- ☎ 01225 462641
 - ✉ homeservices@ageukbanes.co.uk
-

Social Care – finding a care home, getting help at home and funding advice

B&NES can support with advice on finding and funding care, including benefits checks, help with applying for benefits and pension advice. They also support with legal issues and wills, power of attorney and how to deal with an estate.

Access this free service:

📞 <https://beta.bathnes.gov.uk/get-social-care-and-health-support>

Palliative and end of life care for people living with life limiting conditions

Dorothy House provides palliative end of life care to people living with life-limiting conditions. They have an Inpatient Unit in Winsley, Wiltshire, but most of their care is offered in people's homes and community settings across Bath and North East Somerset (B&NES) and parts of Wiltshire and Somerset. People can self-refer or be referred by a healthcare professional.

Call their advice line or make a referral online:

📞 0345 0130 555

📞 <https://www.dorothyhouse.org.uk/what-we-do/referrals/>



Assistive technologies and supported living

There is an ever-growing range of products and services, known as 'assistive technology', to help people live independently and safely.

Telecare includes alarms to alert someone, key safes, pill dispensers, movement sensors, smoke and fire alarms and detectors or sensors that will automatically send a signal to a carer or a monitoring centre.

Numerous daily living products may help with day-to-day tasks, such as clocks, reminder devices and big buttoned devices and can be found on websites such as:

Living Made Easy

🌐 <https://livingmadeeasy.org.uk>

Offer a range of smart technology, tablets and useful devices that include games and voice-controlled assistance which can be programmed to remind people to take medications or provide useful information.

Sirona's Assistive Technology Service

Offer a variety of products to help you in your home, 24 hours a day, 7 days a week. Products include alarms and pendants, fall detectors, pagers, memory clocks and easy to use telephones. They recognise that everyone's needs are individual and so they ask you to call first to talk things through with them and then they can arrange next best steps.

☎ 0300 125 6899

✉ sirona.assistivetech@nhs.net

🌐 <https://sirona-cic.org.uk>

Keys

Add a small electronic tag locator device, link to a phone 'keyfinder'.
Which recommend:

£ **Tile pro** – £29.99

🌐 <https://uk.tile.com>

Have one big bowl/container for all important things easy to hand. Keep keys and other essential items in the same place so that you can find them easily.

I-Phone users can try **AirTags** to help track lost keys, wallets, phones and people.

Digital and IT

AcTo Dementia

🌐 www.actodementia.com

AcTo Dementia provides recommendations and guidance on accessible touchscreen apps for people living with dementia. Touch screens can be great for creative activity too such as painting and music and they are better for general accessibility.

AGE UK Bath and North East Somerset – Tablet Loan Scheme

Participants receive a tablet and accessories, internet access, and regular personal guidance from a supportive Digital Champion along the way, for up to twelve weeks at a time.

What	Tablet Loan Scheme	£	Free
Where	All of Bath and Northeast Somerset	📞	01225 466135
		✉️	digital@ageukbanes.co.uk
When	8 – 12 weeks loans throughout the year	🌐	https://bit.ly/AgeUKBANESDigital

AGE UK Bath and North East Somerset – Click Café

Whatever one-to-one support you need with your own digital devices, Age UK Bath and North East Somerset's Click Café can help. Join them for a cup of tea or coffee, biscuits, and some tech troubleshooting!

Where	St Michael's Day Centre, Bath, BA1 1SG	£	£3
When	Every Wednesday morning 10am – 12pm Book in advance	📞	01225 466135
		✉️	digital@ageukbanes.co.uk

WERN Tea & Tech Sessions

Hosted in rural and urban community venues to connect people to technology including smart phones, tablets or laptops with basic verbal and written instruction.

Where	Available at various venues in the rural areas of Bath & North East Somerset, North Somerset and South Gloucestershire	Contact	Tina for more details
		📞	07502 641 805
		✉️	tina@wern.org.uk
		🌐	wern.org.uk

Driving and transport

Driving

It is a common misbelief that a diagnosis of dementia means the automatic rescinding of a licence, however if and when it does happen, being told that you can no longer drive can be a real blow to confidence and feeling independent. Whether a person can drive is a legal decision not a clinical one.

When mild memory difficulties turn into dementia, or if driving seems to be affected by failing faculties, then the DVLA needs to know, and it is the person diagnosed who is responsible for telling them.

If the person diagnosed won't, or can't report the diagnosis, then responsibility for notifying the DVLA passes to the doctor. The General Medical Council have clear guidelines.

Ask for ReMind UK's driving leaflet or read the NHS website for more information
⊗ www.england.nhs.uk/blog/driving-memory-loss-and-dementia/

Driving Mobility Centre

While most people are aware that they must eventually stop driving, dementia might make it challenging to determine when that time has come. When a person with dementia gets lost and returns hours later, experiences a collision, or when someone gets a lift and feels scared, those situations can be a crunch point.

An on-road assessment, at one of the Driving Mobility Centres can be a good way of getting an objective opinion about whether it is still safe to drive.

Dr James McKillop has written a blog of what driving incidents to look for which may indicate difficulties.

⊗ www.alzheimer-europe.org/news/living-dementia-blog-post-james-mckillop-driving-and-dementia



Taxis

B&NES Council offer a list of taxis with disabled access.

🌐 <https://beta.bathnes.gov.uk/taxis-disabled-access>

Blue Badge Scheme

For anyone with a disability including 'hidden disabilities' that may make it difficult to get out and about.

What Park closer to where you need to go

When Everyday

Cost £10

☎ 01225 477133

✉ parking@bathnes.gov.uk

🌐 <https://www.bathnes.gov.uk/services/parking-and-travel/accessible-parking/blue-badge>

Dial-a-ride B&NES

Dial-a-Ride is a door-to-door, fully accessible minibus service for people who cannot use conventional public transport. You can use this service to go shopping, attend appointments and play an active part in community life.

