

Dementia Support Services in Wolverhampton

This edition: July 2025

These services were operational as detailed at the time of writing this document. Please check with individual services what they are delivering, should their service hours have changed.

**CITY OF
WOLVERHAMPTON
COUNCIL**

DAA Dementia
Action Alliance

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Free Dementia Support Line 0333 150 3456

We provide help and hope to people affected by dementia through:

- Support Services
- Funding research
- Campaign action

The Alzheimer's Society has a local team working to offer the following support in the Wolverhampton area:

Dementia Advisors

By calling the Dementia Support Line (**0333 150 3456**) you can ask to be referred to a local dementia advisor. You can speak on the telephone or have a home visit. An advisor can speak to you about local services and support and help with the practical and emotional aspects of coping with dementia.

Dementia Cafes

We have one face-to-face dementia café and one online via zoom.

The **face-to-face meeting** is 2 hours, once a month, at Bantock House Museum and Park, WV3 9LQ. As well as meeting other families, there are a range of visiting services, information and activities. The group is free to attend.

The **online group** is a great way to keep in regular touch with people, it is weekly rather than monthly and you can share issues as they are happening and benefit from the support of the group. People who come to the group find it a very valuable part of their support network.

For more information regarding dementia cafes then please contact **Jane Round** **07484 089 515** or **0121 521 3033** email at blackcountryoffice@alzheimers.org.uk.

South Asian 'Singing for the Brain'

Music and singing are proven to be very good for people living with dementia. These sessions are held monthly at the Bob Jones Community Hub. Songs are in **Hindi and Punjabi**. People living with dementia and carers are welcome.

You can turn up to this group without booking and it is a free service.

Please call **0121 521 3033** or email [**blackcountryoffice@alzheimers.org.uk**](mailto:blackcountryoffice@alzheimers.org.uk) for more information.

Other support services from the Alzheimer's Society

Alzheimer's Society website

This contains a huge range of free information, fact sheets, articles, magazines and our online shop. You can find out information on benefits, different types of dementia, local dementia services, useful gadgets, etc.

<https://www.alzheimers.org.uk/>

Talking Point – online chat forum

An online community to ask questions and receive advice from people in similar situations. Last year this had 1 million visits and there are thousands of active users. This is the world's biggest real time discussion on living with dementia. You can sign up to ask questions or just browse topics using the search bar.

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

Free publications and factsheets

<https://www.alzheimers.org.uk/form/order-free-publications>

Dementia Together Magazine

Subscribe to have it sent to you or read online for free.

<https://www.alzheimers.org.uk/get-support/publications-and-factsheets/dementia-together>

Alzheimer's Society online Shop

For a huge range of useful gadgets, gifts, games and Alzheimer's Society branded items.

<https://shop.alzheimers.org.uk> (or access through the main website)

Wolverhampton Memory Assessment Service

The Memory Assessment Service provides screening, assessment and diagnosis for people who are experiencing memory difficulties.

We have services in each of the Black Country boroughs; Dudley, Sandwell, Walsall and Wolverhampton.

If you are worried about your memory, you can make an appointment to speak to your GP. If a physical cause has been ruled out then your GP will refer you to the Memory Assessment Service.

The assessment process will help us identify the cause of your memory problem in order to provide you with guidance and support. Once we receive a referral, a memory nurse will contact you and make an appointment to see you.

We work closely with other organisations such as your GP, social services or voluntary organisations such as the Alzheimer's Society, who can support people with dementia and their carers.

Tel: 01902 442391



Community Support Services

Community Support Service currently offers connections to wellbeing support, to enable members of the community to connect with others. Also links into services to enable people to remain independent at home.

For support contact **01902 553445**



A vast number of resources on the website including the new "Lives on Hold Campaign" which you can find here:

<https://www.dementiauk.org/lives-on-hold/>



Lives on Hold - Dementia UK

Lives on Hold shows how life for carers of people living with dementia is similar to living in lockdown for many months, and often years. As life begins to get back to a new kind of normal for most people, families living with dementia will see little change.

www.dementiauk.org

<https://www.dementiauk.org/get-support/dementia-helpline-alzheimers-helpline/>



Dementia Helpline - Alzheimer's Helpline - reach out to an Admiral Nurse

The Admiral Nurse Dementia Helpline is for anyone with a question or concern about dementia and Alzheimer's disease. From looking out for the first symptoms of Alzheimer's, to understanding the challenges of living with someone with vascular dementia, our specialist Admiral Nurses have the knowledge and experience to understand the situation and suggest answers that might be hard to find ...

www.dementiauk.org

Call our Helpline for free on [0800 888 6678](tel:08008886678), email helpline@dementiauk.org to speak to a dementia specialist Admiral Nurse.



