

Northamptonshire Carers



Dementia Care Advice Service E-Newsletter

Welcome to the first edition

With a number of updates on the Dementia Care Advice Service, we thought it might be useful if we send out this newsletter with the details.

This will be a semi-regular newsletter so if you have anything that you might like included, please let us have your articles, send to: **Anne Frost on Annef@northamptonshire-carers.org**

Dementia Pathway

There are exciting new prospects and changes ahead for the Dementia Care Advice Service which involves lots of activities and enhanced working with many of our clinical, social care and voluntary sector partners.

The 'Pathway' is looking to improve the quality of life for people living with Dementia and their Carers. This will involve a number of organisations and professionals all working together to ensure this happens. It aims for people to receive a diagnosis as timely as is possible, and once the diagnosis has been made then there will be a post diagnostic support route for both the person with Dementia and their Carer to ensure they are supported. Of course, as with all things new – it takes time to get this right.

It is hoped that a community 'hub' will be created in both a physical and virtual setting where various activities and support would be available by Northamptonshire Carers and many others. This model will be available as a 'drop in' type basis but where there are some more bespoke, structured groups – numbers would need to be monitored.

Due to the Covid19 pandemic, this plan has not been able to materialise but as soon as the Government Guidelines allow it to, we'd love to get the ball rolling and start to offer some wonderful and engaging sessions in person. In the meantime, Northamptonshire Carers are very aware of the difficulties those with Dementia and their Carers are facing and we are now offering virtual group sessions via Zoom.

Join in 'On-Line' activities

For sign in details register with Anne Frost on **01933 677837**, once registered, she will add your details to her mailing list for updates.



Dementia Choir

Due to the incredible benefits of music for those with Dementia, we offer sessions for people to sing on a Monday afternoon

Sit & Keep Fit

Due to the importance of keeping ourselves fit and moving, we offer Sit and Keep Fit sessions to music on a Thursday afternoon.

On a Friday morning, we would like to offer Move and Groove Keep Fit sessions to those younger people living with Dementia.



We are now running a monthly Carers Session for those who want to discuss what is going on for them, the difficulties they face daily and with the Covid 19 situation.

In the autumn, we will be offering Poems and Rhymes Sessions and Reminiscence Workshops. We will have more to offer in time and will look forward to letting you know what is available as it evolves. We have lots of ideas and plans but would love to hear from you about what activities you would enjoy, too. If you would like to engage in some (or all!) of the virtual activities we currently have, please contact us on 01933 677837. Our Specialist Dementia Coordinator, Anne, will then discuss with you how you can join in and also discuss if there are any other ideas you might have for our future plans.

Social Media

The Dementia Care Advice Service has its own [Facebook](#) page, we are looking for a volunteer to help keep it updated with useful information and articles - Is this you?

If so, please make contact with Anne on 01933 677837



Tempory Carers Support Line Opening hours

Mornings 9am - 12 noon

Afternoons 1pm - 4pm

Monday - Friday.

An answer phone is in operation outside of these times, please leave a message and we will return your call.

We are there for information and advice as well as just someone to talk to for emotional support and a listening ear.

You are not alone - call on 01933 677907

Community Lotteries

We are registered with 3 of the local Community Lotteries, these Lotteries ensure that local money supports the local communities.

You don't need to live in the area to play so if you play the Lottery, we ask if you would consider supporting our organisation?



Corby - [Click here](#)

Daventry - [click here](#)

Northampton - [click here](#)

If you do gamble, we ask that you do so responsibly

Contact us Monday - Friday 9am - 5pm

General Enquiries: 01933 677837

Carers Support Line: 01933 677907

Email: carers@northamptonshire-carers.org

Website: www.northamptonshire-carers.org

Fundraising donations: www.localgiving.com/northamptonshire-carers