Who For anyone with a disability

Where Keynsham

To register please email

✉ Admin@keynshamdialaride.co.uk

☎ or call the co-ordinator on

01225 395628

Where Bath

☎ Contact the co-ordinator on
01225 39 52 22

Bath Community Transport

A fully accessible minibus service with 12 seats or up to 2 fixed wheelchairs and 6 additional seated passengers. Eligible groups need to become members for an annual fee of £15 before booking transport. Hire charges are then payable by the group, based on the mileage covered, which is at a subsidised rate.

Who Groups (not single transport)

Where B&NES

When Everyday

Cost Annual fee of £15 + mileage

☎ 01225 832317

✉ Bct.buses@bathct.org.uk

🌐 <https://travelwest.info/community-transport/bath-community-transport/#overview-of-the-service-1>

Passes and cards for travel

Diamond Travel Card

For older people or anyone with a disability and a companion (with companion entitlement included in the card).

Who	Get a free bus pass if you are a B&NES resident and have reached the qualifying age or have certain disabilities	£ Free ☎ 01225 394041 ✉ buspass@bathnes.gov.uk ⊗ https://beta.bathnes.gov.uk/applying-free-bus-pass-diamond-travelcard
When	Everyday	

Safe Journey Card

These little cards show an appropriate message to help you travel safely on the bus, for example 'Please tell me when we get to...'.

Who	Anyone with a disability or requiring extra help	⊗ https://www.firstbus.co.uk/bristol-bath-and-west/plan-journey/extra-help-travelthe-service-1
When	Everyday	↓ https://www.firstbus.co.uk/uploads/node_images/Extra-Help-To-Travel-journey-assistance-cards-june-20-edited.pdf
£	Free	

Hidden Disabilities Assistance Card

A hidden disability assistance card can help people who may need extra time, patience, or understanding when accessing services or facilities or when travelling in airports.

Who	Anyone with a disability or requiring extra help	£ Between £1.50 - £4 ⊗ https://hdsunflower.com/uk/
When	Everyday	

Rail and air travel

Rail Travel

A disabled persons railcard from National Rail offers a 1/3 off adult train travel. You will need to provide proof of your disability to verify your eligibility online and a digital passport-style photograph.

⊗ <https://www.disabledpersons-railcard>

“Eurostar to Paris offer a carers ticket for £78 return fixed rate at any time, even if you buy a business class ticket for the person you care for. They didn’t even want proof of being a carer! I think it’s a very generous concession.” –Thanks Diane

Air Travel

You are legally entitled to support, commonly known as ‘Special Assistance’, when travelling by air. This means airports and airlines must provide help, free of charge, to ensure you have a less stressful journey.



Shopping online

Ordering shopping online may make life easier for you.

Relish

Games to help improve the overall well-being of people with dementia by providing fun, meaningful activities that help build their relationships with their family, friends, and caregivers.

Telephone or order online.

☎ 0203 488 2001
✉ info@relish-life.com
🌐 <https://relish-life.com/>

Talking Products

A range of innovative products to help you stay independent. Record and play voice messages to provide audible guidance for medication management, appointments and daily living.

Telephone or order online.

☎ 01794 278327
✉ info@talkingproducts.com
🌐 www.talkingproducts.com

AlzShop

This store contains a range of dementia aids and equipment to help assist people with cognitive loss.

Telephone or order online.

☎ 0333 366 0035
🌐 www.alzproducts.co.uk

Wiltshire Farm Foods

Frozen foods, delivered to the door.
Telephone or order online.

☎ 0800 077 3100
🌐 www.wiltshirefarmfoods.com

Cook

Frozen foods, delivered to the door.
Telephone or order online.

☎ 01225251092
🌐 www.cookfood.net

Holidays and breaks

Dementia Adventure

Small-group holidays and individually tailored breaks for people living with dementia and the people who care for them.

Pricing is subsidised by a minimum of 30%, additional financial assistance for those who need it plus support with seeking further funding for your holiday.

Where Various locations around the UK

☎ 01245 237548

When Monday to Friday all year

✉ info@dementiaadventure.co.uk

🌐 www.dementiaadventure.org

After Umbrage

After Umbrage provides short-term respite, and holiday accommodation for up to four people free of charge.

Where Bath and Oundle

£ Free

When Stay for four nights all year round

✉ hello@afterumbrage.org.uk

🌐 www.afterumbrage.org.uk

Combe Down Holiday Trust

A local charity, providing holidays, short breaks, or days out for disabled people and/or their carers and families.

Where Bath & North East Somerset area

☎ 01225431230

🌐 https://cdht.org.uk/

Ammerdown Retreat Centre

Ammerdown offer a 'Refreshing Day for Carers' throughout the year. This relaxing day includes a two-course cooked lunch and gentle activities such as sound baths, harp meditation or craft.

☎ 01761 433709

🌐 www.ammerdown.org

Advocacy and influencing

ReMind UK's LEAP Panel

The Lived Experience Advice Panel share experiences of dementia and to collaborate, advise and inform ReMind UK's work.

Where The ReMind UK Centre, RUH

When Monday afternoon
Every 2 months
2pm - 4pm

✉ info@reminduk.org

🌐 <http://www.reminduk.org>

The face-to-face Dementia Voice Group

Is a Dementia Voice Group in Bath and North East Somerset. Meet other people who understand about living with dementia, while developing your skills and improving your confidence.

Where St John's Almshouses,
Combe Park, Bath BA1 3NF
(next to the RUH)

When Once a month every second Thursday

☎ 0117 474 7921

✉ bath@alzheimers.org.uk

Dementia Diaries

Gives a voice to people with dementia through more than 3000 audio and video diaries. Run by Innovations in Dementia, you can become a dementia diarist.

🌐 <https://dementiadiaries.org/>

DEEP

The Dementia Engagement and Empowerment Project is the UK network of dementia voices consisting of around 80 groups of people with dementia who are looking to change things.

