



Information, advice and support services for people with dementia and their families in Haringey

A useful guide to services in Haringey. Helping you live well with dementia.

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Please contact the Barnet, Enfield and Haringey office for more information

0203 725 3001 haringey@alzheimers.org.uk

1. Alzheimer's Society National and Local Services

Alzheimer's Society is the only UK charity that campaigns for change, funds research to find a cure and support people living with dementia today. We offer practical information advice and support locally and nationally on living well with dementia.

National Services

National Dementia Helpline

Our helpline advisors can provide information, advice and emotional support to anyone affected by dementia. Open 7 days a week, 9am-8pm Mon-Wed, 9am-5pm Thu-Fri, 10am-4pm Sat-Sun.

Tel: 0300 222 1122

Talking Point

Our online community is a place where you can ask questions, share experiences and get information and practical tips on living with dementia. It's free to use, open 24 hours a day and all you need is an internet connection.

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

Dementia Connect Online Directory

Our comprehensive directory allows you to find advice and information support services. Simply enter your postcode or location to find support near you on our

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

Information and support

Our wide range of publications and information online will help you to understand dementia and plan for the future. We'll help you to live well with dementia by providing the right information- focused on practical advice and support- at the right time. Order online or over the phone.

Tel: 0300 303 5933

Web: www.alzheimers.org.uk/orderpublications

Local Services

Singing for the Brain

Our free Singing for the Brain sessions use singing to bring people with dementia and their carers together in a friendly and stimulating activity. No booking required.

When: Every Thursday (12 week terms), 2-4pm

Address: Transmitter Hall at Alexandra palace, Alexandra Palace Way, N22 7AY

Tel: 0203 725 3001

The following services are only available to Hornsey Housing Trust residents and those living in the N8 area.

Dementia Support

Our Dementia Support Worker will listen to your needs, offer information and advice and link you with local professionals and services.

Available Monday to Thursday 1:30-5:00pm.

Tel: 023 725 3001/ 074 845 03669

Email: Haringey@alzheimers.org.uk

Dementia Café

Our free Dementia Café is a safe and supportive place for you to discuss your diagnosis, meet and socialise with other people in similar situations and take part in stimulating activities. No booking required.

When: Every Wednesdays 2-4pm

Address: Abyssinia Court, 62 Mayfield Road, Hornsey N8 9PL

Tel: 0203 725 3001

2. Other National Organisations

Information, Advice and Support

Action on Elder Abuse

Action on elder abuse works to protect and prevent the abuse of vulnerable older adults.

Tel: 0808 808 8141

Web: www.elderabuse.org.uk

Admiral Nurse Dementia Helpline

A helpline provided by experienced Admiral Nurses offering practical advice and emotional support to people affected by dementia.

Tel: 0800 888 6678 (Mon to Fri 9am-9pm, Sat & Sun 9am-5pm)

Email: helpline@dementiauk.org

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

Age UK

Free information and advice on topics as diverse as claiming benefits to care homes. Also, offer free publications and helpline.

Tel: 0800 678 1174

Web: <http://www.ageuk.org.uk/>

At Dementia

Provides Information and advice on assistive technologies for people with dementia. A UK-based charity funded with help from the department of health. Also provides information on dementia consultancy and education for all dementia support groups and individuals.

Web: www.atdementia.org.uk

Dementia UK

A national charity committed to improving quality of life for all people affected by dementia.

Tel: 0800 888 66 78

Email: direct@dementiauk.org

Disabled Living Foundation

National charity providing impartial information and advice on the huge range of aids and equipment/assistive technology which can help disabled people remain independent and support the carer.

Tel: 0300 999 0004

Web: www.dlf.org.uk

Independent Age

Work with older people, their families and carers to get the best available care and support. Get advice on a range of community care issues including finding and paying for care, welfare benefits and hospital discharge.

Tel: 0845 262 1863

Email: advice@independentage.org

Web: <http://www.independentage.org>

Support and Advice for Carers

Carers UK

Carer's UK can provide information, advice, support, guidance to carers, as well as signposting to other helpful organisations.