Admiral Nurse Service

Introducing Admiral Nurse Service to Wolverhampton
Black Country Health Care NHS Foundation Trust

Admiral Nurses provide the specialist support that families need to face dementia. When things get challenging or difficult, Admiral Nurses work alongside families, carers and people living with Dementia giving the compassionate one-to-one support, expert guidance, and practical solutions to families with high complexities, helping them to live more positively with dementia in the present, and to face the challenges of tomorrow with more confidence and less fear

Admiral Nurses are continually trained, developed, and supported by **Dementia UK**, and offer their skills to further enhance the level of expertise with local health and wellbeing departments, though raising awareness of Dementia and supporting professional development.

The Admiral Nurse Service is based at Brooklands Health Centre, Brooklands Parade, Wolverhampton, WV12ND Monday – Friday 8am- 4pm (excluding bank holidays) .They can be contacted on **01902 442422**. Email bchft.adminadmiralnurse@nhs.net

If you require an Admiral Nurse, please discuss with your GP and request a referral

Dementia Clinics in Wolverhampton

Admiral Nurse **Wonda Heritage RMN** covers Dementia Clinics across the West Midlands, including Wolverhampton.

If you care for someone who has dementia or live with the diagnosis yourself, **you can book a free 45-minute face-to-face appointment with a dementia specialist Admiral Nurse** for expert, tailored support, whatever your questions or concerns. Our dementia clinics are being held at selected Nationwide branches across the UK. All appointments are confidential and will take place in a private space within the branch. You do not need to be a Nationwide member to book an appointment.

Please note appointments can only be booked up to one month in advance.

You can **book online** via www.dementiauk.org, look under 'Information and support', then 'How we can support you' on the left hand side. [Admiral Nurse Clinics Nationwide | Free Dementia Support Appointment - Dementia UK](#)

If you are unable to book online you can send a text message with the word: APPOINTMENT to 07478 724000, and we will call you to help you make a booking.



Life is unpredictable, your care shouldn't be.

At **Compton Care** we support people living with life-limiting conditions, welcoming referrals from patients, families, and health care professionals.

We believe in providing great quality clinical expertise and emotional support that is tailored to your individual needs. Provided in our purpose-built facilities or in your own home, we will ensure you and your loved ones feel safe and supported in our care.

Our free services:

- Bereavement care
- Community services
- Counselling
- Inpatient unit
- Living Well Service
- Lymphoedema clinic
- Complementary therapy
- Physiotherapy
- Spiritual care
- Support groups
- Social groups
- Support for family and carers

For more information call our **Advice and Referral line on 01902 774570.**

Website: www.comptoncare.org.uk
Email: advice@comptoncare.org.uk

Neurological support

Our **Living Well team** supports individuals diagnosed with neurological conditions such as Parkinson's, Motor Neurone Disease, and Dementia.

We provide opportunities to stay physically active, engage in stimulating activities, and connect with others in the community.

In addition, we collaborate with local organisations to offer tailored support and guidance for those with more complex needs.

Are you grieving for someone?

Grief is a deeply personal experience, and everyone copes in their own way but many find that talking can help.

At Compton Care as part of our services we offer a individualised holistic approach to pre and post bereavement support. This includes, those living with a life-limiting illness and a terminal diagnosis and coping with the loss of a loved one

We also run **Bereavement Peer Support Groups**, including:

- **Care & Craft**
- **Walk & Talk**
- **Bereavement Café**
- **Living Well After Bereavement**

In addition, we provide **Bereavement Information Points** across Wolverhampton, offering a space to find support and connection.

All our information points are free to attend and open to everyone, there is no need for a previous connection to Compton Care.

To register or learn more, call our Advice and Referral Line on **01902 774570**.

Website: www.comptoncare.org.uk

Email: advice@comptoncare.org.uk

Carer Support Team Wolverhampton

- **Telephone: 01902 553409**
- **E-mail: carer.support@wolverhampton.gov.uk**

We continually advertise the offer to carers hoping to identify the 21000 carers who remain 'hidden' in Wolverhampton (27,000 people identified as a carer in 2011 census)

- We offer statutory Care Act 2014 Carers Conversations (Carers Assessments) resulting in a Care and Support plan which is annually reviewed and updated. The care and support plan looks at what support is available to enable a carer to continue in their caring role. Support such as family and friends plus the availability to have a break. Also connecting carers to organisations and specific information will enable them to continue in their caring role.
- Emergency card, contingency planning. This is vital to carers knowing a plan has been arranged so if they become unwell there is someone to look after the person they care for.
- Carers bulletins and regular information updates
- Carers face to face meetings
- Carers weekly Zoom groups
- Specialised Carers welfare rights information and advice
- Availability of a carer support worker five days a week on 553409 to answer general enquires or offer support to carers whose caring role may have increased
- Home Based Respite (sitting service) is available if identified as an outcome during the carer's conversation
- One-off Home-Based Respite is available for carers to attend medical appointments
- One off Direct Payments are also available if identified as an outcome of the carer's conversation.
- Ongoing Direct Payments to support carers to have a break also identified as an outcome of the carer's conversation



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Public Protection

Public Protection Contact Numbers - Consumer Advice **0808 223 1133**

Campaigns: Friends Against Scams

Friends Against Scams is a National Trading Standards Scams Team initiative. The initiative is about protecting people from the negative social, mental, and financial aspects of scams by providing them with scams prevention advice and assistance and encouraging them to report and talk about scams to break the scams cycle.