🌐 <https://www.dementiavoices.org.uk/about-deep/what-is-deep/>

The World Health Organisation

Toolkit on Towards a Dementia Inclusive Society

- ⊗ <https://www.who.int/publications/i/item/9789240031531>

The Centre for Ageing Better's 'Ageing Friendly Cities Network'

- ⊗ <https://ageing-better.org.uk/uk-network-age-friendly-communities>

The Dementia Friends initiative

To find out more about The Dementia Friends initiative visit:

- ⊗ www.dementiafriends.org.uk



Keeping physically active

Keeping active can help you feel more positive and less anxious or depressed. It maintains physical, social and mental skills, raising confidence and self-esteem, helping you sleep better, express your feelings more and connect with others. Plus, it's fun!

Research from Alzheimer's Society shows that day trips are popular and regular activities for people living with dementia and their carers. In comparison to other visitor attractions, people living with dementia view heritage sites as 'safe' and familiar spaces.

Memberships of The National Trust, English Heritage, Landmark Trust, The Royal Horticultural Society, Westonbirt Arboretum, Slimbridge Wetlands and Wildfowl Trust, National Parks, and historic estates can mean unlimited visits to spaces that can prompt and stimulate discussion and encourage outdoor exploration.

Recommendations for fitness and/or exploring the area include:

St. John's Activities Programmes (for older adults)

🌐 <https://stjohnsbath.org.uk/what-we-do/supporting-older-adults/good-living-sessions/>

Paddy Nisbet for Tai Chi

Using simplified Tai Chi Forms and Tai Chi principles, Qi Gong and Meditation exercises enable greater stability, balance, flexibility, concentration and promote greater calmness and relaxation.

☎ 07769 733580

Better Leisure-free pass

The Better Health Team provide tailored physical activity and exercise programmes for patients with risk factors for medical conditions or for those with existing long-term conditions at an affordable rate. Ask your GP if you may be eligible for a referral.

Bathscapes walking trails

The benefits of walking are widely known. Check out Bathscapes walking trails and routes in newspapers and your local venues.

🌐 <https://www.bathscape.co.uk/>

Allotments and gardening

Also therapeutic and beneficial for wellbeing. Try sharing with others or with the Friends of the RUH who are creating sensory community gardens throughout the hospital.

Personal training services

Specifically for older people, or 'functional fitness' can be a good option. Arthur comes recommended:

☎ 07971 245221

✉ arthur@bootcamp65.co.uk

Pets

The Cinnamon Trust

The only specialist national charity for older people (over 65's) and their much loved, much needed companions. A network of volunteers support owners and pets to stay together.

☎ 01736 757 900

🌐 <https://cinnamon.org.uk/cinnamon-trust/>

Borrow My Doggy

Find a trusted local dog lover to take care of your dog when you can't. Or find a volunteer to take someone else's dog for a walk.

🌐 www.borrowmydoggy.com

Out and about

Nearest Toilet App

You can see Radar Key accessible toilets too.

🌐 <https://www.toiletmap.org/>



What 3 Words

An app that can help services and loved ones to locate you to three square metres.

Radar Keys

Gives access to over 9000 accessible toilets in the UK at train stations, cafés and shopping centres. You can purchase a radar key from:

🌐 <https://shop.disabilityrightsuk.org/products/radar-key>

Emotional, social and psychological well-being

Whether you have a diagnosis, or are caring for someone who has, it is important to look after your physical, emotional, psychological, and social needs. There are people to turn to and talk to when you need help, advice, and a listening ear. Remember that seeking help and support is a sign of strength and taking control of your own well-being.

Admiral Nurse's Dementia Helpline

Admiral Nurses are specialist dementia nurses who give expert practical, clinical and emotional support to families living with dementia. They are registered nurses and have significant experience of working with people with dementia.

The Admiral Nurse Helpline is there to provide you with specialist support, through phone and email services. The helpline can get busy, so if you cannot get through immediately, there is an option to leave a voicemail and an Admiral Nurse will get back to you as soon as possible. Alternatively, you may wish to book an online appointment with a Clinics Admiral Nurse at a time and date that suits you.

Opening times

Monday to Friday 9am – 9pm
Saturday, Sunday & Bank Holidays
(except 25th Dec)
9am – 5pm

☎ 0800 888 6678

✉ helpline@dementiauk.org

🌐 <https://www.dementiauk.org/information-and-support/specialist-diagnosis-and-support/book-a-virtual-appointment/>

AGE UK SilverLine Helpline

A confidential, free helpline for older people across the UK open every day and night of the year. Specially trained helpline staff offer information, friendship and advice.

- ☎ 0800 4 70 80 90
- 🌐 www.thesilverline.org.uk

Community Wellbeing Hub for Bath and North East Somerset

- ☎ 0300 247 0050
- ☎ 07870 868368 (text)
- ✉ BATHNES.thehub@hcrhcaregroup.com

Opening hours are Monday through Friday from 9am to 5pm
(apart from public and bank holidays)

Bath Mind's out of hours Breathing Space

A face-to-face (6pm – 10.30pm) and telephone service (5.30pm – 11pm) offering calm, non-clinical support for individuals experiencing or at risk of a mental health crisis. Staffed by a team with a broad range of experience in mental health issues, the service offers a compassionate listening ear and signposting to relevant services.

- ☎ 0808 175 1369 (phone and leave a message)
- 🌐 www.bathmind.org.uk

Samaritans

Whatever you're going through Samaritans will face it with you.
They are there 24 hours a day, 365 days a year.

- ☎ 0116 123 for free anytime

Carers' online forums include:

Alzheimer's Society's Dementia Talking Point

- 🌐 <https://forum.alzheimers.org.uk/>

Carers UK forum

- 🌐 <https://www.carersuk.org/get-involved/join-us/our-forum/>

The Joy Club

The Joy Club have offered ReMind UK beneficiaries a free trial of membership to their online platform.

- ⊗ <https://thejoyclub.com>
Your promocode is: R100CEJOY2425

Membership will give you access to:

- A programme of over fifty live online classes, talks and workshops every month.
- Regular Tai Chi, yoga, dance, mindfulness, art classes (and more)
- A roster of expert guest speakers such as Michael Rosen, and events from influential artists, thinkers and public figures.
- A library of on-demand content to watch, listen to and read at your leisure.