Tel: 0808 808 777

Web: www.carersuk.org

Carers Trust

National carers charity, also offers a range of information.

Web: <https://carers.org/>

Money and Benefits

Disability benefits helpline

A helpline providing advice and information for disabled people and carers, on the range of benefits available.

Tel: 0845 712 3456

Text phone: 0845 722 4433

Email: dcpu.customer-services@dwp.gsi.gov.uk

Web: www.gov.uk/disability-benefits-helpline

The Money Advice Service

Provides advice about money and benefit online and also have a helpline open Monday to Friday 9am-5pm.

Tel: 0800 138 7777

Web: <https://www.moneyadviceservice.org.uk/en>

Health and wellbeing

NHS choices

A helpful website, packed full of information on dementia and other conditions, treatments, local services and healthy living.

Web: www.nhs.uk

NHS 111 Service

A free helpline when you need medical help fast but is not a 999 emergency. Speak to a trained advisor who can connect you to a nurse, emergency dentist and out of hours GP service.

Tel: 111

Parkinson's UK

Helpful advice on the two forms of dementia associated with Parkinson's disease, Parkinson's Dementia & Dementia with Lewy Bodies.

Tel: 0808 800 0303

Web: www.parkinsons.org.uk/dementia

Stroke Association

Provides information, support and advice for stroke survivors, helping to make the best recovery.

Tel: 0303 3033 100

Website: www.stroke.org.uk

The Keep fit Association

Information and advice about fitness classes in your area

Tel: 01403 266000

Web: www.keepfit.org.uk

3. Activities and Support Services in Haringey

Carers FIRST

Support for unpaid carers living in Haringey, providing information, advice and support. Carers FIRST provide emotional and practical support, advice, information and guidance and opportunities for carers to access training, social groups, activities trips and more.

Tel: 0300 303 1555

Web: <https://www.carersfirst.org.uk/haringey>

Dementia Friendly Cinema Screening

The screenings are enhanced to suit the needs of people living with dementia: the lights are left on low, no adverts or trailers and the audience is allowed to move around – or sing along. Free tea, coffee and biscuits are served for half an hour before the film to give people the chance to meet and socialise with others. Tickets are at the reduced price of £4 per person, with a free place for accompanying carers.

When: Every 4th Thursday of the Month 10:30am,

Address: Crouch End Picturehouse, 65 Tottenham Lane, London N8 9BY

Web: https://www.picturehouses.com/cinema/Crouch_End_Picturehouse/Whats_On?filter=DementiaFS

Friendship and conversation

A dementia friendly session offering refreshments and stimulating activities such as board games and music memories.

When: First Monday of the month 12-3pm

Address: The Antwerp Arms, 168-170 Church Road, N17 8AS

Tel: 020 8216 9289

Email: Community@antwerparms.co.uk

Grace Organisation

The grace organisation offers day care and adult social care services to people with dementia and other long term conditions. Also offer transport to and from the centre.

Address: Whitehall & Tenterden Centre, Whitehall Street, Tottenham, N17 8BP

Tel: 020 8808 0718

Email: mailfrom@graceorganisation.co.uk

Web: <https://www.graceorganisation.co.uk/>

Haynes Dementia Hub

A specialist Dementia hub, providing different levels of support to those diagnosed with dementia. The hub offers a day service provision (via social worker referral), day opportunities offering preventative and delaying activities and information and guidance around dementia. The centre also supports the Haynes relative support group monthly meeting and host monthly Toms Club.

Address: The Haynes Dementia Hub, 151 Park Road, Hornsey N8 8JD

Tel: 020 8489 5895

Toms Club

An information, therapeutic and social support group for carers and people with dementia in Haringey. Get access to advice and an opportunity to socialise with other carers and people with dementia.

Tel: 0208 702 6300

Wellness Café

A dementia friendly, free café for older people to enjoy tea, cake, table tennis and social activities.