City of Wolverhampton Council is a Friend Against Scams Organisation. Free scams prevention awareness training is available via www.friendsagainstscams.org.uk

Dementia Friendly Retail

Several City Centre Businesses have agreed to become Dementia Friendly Retailers offering quiet times and chat & natter tables. Their contact details are provided below.

Unisex Hairdressers & Barbers Teddy's@Sapphireblue, 35 Queen Square, Wolverhampton, WV1 1TL, 01902 772078/ 01902 428822. Offers quiet times for those living with dementia on Tuesdays & Wednesdays. Carers are welcome to attend. Ask for Steph or Phil.

Markie's Barber Shop, 66 Victoria Street, Wolverhampton, WV1 3PN, 07970 483986, Specialises in Afro-Caribbean Hair Offers quite times for those living with dementia on Tuesdays between 10am-12. Carers welcome. Ask for Mark Williams.

Dementia Friendly Pubs & 1 Members Club

The Chestnut Tree, 2 Castlecroft Road, Finchfield, WV3 8BT – Full table service and a designated table provided (Sizzling Pubs Chain).

The Giffard Arms, 64 Victoria Street, WV1 3NX. Manager Gary, Quiet table provided.

The Duke of York, 35 Princess Street, WV1 1HD. Manageress Tina Brazier. Back room snug provided for quiet times.

The Emerald Club, Cannock Road, Pat – Manager. Quiet table provided.



Are you concerned about your relative or friend, who seems to be getting more forgetful?

If the answer is yes, then **Memory Matters** could help.

You can contact Memory Matters by telephone to have an informal chat, regarding your Memory concerns or if you care for someone with memory concerns, you can give us a call. Advice and guidance is available, with connections to community groups and activities.

Memory Matters offers support and guidance to people who are concerned about their memory. It is also aimed at relatives or friends that have concerns about someone and want to find out more information about the support available.

Our telephone support is easily accessible and trained professionals are on hand to signpost and offer advice and information.

The team can offer guidance and support about the following.

- Initial contact with GP and the importance of early diagnosis
- Improving the home environment
- Encouraging an active mind/hobbies
- Stimulating active social life through support groups in the community
- Healthy diet and nutrition
- Telecare equipment/Assistive technology solutions to remain independent for as long as possible
- Support for Carers
- Information & Signposting to relevant organisations.

Telephone support is provided via a Community Support worker, who can offer general advice and information about support groups and health and well-being. The call offers a unique opportunity for the person experiencing memory difficulties or the family member/carer to speak openly regarding their concerns about what the future may hold and what support is available both medically and socially. Friendly, professional staff will explain the process of assessment and the support that is available from memory services.

- For more details about the service please contact the Joanne Evans - 01902 553445 – Memory Matters Community Support Service.



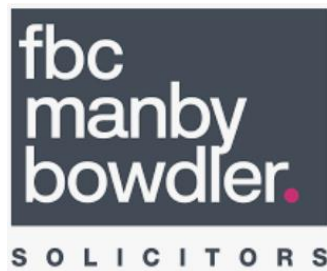
Healthwatch Wolverhampton

Healthwatch Wolverhampton is your local health and social care champion. From Bilston to Bushbury and everywhere in between, we make sure NHS leaders and other decision makers hear your voice and use your feedback to improve care. We are part of a network of over 150 local Healthwatch across the country. We work together through Healthwatch England to make sure your feedback creates positive change in health and care nationally as well as locally.

If you've recently visited your doctor, or local hospital, or used any health and care services in Wolverhampton we want to hear from you. Whether you've had a good or bad experience, we can use your feedback to improve services for everyone and we have the power to make NHS leaders and other care providers listen to what you have to say. We can also help you find reliable and trustworthy information and advice.

To contact us, please call **0800 246 5018** or email us at info@healthwatchwolverhampton.co.uk

For more information, visit our website at: <https://www.healthwatchwolverhampton.co.uk/what-we-do>



FBC Manby Bowler (Midlands) Limited is a full-service law firm providing a comprehensive range of personal and business legal services to clients across the West Midlands, Worcestershire and Shropshire.

We aim to work in partnership with you to ensure the legal process is as transparent as possible and that you understand the work we are undertaking on your behalf and the costs involved at all times.

Our specialist Wills, Probate & Lifetime Planning team can help you plan for the future whilst protecting your assets. They are able to advise in relation to Wills, Lasting Powers of Attorney, Probate and Estate Management as well as providing expert knowledge with Court of Protection and Deputyship applications.