Spaces to unwind and relax

TV and Film

Constant news updates and negative media coverage can exacerbate our anxiety levels. If you want to immerse yourself in uplifting and positive content, there are specially curated web sites and apps that offer just that. Whether you're looking for comedy shows, inspiring documentaries, or heartwarming films, you can access a FREE trial of these resources to lift your spirits before committing.

My Life TV

An on-demand TV streaming service designed to meet the needs of people living with dementia.

- ⊗ <https://tv.mylifefilms.org/>

The Daily Sparkle Subscription

Reminiscence newspapers and magazines bringing joy and connection to people living with dementia.

- £ £15 per month for weekly printed copies and free delivery
- ⊗ <https://memorysparkles.com/>



Online and apps

Bath Mind have an area on their website full of courses, armchair travel and fun activities.

⊗ <https://www.bathmind.org.uk/resources/online-wellbeing-courses/>

Radio and podcasts

BBC Sounds: Dementia and Me

⊗ <https://www.bbc.co.uk/sounds/brand/p07fsqj9>

BBC Reminiscence Archive

BBC Reminiscence Archive selects content from the BBC Archives, designed to support reminiscence therapy. Choose a decade or theme of interest to explore.

⊗ <https://remarc.bbcrewind.co.uk/>

BBC Radio 4: Unexpected Stories of the Mind

A radio programme discussing dementia, including rare forms.

⊗ <https://www.bbc.co.uk/programmes/m001kww0/episodes/player>

BBC Living with Dementia

A collection of BBC programmes about dementia.

⊗ <https://www.bbc.co.uk/programmes/p03qzz8m>

Listening Books

A postal and internet-based audiobook lending charity for those who have a disability or illness that impacts their ability to read the printed word.

⊗ www.listening-books.org.uk

Reading Well Books

On Prescription for dementia offers support for people diagnosed with dementia and their loved ones.

⊗ <https://reading-well.org.uk/books/books-on-prescription>

Music

Playlist for Life

⊗ www.playlistforlife.org.uk

The Soul Spa

Bath offers sound gongs and wellbeing practitioners

⊗ www.thesoulspa.co.uk

Mind Harp

Mind Harp offers voice-guided musical journeys which work best loaded on Wi-Fi and using earpods.

⊗ <https://mindharp.world>

BBC Sounds: Music memories

Programmes for people with dementia.

⊗ <https://www.bbc.co.uk/sounds/brand/p07mvnd1>

Creative and cultural

Many major creative and cultural attractions and organisations will offer discounts, or free tickets IF YOU ASK. These options are worth checking as they enable you to carry on with your pastimes.

If you like the cinema, why not apply for a CEA card which is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA). It enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

The Little Theatre, Bath – offers dementia friendly screenings.

⊗ <https://www.picturehouses.com/cinema/little-theatre-cinema/information>

BRLSI (Bath Royal Literary and Scientific Institution) has an online museum.

⊗ <https://www.brslsi.org/collections/>

M&S has an online nostalgia archive – the collection contains over 71,000 items, dating from 1884 to the present representing key aspects of the company's activities.

⊗ <https://archive.marksandspencer.com/>

House of memories app

With themes including school, work, leisure and maritime, there's a world of objects to explore.

🌐 <https://www.liverpoolmuseums.org.uk/house-of-memories/my-house-of-memories-app>

The Holburne Museum and Victoria Art Gallery

The Holburne Museum have partnered with ReMind UK to offer creative, stimulating sessions inspired by their collections. These will be run throughout the year. Victoria Art Gallery Bath offer accessible tours, behind the scenes tours for those hard of hearing and in British Sign Language.

Access Card – Access Card – The Access Card (sometimes referred to as the CredAbility Card or a Nimbus Card) evidences your access requirements across thousands of providers in the UK and beyond. Think of it as a Disability Passport. It may gain you access to things like concessionary tickets. It's all based on your rights under the Equality Act and providers' responsibilities. All for around £15 for 3 years!

The card has to be in the name of the person with the diagnosis and the carer can have an account in their own name, but you will need to explain you are linked.

Key providers in B&NES

In your area, there may be numerous charitable organisations and providers that offer something that appeals to you. You may find it helpful to take up a hobby or a passion that has lain dormant for a few years, or to join a group where you feel safe and welcomed.

Live Well B&NES

A website that provides impartial information for people living in Bath and North East Somerset and includes a section on supporting adults to live an independent life.

🌐 <https://livewell.bathnes.gov.uk/dementia/dementia-information>

HCRG's First Response Team

A team of Care Advisors, Social Workers and Care Service Co-ordinators who can discuss your needs and offer you information and advice. If appropriate, they offer you an assessment and help you to plan the support you need.

St. Martin's Hospital

Clara Cross Lane, Bath BA2 5RP

☎ 01225 396 000 (Please use option 2 for all referrals and enquiries for this service)

✉ BathNES.AdultCareDutyTeam@hcrhcaregroup.com

The Alzheimer's Society



A dementia support service providing information and practical guidance face-to-face, over the phone or in writing.

They also offer CriSP – an online 6-week course for carers, run via zoom. A trained facilitator aims to improve knowledge and skills of those caring for someone with dementia.

Who	People worried about their memory and carers	£	Free
Where	Staff sit in the ReMind UK clinic on a Tuesday morning or contact them via email	☎	01174 727921
		✉	crispswd@alzheimers.org.uk
		🌐	www.alzheimers.org.uk

Age UK Bath & North East Somerset



Activities across Bath, Keynsham and Somer Valley including social groups, memory groups, cook and eat, snack and chat, singing, volunteering, befriending and digital inclusion.

Who	People over the age 60+	£	Variable depending on activity
Where	The Studio, Alexander House James Street West Bath, BA1 2BT	☎	01225 466135
		✉	reception@ageukbanes.co.uk
		🌐	www.ageuk.org.uk

The Carers' Centre B&NES



They offer a support line, in-depth support sessions, planning for emergencies and wellbeing activities to take a break from caring and meet others.