We also have an expert Community Care Team who are able to advise with all aspects of Community Care Law, in particular the funding of care for the elderly and the disabled, both during life and after death.

Understanding the emotion that often arises when tackling a personal legal issue is why our exceptional people are sensitive, empathetic and provide practical guidance and advice from start to finish.

For individuals we also offer advice across a range of areas including buying & selling property, serious injuries and medical negligence, family law and motoring offences.

For businesses, advice covers commercial property, corporate, employment & HR, litigation, debt recovery, town & country planning, intellectual property, and international matters.

To find out more about FBC Manby Bowdler, please visit www.fbcmb.co.uk or to make an enquiry, please contact us using the details below:

Telephone: 01902 578000

Email: info@fbcmb.co.uk



Wolverhampton Grand Theatre has been working hard to become a dementia-friendly venue since 2017 as we believe the magic of live theatre should be accessible to everyone.

To make your visit as comfortable as possible, our staff have completed dementia-friendly sessions and we have space available in the front of house areas that can be used to take a break from the auditorium if needed

Memory Café

- Encore Lounge, Grand Theatre, Lichfield Steet. WV1 1DE
- 10AM – 12 PM
- Live professional entertainment, refreshments, and a raffle
- FREE for anyone affected by dementia.



Grand Theatre Memory Cafes take place on

- The first Thursday & Friday of the month featuring Soul, Reggae, Gospel and Motown music. These cafés are tailored for the Black, African and Caribbean communities, although anyone living with dementia is welcome to attend.
- The third Friday of every month: catered to the South Asian community.
- The last Thursday & Friday of the month: features music from the 40s, 50s, 60s, wartime, musicals and more

Spaces can be booked by email or phone.

Our Memory Cafés are made possible thanks to our sponsors FBC Manby Bowdler and supporting sponsors The Steve Bull Foundation, Paycare and Friends of the Grand.

Thanks to sponsorship from water safety specialists NANT, we will be touring *FREE* performances into care homes to ensure that people who cannot come and visit us at the theatre are still able to experience the magic of live entertainment. The tour features professional singers Sophie Clayton and Miss Beth Belle.

Access Register

The theatre operates an access register scheme that provides a free carer ticket for customers living with dementia. More information can be found on our website or by calling the Box Office on 01902 42 92 12.

Dementia Friendly Performances

We are committed to providing dementia friendly performances for specific, appropriate shows. Please visit our website for more information and specific dates.

Contact Information

Phone: 01902 57 33 20 (Outreach Team) | 01902 57 33 20 (Box Office)

Email : access@grandtheatre.co.uk

Website: www.grandtheatre.co.uk/acces



Please check opening times and contact before attending. Tel:01902 761192

St Columba's Day Centre

St. Columba's Day Centre provides a vital care service, offering social activities, promoting independence and social inclusion to people living with mild to moderate Dementia.

We want to enable members to remain in their own homes, alleviate loneliness and isolation. We play musical bingo, reminiscence sessions, quizzes, art and craft and games such as indoor bowls and skittles.

We are open 9am - 3pm at the moment, members can have tea and toast on arrival, a two-course hot lunch and tea and biscuits in the afternoon. This gives their carers some much needed respite, knowing they are in safe hands for the day.

.Please view our web site www.stcolumbasdaycentre.org.uk for more information or give us a call on **01902 761192**.

The Welfare Rights Service of the City of Wolverhampton Council

The Welfare Rights Service seeks to ensure that the most vulnerable and disadvantaged people living in the city are receiving all the benefits that they are entitled to.

For people who have Alzheimer's, memory loss and dementia, we often find that they miss out on **Pension Credit** (a benefit which is designed to ensure that people of pension age have a minimum income for day to day living) and/or **Attendance Allowance** (a benefit designed to provide extra income for people who need help with their personal care). We also see cases where those who are caring for people with dementia miss out on benefits which can provide extra financial support at a difficult time.

People are often put off applying for benefits because they think that all benefits are means tested and that if they have some savings or are a homeowner that they will not get any help. Whilst it is true that some benefits are determined by the level of a person's income and savings, benefits like Pension Credit allow people to claim even if they have what may be considered to be a reasonable pension income and or significant savings. Also, bear in mind that **Attendance Allowance is not means tested**, it can be claimed irrespective of the level of the persons income or savings.

Any residents wishing to make sure that they are not missing out on any benefits can contact our **Financial Wellbeing Team** by phone on **01902 555162** or email wrsfinancialwellbeing@wolverhampton.gov.uk. Upon contacting us, a specialist advisor will complete a missing benefits assessment with you. This will involve them discussing what benefits you presently receive (if any). They will then advise you on any missing benefits and with your permission, support you in applying for the benefits to which you may be entitled to but not getting.

This free and confidential service also operates a **Benefits Helpline** which residents or carers can contact if they require information and/or advice on benefits.

The helpline is open **Monday to Friday between 10am and 12pm** and may be contacted **by phone on 07966 292321 or by email at wrs@wolverhampton.gov.uk**.

Wolverhampton Social Prescribing Service

Who is it for?

- Do you feel isolated & want support to meet other people?
- Do you feel low or a bit anxious and might feel better joining a social group?
- Do you have a long-term chronic health condition which would be helped through community activities?
- Do you need help to find practical support or advice with practical issues such as money, health, or wellbeing?

If the answer to any of these questions is yes, then the Social Prescribing service might be able to help.

What is Social Prescribing?

It is a non-medical approach to improving your health and wellbeing. It can help you to have more control over your own health and find ways to improve how you feel in a way that suits you.

How does it work?

Social prescribing is not designed to replace medical support but getting involved with local groups & activities can help you get better and feel better faster than medicine alone.

Your Link Worker will listen to you and put you in touch with people and activities that might help you to feel better. They might introduce you to a community group, a new activity or a local club. Or they might help you find information or access advice about a particular issue.

We link people into things like:

Friendship groups, walking groups, arts & crafts, access to advice about debt, training & volunteering, or information about managing your health

How do I get involved?

You need to ask your GP or another worker who knows you to refer to the service. We will contact you within a few days and talk about how we might be able to help in a way that works for you.

Want to know more?

Get in touch either by

- Phone 01902 328987
- Email spinfo@wolverhamptonvsc.org.uk



Wolverhampton Homes - Telecare Service

Helping you to stay safe and independent in your own home.

Telecare is a service designed to help you to live safely and independently in your home. Should an accident or other emergency occur, Telecare provides you with the ability to call for help 24 hours a day, enabling you to carry on living your life safe in the knowledge that if a situation arises, you can get help quickly.

How does it work?

The lightweight, discreet pendant will work anywhere in the average house or garden. It can be worn around the neck or on the wrist and is easy and comfortable to wear. When you need help, you simply press the alarm button on the pendant or on the alarm unit, and you will be connected to one of our friendly Telecare advisors in our monitoring and response centre. They can call your nominated contacts telling them that you need help and can stay on the line to reassure you until assistance arrives.

If you do not have family or friends able to help you in an emergency, we have fully trained mobile responders who are available 24 hours a day should you need them. Though the mobile responders are not an emergency service, they undertake to get to you as quickly as possible. If you are not hurt but need assistance getting up, they will help you.

We also have a range of assistive technologies to provide support if you would have difficulty using the alarm and pendant, for example, due to a long-term health condition or problems with your memory. These technologies can provide automatic alerts to situations such as falls, fire, seizures, reminding you to take medication or that a door is open, and we can tailor the equipment to fit your individual needs.

Do I have to pay?

The Telecare Service is provided free of charge to people in receipt of certain benefits. If the Council has arranged for you to receive care and support, Telecare will be included in the contribution you are asked to pay for your care. If these circumstances do not apply to you, you are still able to benefit from the service.

Telecare packages range from £3 to £9 per week.

You can make a referral to the Telecare Service for yourself or on behalf of someone else.

For more information contact the Telecare team **on 01902 553585** or email telecare@wolverhamptonhomes.org.uk

Precious Memories Dementia Café



Educare Foundation (Wolverhampton) cares for every member of the Wolverhampton community, no matter what their background or situation may be.

Our **Precious Memories Dementia Cafe** involves a passionate group of board members and volunteers coming together and providing a charitable service for those who need it most. Lend a helping hand and join our efforts today

The Precious memories dementia café is for people with early to mid-stage dementia and their families/carers to attend together.

There are activities, memorabilia, puzzles, wordsearches, singing and dominoes. Refreshments are offered during the café.

Suitable for members of the African-Caribbean community, though everyone is welcome.

When

Last Friday in every month from 11.30 – 11.30.

Where

Saint John's Methodist Church
558 Wolverhampton Road East
Methodist
Parkfield
WV4 6AA

For more information

Email educare_foundation@yahoo.co.uk

Visit <https://www.educarefoundationwolverhampton.com/>

Wolverhampton Wanderers FC



Molineux Memories

Molineux Memories is a free social group for individuals living with dementia and their supporters. The group meets on a weekly basis at Molineux Stadium and sessions include a variety of different topics such as Wolves, music, film and sport allowing open discussions and reminiscence. The sessions are designed to stimulate the memories of participants whilst also providing an enjoyable and safe, social group for them to meet with others.

Monday: 1pm - 3pm Wednesday: 2pm - 4pm Thursday: 2pm - 4pm

Tackling Dementia Support Group

This is a fortnightly social group for individuals who support a loved one living with dementia, providing an opportunity to meet and find support from others in a similar situation. Please note this group is currently not for individuals living with dementia.