Who	Carers	£	Free
Where	Based at Woodlands, Lower Bristol Road, Bath BA2 9ES, but with activities running in various locations around B&NES.	☎	0800 0388 885
		✉	support@banescarerscentre.org.uk
		🌐	www.banescarerscentre.org.uk

Village Agents (WERN)

A service for signposting and referral for people living in rural locations.



Who	For people living in rural or isolated places	☎ 07502 641 805
Where	The team arrange home visits or can meet at a place where the person feels at ease	✉ tina@wern.org.uk
		🌐 www.wern.org.uk

Curo's Rural Independent Living Service

Information about accessing medical treatment, help you fill out forms and applications and give practical advice on adaptations to the home.



Who	A safe and reliable service to help you stay independent in your home	Ask about the Independent Living Service
Where	Advice over the phone or a home visit	☎ 01225 366135
		🌐 www.curo-group.co.uk/memory

Wellbeing Courses

Courses including yoga, walking football, mindfulness, singing for therapies, woodland walks with foraging, and confidence building.



Who	For any Bath and North East Somerset resident	☎ 0300 247 0050
Where	Courses vary	✉ wellbeingcourses@hrcgcaregroup.com
Contact	Course leaders to talk about needs	🌐 www.wellbeing-courses.co.uk activities

The Peggy Dodd Centre

A Day Centre providing stimulating activities and support for those living with dementia and memory loss. Provides much needed respite for carers.

Who	For people living with dementia or memory loss	£ £37 per day and can include free transport in Bath area.
Where	The Peggy Dodd Centre, Brierley House, Summer Lane, Combe Down, Bath BA2 5JX	☎ 01225 835520
When	Weekdays 9am – 3.30pm	✉ day.centre@peggydodd.org
		🌐 www.peggy-dodd-centre.org.uk

BEMSCA at Fairfield House

For older members of the Caribbean, Asian and Chinese communities within Bath and North East Somerset.

☎ <https://www.bemsca.com>

DHEKBHAL

For the South Asian Community in Bristol & South Gloucestershire.

☎ <https://dhekbhal.org.uk/>

Chinese Community Wellbeing Society

To support the health and social care needs of the Chinese speaking community across the South West of England.

☎ <https://chinesecws.org.uk/>



Weekly diary

The directory below is arranged according to the days of the week and focuses on the Bath and North East Somerset area. We have included a selection of suggested starting points for areas outside of B&NES.

It is always best to call or email the service before attending to check the dates and times are still correct.

The Carers' Centre B&NES offer a range of free activities across the days of the week, in person, online and over the phone, to ensure lots of opportunities for you to get involved. You can make friends, share experiences, learn new skills, stay active or just take some time to relax!

⊗ <https://banescarerscentre.org.uk/activities/>

Monday

Chair Based Yoga



Accessible yoga postures for "all bodies", enhance strength and coordination.

Who	Carers and the person they care for	£	£3.50
When	Every Monday 12pm - 1pm	☎	01225 486400
Where	Southdown Methodist Church, The Hollow, Bath BA2	✉	goodliving.enquiries@stjohnsbath.org.uk
		⊗	https://stjohnsbath.org.uk/what-we-do/supporting-older-adults/activities-programme/

Monday

Sewing Machine Class



For those who want to make their own clothes or learn alterations and reshaping skills.

Who	Carers and the person they care for	£	£5 / First session is free
When	Every Monday 1pm - 3pm or 10am - 12pm	☎	01225 486400
Where	Royston Tucker, Combe Park, Bath BA1 3NF	✉	goodliving.enquiries@stjohnsbath.org.uk
		⊗	https://stjohnsbath.org.uk/what-we-do/supporting-older-adults/activities-programme/

Monday

Weston Welcome Café & Food Club



Free three-course meal with refreshments. Relax, meet new people and enjoy a meal together in a welcoming atmosphere.

Who	Patients and Carers	£	Free
When	Every Monday 12pm - 2pm	☎	01225 470171
Where	Weston Hub, Penn Hill Road, Bath BA1 4EH	✉	info@westonhub.org.uk

Monday

Wellbeing Café



RADSTOCK MUSEUM
COMMUNITY CAFES

A group to have a cuppa, try different craft activities with some games.

Who	Carers	£	Free or small donation
When	Second and fourth Monday of each month 1pm - 2.30pm	☎	07596424142
Where	Radstock Museum Tea Room, Waterloo Road, Radstock BA3 3EP	✉	Events@radstockmuseum.co.uk
		🌐	www.radstockmuseum.co.uk

Tuesday

Cook & Eat



For those who want to learn new culinary skills with a friendly group.

Who	Carers and the person they care for	£	£5 / First session is free
When	Every Tuesday from 2.30pm - 5pm	☎	01225 486400
Where	The Bubble, 4-5 Chapel Court, Bath BA1 3NF	✉	goodliving.enquiries@stjohnsbath.org.uk
		🌐	https://stjohnsbath.org.uk/what-we-do/supporting-older-adults/activities-programme/

Tuesday

Alzheimer's Society Singing for the Brain



Join to sing old and new songs in a friendly environment. No experience required.

Who	Carers and the person they care for	£	Free
When	First and Third Tuesday of every month, 2.30pm - 4pm	☎	01174 727921
Where	Weston Moravian Free Church, High Street, Weston BA1 4DB	✉	bath@alzheimers.org.uk
		🌐	www.alzheimers.org.uk

Tuesday

Mindful Art



Mindful Art is a combination of art and mindfulness to achieve a sense of inner peace and well-being.

Who	Carers and the person they care for	£	£5 / First session is free
When	Every Tuesday, 10am - 12pm	☎	01225 486400
Where	The Hub, Penn Hill Road Bath BA1 4EH	✉	goodliving.enquiries@stjohnsbath.org.uk
		🌐	https://stjohnsbath.org.uk/what-we-do/supporting-older-adults/activities-programme/



Tuesday

Memory Club



RADSTOCK MUSEUM
COMMUNITY CAFES

A stimulating session with activities based on different senses, games and crafts.

- Who** Open to anyone experiencing memory loss or issues (no diagnosis needed) and carers, friends and family members are also welcome to attend.
- When** First and Third Tuesday of each month from 10.30am - 12pm
- Where** Radstock Museum Tea Room, Waterloo Road, Radstock BA3 3EP
- £ Free or small donation
 ☎ 07596424142
 ✉ Events@radstockmuseum.co.uk
 🌐 www.radstockmuseum.co.uk

Tuesday

Goldies Sing & Smile - Bath



Daytime social Sing & Smile community groups combating loneliness and social isolation.

- Who** Carers and the person they care for
- £ Free
 ☎ 01761 470006
 ✉ Emma@golden-oldies.org.uk
 🌐 www.golden-oldies.org.uk

Southdown

Southdown Methodist Church, The Hollow, Bath BA2 1NJ

- When** First Tuesday of each month
2pm - 3pm

Larkhall Hanover Court Community Room. Salisbury Road, Larkhall, Bath BA1 6QX

- When** First Tuesday of each month
2pm - 3pm

Weston Weston Free Church. High Street, Bath BA1 4DB

- When** Second Tuesday of each month
2pm - 3pm

Tuesday

CURO ILS Memory Café



Regular Memory Cafés are a welcoming place to socialise and take time out in good company.

When	Last Tuesday of every month 10.45am – 12.15pm	£ Free
Where	Baptist Chapel, Tunbridge Road, Chew Magna, Bristol BS40 8SP	☎ 01225 366135 ✉ ILS@curo-group.co.uk 🌐 www.curo-group.co.uk

Tuesday

Bathscape Weekly Wellbeing Walking Group



Short (usually flat walks) of 2-3 miles around scenic areas.

Who	Anyone & dementia friendly	£ Free
When	Tuesday 12.30pm – 1.30pm	☎ 01225 477265
Where	Time Bank Office, 86 High Street, Twerton BA2 1DE	✉ info@bathscape.co.uk 🌐 www.bathscape.co.uk

Tuesday

AGE UK B&NES Memory Groups



Use Maintenance Cognitive Stimulation Therapy (MCST) to have fun. Includes discussion, word games and quizzes.

Who	People living with mild to moderate dementia, who can manage their own care	£ £27.50 per session *50% reduction for those on pension credits/benefits
Where	The Chocolate Quarter, Trajectus Way, Keynsham BS31 1DS	☎ 01225 466135 ✉ reception@ageukbanes.co.uk 🌐 www.ageuk.org.uk



Wednesday

Click Cafe



An hour long one to one online support.

Who	Carers and the person they care for	£	£3
When	By appointment - every Wednesday 10am - 12pm	☎	01225 466135
Where	St Michael's Day Centre, St Michael's Place, Bath BA1 1SG	✉	clickcafe@ageukbanes.co.uk
		🌐	www.ageuk.org.uk

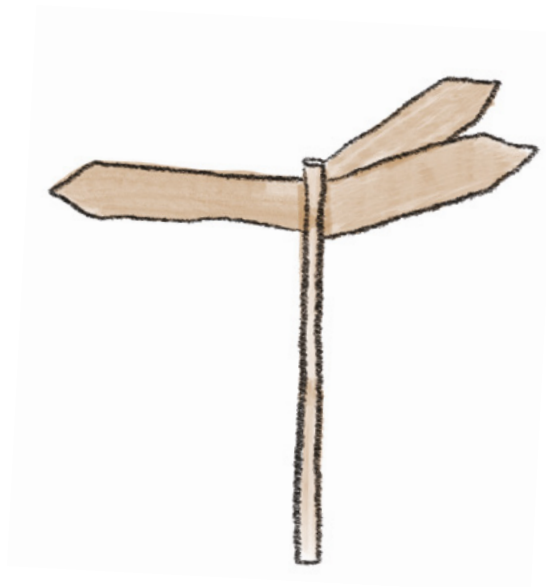
Wednesday

Snack and Chat - Age UK B&NES



A relaxed, drop-in lunch group which is a great place to make friends.

Who	Anyone and dementia friendly	£	Free
When	Every Wednesday 12.15pm - 2pm		
Where	St Michael's Day Centre, St Michael's Place, Bath BA1 1SG		



Wednesday



AGE UK B&NES Memory Groups

Use Maintenance Cognitive Stimulation Therapy (MCST) to have fun. Includes discussion, word games and quizzes.

Who	People living with mild to moderate dementia, who can manage their own care	🌐 www.ageuk.org.uk
<hr/>		
Where	Midsomer Norton Town Hall, The Island, MSN BA3 2HQ Transport provided	☎ 01225 466135 ✉ reception@ageukbanes.co.uk £ £27.50 per session* *50% reduction for those on pension credits/benefits
When	Every Wednesday 10am – 12pm	
<hr/>		
Where	St Michaels Centre 1-2 St Michaels Place, Bath BA1 1SG Transport provided	☎ 01225 466135 ✉ reception@ageukbanes.co.uk £ £27.50 per session* *50% reduction for those on pension credits/benefits
When	Every Wednesday 2pm – 4pm	
<hr/>		
Where	The Baptist Church High Street, Keynsham BS31 1DS Transport and lunch provided	☎ 01225 466135 ✉ reception@ageukbanes.co.uk £ £50.00 per session* *50% reduction for those on pension credits/benefits
When	Every Wednesday 10am – 2pm	



Wednesday

Bathscape Weekly Wellbeing Walking Group

55 mins to 1 hour walks covering 1 or 1.5 miles.
All walks start at 10.30am



Who Anyone & dementia friendly

£ Free

When First Wednesday of the month
Where St Michaels Centre
1-2 St Michaels Place,
Bath BA1 1SG

☎ 01225 477265

✉ info@bathscape.co.uk

🌐 www.bathscape.co.uk

When Second Wednesday
of the month
Where Pavilion Café,
Royal Victoria Park,
Bath BA1 2NR

When Third Wednesday of the month
Where Bath Bus Station, BA1 1SS
(the end nearest the train
station)

When Fourth and fifth Wednesday
of the month
Where Pavilion Café,
Royal Victoria Park,
Bath BA1 2NR

Thursday

Sing To Remember – Age UK B&NES



This singing activity therapy group is for those with memory loss and their companions. Join this warm and friendly group which helps aid memory and encourages positive social interaction.