Friday: 1:30pm - 2:30pm

For more information, please contact **Emily Boyle on 07983467763** or email at emilyboyle@wolves.co.uk

Wolverhampton Wanderers FC



Match day experiences

Supporters with a diagnosis of dementia can come to a game with a personal assistant to see what it's like with crowd noise and a busy environment. The supporter can also learn about the club, visit the museum and see a game (subject to availability). For more information and to create a supporter account contact fanservices@wolves.co.uk who will be able to guide supporters to get tickets and memberships.

Match day support

Match day support is available for current ticket holders, the season ticket holder who is living with dementia, carers or family are encouraged to contact fanservices@wolves.co.uk to ensure a free dementia care pack can be arranged, this includes a wristband with seat numbers on, this will ensure stewards can find the seat and support the supporter. A personalised map to their seat (in bullet/map form). There are booklets including the history of the club, and a guide for personal assistants, there is also a menu for the kiosk so refreshment choices can be made before queuing. The packs can be moulded for individual supporters.

Alz Café



The Alz Dementia Café is an independent run service and is not part of the City of Wolverhampton Council existing dementia centres.

The Cafe which operates out of the Penn United Reformed Church is a meeting place for people with dementia or memory loss, their families and friends. The aim of the service is to provide a safe, welcoming environment for people with dementia and their family, friends and carers in the company of other carers, volunteers and health and social care professionals.

It offers emotional support, information and the opportunity for people living with the impact of a dementia to network with others in the same situation. There is live music and the opportunity to dance. There is also a buffet or hot food provided - all free of charge. No referral necessary - everyone is welcome.

For details about the Dementia Cafe's run by the City of Wolverhampton Council in association with the Alzheimer's Association please contact us.

Who to contact?

E-mail:

contact@alzcafe.co.uk

Where to go

Penn United Reformed Church, 333 Penn Road, Wolverhampton, West Midlands, WV4 5QF.

Facebook page: Alz Café Wolverhampton

Join dementia research

Are you interested in dementia related research, and would you like the opportunity to be involved?

Join Dementia Research is a service that enables people to register their interest in taking part in dementia research and links them to researchers looking for volunteers for their varied and interesting studies. People with dementia, their carers or anyone over the age of 18 can register.

You do not need a diagnosis.

Research offers hope. It is only through research that we can understand what causes the disease, develop effective treatments, improve care, and hopefully one day find a cure.

For further information please visit Join Dementia Research
<https://www.joindementiaresearch.nihr.ac>



“If you are someone who has been newly diagnosed or the carer for someone with dementia, you will benefit from the lived experiences that myself and other volunteers have given over the years.”

Geoff and Susie
Research participants

www.joindementiaresearch.nihr.ac.uk

Join
dementia
research

Join Dementia Research is funded by the Department of Health and delivered in partnership with the National Institute for Health Research, Alzheimer Scotland, Alzheimer's Research UK and Alzheimer's Society.





DOSTIA

Dementia and Older people's Support, Training, Information and Advice

DOSTIA (meaning "friendships") is a group that offers peer support, training, information and advice to support people from South Asian communities to live well with dementia.

The group is open to *all* people affected by dementia including, family and informal carers.

Monthly meetings will take place on

1st Wednesday of each month

at

Graiseley Family Hub, Pool St, Wolverhampton

WV2 4NE

11:00am-1:00pm

Tea/coffee will be available.

For more information, please contact Harjinder Kaur: 07864 921176

Highcroft Hall
Residential Care Home



invites you to our
**dementia memory
meadow café**

**First Friday of the month
from 5th April 2024 10am-12pm**

Here at Sanctuary we understand how hard it can be to care for someone who lives with dementia.

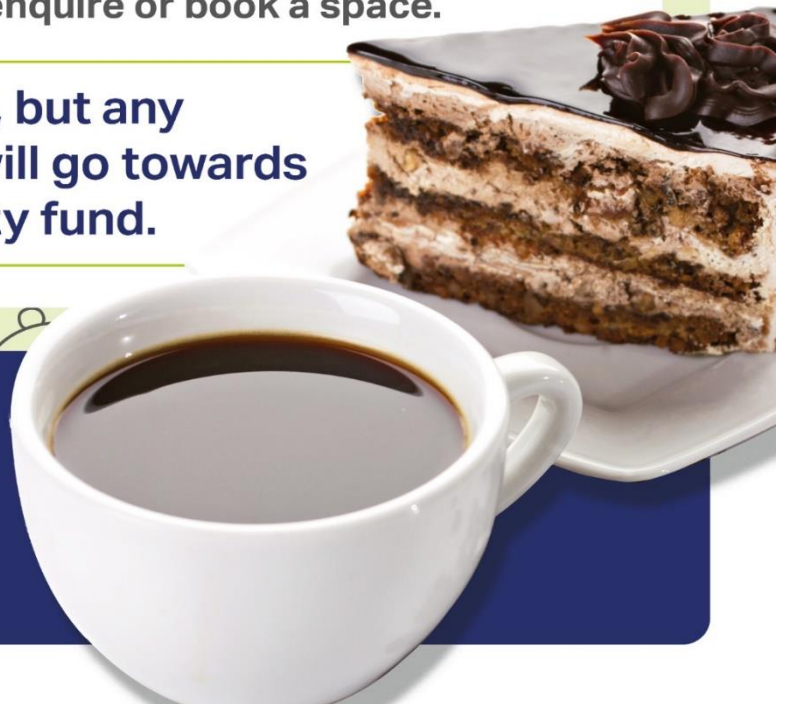
We would like to open our home and invite caregivers and individuals who live with dementia to our memory café for Dementia friendly activities, entertainment, talks from health professionals and much more.