When Alternate Thursdays
2pm – 3.30pm
Where Writhlington Village Hall,
Radstock BA3 3NF

Kath Still

☎ 01225 466135

🌐 reception@ageukbanes.co.uk

Thursday

Goldies Sing & Smile – Bath



Daytime social Sing & Smile community groups combating loneliness and isolation.

Who Carers and the person they care for

£ Free
 ☎ 01761470006
 ✉ Emma@golden-oldies.org.uk
 🌐 www.golden-oldies.org.uk

When Third Thursday of each month
 11am – 12pm

Where Southdown Methodist,
 The Hollow, Bath BA2 1NJ

When Fourth Thursday of each month,
 10.30am – 11.30am

Where Wells Road, Chilcompton,
 Radstock, BA3 4EX

Thursday

Bathscape Weekly Wellbeing Walking Group



Morning Walk

The walk is about an hour, reasonably flat, in a small, friendly group. Assistance/guide dogs welcome.

£ Free
 ✉ info@bathscape.co.uk
 🌐 www.bathscape.co.uk

When 11am

Where Start from the Monksdale Road
 Allotment Car Park

Afternoon Walk

A very short, slower walk for just under an hour. All welcome and we cater for all mobility levels.

When 11am

Where Start from the Monksdale Road
 Allotment Car Park



Thursday

CURO ILS Memory Café



Regular Memory Cafés are a welcoming place to socialise and take time out in good company.

Who	Anyone & dementia friendly	£	Free
When	Last Thursday of every month 10.30am – 12pm	☎	01225 366135
Where	Community Room, Hillcrest, Peasedown St John, Bath BA2 8JQ	✉	ILS@curo-group.co.uk
		🌐	www.curo-group.co.uk

Thursday

Music for the Mind



Tea, cakes, simple exercises and singing.

Who	Patients and Carers	£	No charge, donations welcome.
When	Every second and fourth Thursday in the month 10.30am – 12.15pm	☎	07392 442966
Where	St Dunstan's Church Hall, 20 Bristol Road, Keynsham, BS31 2BQ Plenty of free parking on site	✉	ksdaa22@gmail.com
		🌐	www.keynshamdaa.co.uk

Thursday

Make a Move



Warm up, mobilise joints and move to music. Easy to follow simple routines with relaxation and stretching.

Who	Over 55's – dementia friendly	£	Free or small donation
When	Every Thursday 10.30am – 11.30am	☎	07946 351997 (Paula)
Where	Moravian Church, Weston Village, Bath BA1 4DB	✉	info@makeamove.org.uk
		🌐	https://www.makeamove.org.uk/ our-charitable-projects/working- with-older-people/

Friday

Goldies Sing & Smile – Bath



Daytime social Sing & Smile community groups combating loneliness and isolation.

Who	Carers and the person they care for	£	£3
When	Last Friday of each month 2pm – 3pm	☎	01761470006
Where	The Key Centre. Charlton Road, Keynsham BS31 2JA	✉	Emma@golden-oldies.org.uk
		🌐	www.golden-oldies.org.uk

Friday

Soundwell Music Therapy Trust



Monthly Music Groups. Try out a range of easy to play instruments from around the world, no experience necessary.

Who	Carers	£	Free
When	Monthly or attend one off session 11am – 12.15pm	☎	0300 365 3400
Where	Scout HQ, 7 Grove Street, Bath, BA2 6PJ Help with transport is available	✉	enquiries@soundwell.org.uk
		🌐	www.soundwell.org

Friday

Landsdown Friendship Club



Coffee is followed by a themed activity, ranging from singing, pottery, chair exercises to traditional table games.

Who	For people living with memory difficulties and their loved ones in Landsdown and wider area	£	Free
When	First Friday of every month 2pm – 3.30pm	☎	01225 420946
Where	St Stephen's Church Centre, Landsdown, Bath	✉	landsdownfc@ststephensbath.org.uk



Friday

Chocolate Quarter Carers Support Group

Anyone in Keynsham (Carers Only Space, but you may bring a loved).

When 3rd Friday of every month £ Donations
Where 1st Floor Garden lounge. ☑ daycentre.peggy-dodd@gmail.com

Friday

AGE UK Memory Group



Use Maintenance Cognitive Stimulation Therapy (MCST) to have fun. Includes discussion, word games and quizzes.

Where St Michaels Centre,
 1-2 St Michaels Place,
 Bath BA1 1SG
 Transport provided
When 10am – 4pm

☎ 01225 466135
 ☑ reception@ageukbanes.co.uk
 £ £50.00 per session*
 *50% reduction for those on pension credits/benefits

Saturday

Peggy Dodd Dementia Café



This is open to all carers and those living with dementia to come together and socialise, with a different theme each meet, all over a hot drink. The group also have day trips to the seaside and a trip to the theatre during the year.

When First Saturday of every month
 10.30am – 12pm £ Voluntary Donations Welcome
 ☎ 01225 351275
Where The Peggy Dodd Centre,
 Brierley House, Summer Lane,
 Combe Down, Bath BA2 5JX ☑ daycentre@peggydodd.org
 ☕ www.peggy-dodd-centre.org.uk

Saturday

Somer Valley Rediscovered



Helping people to reconnect to local greenspaces. Various activities such as gentle foraging walks.

Who Carers and the ones they care for to socialise £ Free
 ☎ 01225 477 731
When Saturday mornings
 Other one off days or 6 week programmes of activities ☑ somervalleyrediscovered@bathnes.gov.uk
 ☕ www.somervalleyrediscovered.co.uk
Where The Somer Valley (see our website for events calendar)

Day services

Day Centres offer day care to provide older people with both practical assistance and a chance to socialise, with support from trained staff and volunteers, usually offering a wide range of activities and respite for the carer.

The Peggy Dodd Centre

A Day Centre providing stimulating activities and support for those living with dementia and memory loss.



Who	For people living with dementia or memory loss – provides much needed respite for carers.	£	£37 per day and can include free transport in Bath area
When	Weekdays 9am – 3.30pm	☎	01225 835520
Where	The Peggy Dodd Centre, Brierley House, Summer Lane, Combe Down, Bath BA2 5JX	✉	day.centre@peggydodd.org
		🌐	www.peggy-dodd-centre.org.uk

Forget Me Not Day Club

An inclusive Day Club for people with Dementia or Memory Problems and those experiencing social isolation.



Who	For people with memory impairment.	£	£37 + £8 for lunch (No charge if funded by social services)
When	Tuesday to Friday 10am – 3pm	☎	07958143164
Where	John Reynolds Lounge, Bath City Football Club Twerton. BATH BA2 1DB	✉	fmnfamiliarfriends@outlook.com
		🌐	www.forgetmenotfamiliarfriendscic.com

The Rainbow Care Group

The Rainbow Care Group run a day-care service in various locations within the community to promote independence, social interaction and activity, cognitive stimulation and friendship. It is staffed by fully qualified support workers who develop individualised programs and activities that match clients' needs.



Who	Helps support people and their families with Dementia	☎	01225 234 110
When	Monday & Thursday 10am – 4pm	🌐	https://therainbowcaregroup.com
Where	Batheaston New Village Hall, School Lane, Northend, Batheaston, Bath BA1 7EP		

Friends Indeed

Friends Indeed (private company) can offer companionship in the home if you live in or around the Bath, Bristol or Chew Valley areas. They offer affordable Home Help, Getting out & about and Companion services on a flexible basis to suit your needs.

☎ 01225 94 1066

🌐 <https://friendsindeed.co.uk>



Companions Who Care

Companions Who Care is a small friendly local home support and companionship service supporting individuals in Bath, South Gloucestershire, and West Wiltshire areas.

The Peggy Dodd Centre 'Home Support'

For people who are not able to come to the Day Centre or may prefer one to one support in their home, we can provide fully trained staff to spend quality time with your loved one, in the comfort of their own home. With everyone's situation being different, we tailor this service to meet the needs of the client and match them up with a member of our team, based on common hobbies or interests. We will discuss and agree an individual plan for the most appropriate use of time spent together and the kind of enjoyable and stimulating activities they would like to take part in. The number of hours can range from as little as 2 hours a week. Our process is simple. After an initial assessment within 2 working days of your call, we will begin the matching process, hope to match you up within 2 weeks, and complete all the relevant paperwork. There is nothing more for you to do.

🌐 www.peggy-dodd-centre.org.uk

Further afield

You may access ReMind UK's Memory Clinic and services from outside of the B&NES area.

Although the national alliance is now no longer funded, some areas, such as Keynsham and Saltford, as well as Bristol still have active locally led Dementia Action Alliance groups.

Bristol's BRACE offer research and information

🌐 www.alzheimers-brace.org/

The RWA (Royal West of England Academy) offer Tuesday Teatime Tours for uplifting and inspiring afternoons with conversation, reminiscence and tea and cake.

🌐 www.rwa.org.uk

Bristol Dementia Action Alliance support thousands of people and have an active events and activity calendar.

⊗ www.bdaa.org.uk

Health Connections is an online resource and directory for the Mendips.

⊗ <https://healthconnections-mendip.org/>

Your Care Your Support Wiltshire

Alzheimer's Support Wiltshire have day support, activities, day clubs and dementia advisors.

⊗ <https://www.alzheimers-wiltshire.org.uk>

The Alzheimer's Society have a useful online directory

⊗ <https://www.alzheimers.org.uk/find-support-near-you>

South Gloucestershire Memory Cafés

⊗ <https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advice.page?id=7uaOGaCsSLO>

Chat E-Cycle is an electric tandem cycle that offers an accessible, active and environmentally-friendly transport option within rural communities. The cycle allows people to cycle as much, or as little as they want to go to the shops, the pharmacy or a trip, tackling social isolation and increasing physical activity. Available next door to the Holy Cow Café in Chilcompton.

⊗ www.chatecycle.com

The Filo Project offers small group day care trips and activity in people's homes.

☎ 0333 939 8225

✉ info@thefiloproject.co.uk

⊗ www.filoproject.co.uk

Somerset Carers

⊗ www.somersetcarers.org/carers-hub/

Wells / Glastonbury

⊗ www.wellsdementia.org.uk/local-groups/

Carer Support Wiltshire

Offer a range of activity including carers cafés, training and specific support.

⊗ www.carersupport-wiltshire.co.uk

“Bread and butter, love, and warmth
I love toasted tea buns!
Warm slippers and grandmothers.
The person who has
never been foolish
Is the most foolish.
If music be the food
of love PLAY ON
In the company of good friends
One is never alone”

A poem co- created at our Toast, Tea & Poetry Group
November 2023



Use this space to keep your own notes

A series of 20 horizontal wavy lines, evenly spaced, intended for writing notes. The lines are black and have a slight, irregular wave pattern, giving them a hand-drawn appearance. They span the width of the page, leaving a small margin on the left and right sides.

Use this space to keep your own notes

A series of 20 horizontal wavy lines, evenly spaced, intended for writing notes. The lines are black and have a slight undulating pattern across the page.



This resource has been funded by the National Lottery

With thanks to:

The ReMind UK Lived Experience Advisory Panel

ReMind UK Carers who have contributed

All the partners and local organisations who have contributed

Illustrations by Hannah Carding

(excludes images on pages 9, 12, 20)

Design by Vivid Design

ReMind UK
The Research Institute for Brain Health
Royal United Hospital, Combe Park
Bath BA1 3NG

 **01225 476 420**

 **info@reminduk.org**

 **www.reminduk.org**