Please feel free to ask for more details and contact us on the number below to enquire or book a space.

It's FREE to attend, but any donations raised will go towards the resident activity fund.

Highcroft Hall
Residential Care Home
Old Fallings Lane | Bushbury
Wolverhampton | WV10 8BU

tel 01902 866 802



The Cogs (Cognitive Dementia) Group

The Cogs is a friendship group that is run by group members for the benefit of members. People with dementia are accompanied by partner/ support person.

People are invited to contribute to the success of the group in some way: ideas for the group Activity Programme, taking part in the activities, and session organisation.

The Cogs Group meets every third Friday of the month at:

St Michael's Church Hall,

St Michaels RC Church,

173, Coalway Road,

Penn,

WV37ND

11.30-1.30

The Aims of the Group

Equality

Friendship

Support for each other

Provision of mentally stimulating activities

Fun and enjoyment

Individual Session Structure

1. Meet and greet, Refreshments

2 Cognitive activity

3. **Bring and share lunch**

Cost to cover activities and the hire of the hall: £2 per person

Contact Details: Anne at 01902 751276

Mobile: 07765389270 (texts only)



What is a Dementia Friend?

A Dementia Friend is somebody that **learns about dementia** so they can help their community.

Too many people affected by dementia feel that society fails to understand the condition they live with. Dementia Friends help by raising awareness and understanding, so that people living with dementia can continue to live in the way they want.

What does a Dementia Friend do?

Dementia Friends help people living with dementia by **taking actions** - both big and small.

These actions don't have to be time-consuming. From visiting someone you know with dementia to being more patient in a shop queue, every action counts! Dementia Friends can also get involved with things like volunteering, campaigning or wearing a badge to raise awareness.

Who can be a Dementia Friend?

Everyone! Dementia Friends is open to anyone who wants to help people with dementia in their community.

How can I become a Dementia Friend?

It's really easy to become a Dementia Friend. Our volunteer Ambassadors are running in-person Information Sessions as well as virtual Information Sessions that you can book on to attend. Or you can watch our short online video to join.

More information:

<https://www.dementiafriends.org.uk>

Bilston **Memory** **Café**

A social support group for anyone
living with dementia and their family,
friends or carers.

2nd Tuesday of every month

12.00pm – 2.00pm

at Bilston Sports & Social Club

Wellington Road, Bilston, WV14 6BA

We understand how lonely it can be when you have
been diagnosed with dementia or are helping to care for someone
living with it. We aim to offer a friendly meeting place for people
still living at home who may feel isolated. This meeting is for carers
and the cared for to attend together.

Please call us on **07985 151162**
if you need any further information
or just call in on the day.



Find us on Facebook – Bilston Memory Cafe



care UK Foxland Grange

At Foxland Grange we host The **Dementia Café every first Wednesday of the month from 10:30am – 12 noon** at Foxland Grange, 73 Wergs Road, Tettenhall, Wolverhampton, WV6 9BN.

This is open for the local community and is free of charge. We offer tea, coffee, cakes, cookies and biscuits on the day and host a variety of events which include: singers in, exercise classes, an informal tea and coffee chat for carers and those living with dementia, paint classes, garden sessions and information sessions. This is a very informal dementia café. Once you attend the dementia café a list of the next upcoming dates and activity is emailed to those that attend. Foxland Grange are happy to take suggestions of events to help carers and those living with dementia.

We take the opportunity to help as many families as possible. This also gives families a chance to see a care home setting and take in the atmosphere of Foxland Grange if this is something a carer is considering for a loved one later on.

Foxland Grange have an experienced dementia neighbourhood which is called the 'reminiscence neighbourhood'. This neighbourhood has carers that specialise in dementia care and we have the daily advice from our supportive team any day of the week if you would like to have a one to one chat.

Jazz Lalli is the customer relations manager that you can contact or find out more information on 01902 774100 email jazz.lalli@careuk.com. Together we can find a solution.

<https://www.careuk.com/care-homes/foxland-grange-tettenhall>

Wolverhampton Wellbeing Hub

Chatty Café & 1960's Front Room

Wolverhampton Well-being Hub CIC is a non-profit organisation overseen and sponsored by Wolverhampton Wellbeing Hub and Arcare Homes.

Chatty Café - Every Thursday 11am - 2pm

Pop along between these times to attend a chatty table session.

<https://thechattycafescheme.co.uk/venue/wolverhampton-wellbeing-hub-cic/>

The Front Room is targeted towards older people experiencing dementia and individuals who wish to retain some of their memories from the 1960s.

The organisation believes that reminiscence work is important to help aid memory and generate conversation around our past history. This approach is also known to evoke memories, stimulate mental activity, and improve well-being.

We now have a community room where the public can visit to reflect or learn about some of the histories of the 1960s. Schools are welcome to visit as part of their educational learning journey to gain an understanding of how people lived in the 1960's.

Address: WWBH The Arcare Hub
10 Caledonia Street (off Mount Pleasant)
Bilston, WV14 6AE

Contact: Project Manager/Director

07475 586576 (Winston)

07875 476180 (Juliet)

winston@wwbh.co.uk



Wolverhampton Well-Being Hub CIC

60s Front Room
Reminiscence Chatty Café

Join Us!

Every Thursday from 11 am to 2 pm

Wolverhampton Well-Being Hub CIC
10 Caledonia Street, Bilston, WV14 6AE
Juliet: 07875 476180 Winston: 07475 586576
www.wwbh.uk



Friendship & Dementia Café

A friendly, welcoming space for those living with Dementia and for everyone in the local community.

Meet new friends, share stories and feel supported.

This is a free to attend event and everybody is welcome.

Please come along with friends and family members and spread the word!

All Home Instead organisers are fully Dementia trained.

Our sessions will include –

- Music, dancing, sing-a-longs
- Classic and modern music
- Complimentary cakes/biscuits, tea/coffee and soft drinks
- Games, seasonal crafts/activities and a monthly quiz



Dates

When: Last Friday of every month

Time: 10am – 12 noon

Venue: The Institute, Wood Road,

Tettenhall Wood, WV6 8NF

Friday 27th June 2025

Friday 25th July 2025

Friday 29th August 2025

Friday 26th September 2025

Friday 31st October 2025

Friday 28th November 2025



For more information

or to book a place

Call 01902 745815



Older Adult Therapeutic Service (OATS)

About Us

The Older Adults Therapeutic Service (OATS) is built on principles of recovery through community connection, and therapeutic and meaningful support (including from peers). A Black Country hub with support available in Dudley, Sandwell, Walsall and Wolverhampton means people will have a choice about where they access groups and 1-1 interventions.

The service receives referrals for:

People of any age with a diagnosis of Dementia from Memory Assessment Services, Enhanced Community Mental Health Team for Older Adults, Admiral Nurses, local partner Dementia services, Talking Therapies, Older Adult Inpatient services within the Trust

The service offers an assessment at home/ other suitable venue to establish a person's therapeutic needs and then offers time limited specialised interventions within OATS or connects the person to a group/community organisation- wherever is best placed to meet the needs identified.

We offer a provide a range of groups for people diagnosed with Dementia and their supporters to learn more about Dementia, develop strategies to support their memory, or to engage in Cognitive Stimulation Therapy (CST). CST is an evidence based non-medication treatment for people diagnosed with mild- moderate dementia. The sessions are proven to help with memory, mood and language and are a great way for people to participate in a variety of fun and stimulating activities for a time limited period.

To find out more about the service, the groups we offer or how to refer to our service please visit our website:

www.blackcountryhealthcare.nhs.uk/our-services/older-adults-therapeutic-service-oats

Tel: 0121 803 2345

Wolverhampton Dementia Action Alliance

Action

The Wolverhampton DAA want to work together to raise the profile of dementia in our city. Our key aims are to:

- Support organisations of all sizes to become dementia friendly and improve outcomes for people living with dementia and their carers in Wolverhampton.
- We want to support existing local dementia services and encourage new initiatives to be formed.
- By working in partnership with all our members we hope to improve the lives of people affected by dementia and remove the stigma within our community.
- The Wolverhampton DAA meets bi- monthly in community venues all across the city.

Please contact your DAA co-ordinator to find further details:

Jon Crockett E-mail: j.crockett@blueyonder.co.uk

Louise Chambers E-mail: louise.chamber3@wolverhampton.gov.uk

For further information Visit: Wolverhampton Information Network / search Dementia

Other Useful Contacts

Age UK – **01902 572060**

ACCI (African-Caribbean Community Initiative) **01902 571 230**

Citizen's Advice Bureau – **0344 422 1444** (non—urgent calls) text **07525 844112** for urgent CRISIS and they call you back

Citizens Advice Consumer Service - **0808 223 1133**

City of Wolverhampton Council – **01902 551155**

Meals on Wheels (African-Caribbean and South Asian menus available) **01902 556677**

Ring and Ride – 0330 **053 8137**

The Royal Wolverhampton NHS Trust – 01902 **307999**

Wolverhampton Independent Living Service: **01902 553666** (option 1)