When: Last Monday of the Month 2-4pm

Address: Transmitter Hall, Alexandra Palace, Alexandra Palace Way, N22 7AY

Tel: 0779 069 7777

Email: raya.zineddin@thegoodcaregroup.com

YOYO- Young Onset Dementia Support Group

A self-organised, self-financed group, consisting of people diagnosed with various forms of young onset dementia and their partners/carers. However members do not have to join with a partner. Those in YoYo who have been diagnosed with dementia are at different stages in the progression of their condition. Generally meet on Fridays and have a variety of topics and activities; ranging from discussing a London manifesto on dementia, through group cognitive stimulation therapy (CST) to yoga, dance and nature walks.

When: Fridays

Email: Rose de Paeztron rosedep@blueyonder.co.uk

4. Useful Contacts in Haringey

Adult Social Services- First Response Team

Tel: 0208489 1400

Email: firstresponseteam@haringey.gov.uk

Carer's emergency card

A scheme for carers, worried about what would happen in the event of a carer

emergency. The Carers emergency card lists the details of people who can provide care in an emergency.

Tel: 020 8489 2365

Community alarm service

For those who feel at risk in their own home, the alarm enables contact with a control centre quickly in the event of an emergency. Tel: 020 8489 2365

Email: woodside.control@haringey.gov.uk

Community occupational therapy service

Occupational therapists can carry out an assessment of people's ability to do normal activities of daily living. This includes personal care, household tasks, ability to care and be cared for and to live safely in their own home. Following assessment the occupational therapist will give advice, arrange equipment or recommend alterations to the home. This may include providing assistive technology equipment that helps people remain independent in their own homes.

Tel: 020 8489 1400

Email: Firstresponseteam@haringey.gov.uk

Continence advice

The continence service provides comprehensive assessment, advice, treatment and review of bladder and bowel dysfunction. Continence aids including pads can be supplied, if appropriate, following an assessment of the person's needs.

Tel: 020 3074 2806 (Mon to Fri 9.30 - 11.30am and 2 - 4pm)

Citizen Advice Haringey

Free, confidential and impartial advice on all sorts of issues including money, benefits and housing.

Tel: 0300 330 1187 (Mon-Fri 10am-1pm and 2-4pm)

Web: <http://www.haringeycabx.org.uk/>

Address: 20e Waltheof Gardens, London, N17 7DN

Haringey Advice Partnership

A project led by Citizens Advice Haringey offering free information, advice and guidance on a range of issues affecting people living in Haringey- including benefits, legal and health care.

Tel: 0300 330 1187

Email: www.haringeyadvice.org.uk

Haringey Law Centre

Free independent legal advice and representation in housing, debt, welfare benefits, asylum, immigration and employment law matters. Open Mon-Fri 11am-5pm

Address: Haringey Law Centre, Ground Floor , 7 Holcombe Road London, N17 9AA

Tel: 0208 808 5354

Haringey Mencap

Promotes, represents and campaigns for the rights and interests of people with learning disabilities. It strives to ensure that people with learning disabilities have a full and productive life of the highest quality possible, within their local community

Address: 676 High Road, London N17 0AE

Tel: 020 8365 0251

Email: haringey676@gmail.com

Healthwatch Haringey

Healthwatch Haringey is the independent consumer watchdog set up to collect information and represents the views of the public on health and social care in Haringey. Healthwatch Haringey asks people what they think about the health and social care services where they live and where they work. It uses this information to help improve local services. Healthwatch Haringey also provides an information service for anyone living or working in Haringey.

Address: Tottenham Town Hall, Town Hall Approach Road, London N15 4RX.

Tel: 020 8888 0579

Email: Info@healthwatchharingey.org.uk

Web: www.healthwatchharingey.org.uk

Haringey Memory Service

Tel: 020 8702 6300

Address: Victoria Unit, St Ann's Hospital, St Ann's Road London N15 3TH

Let's Talk- Haringey Improving access to psychological therapies (IAPT)

Free NHS evidence based talking therapy service for those worried or have low mood.

Tel: 020 3074 2280

Email: lets.talkharingey@nhs.net

Web: <http://www.lets-talk-iapt.nhs.uk>

Mind in Haringey

Provides information, advice and support to people affected by mental health problems. A number of services available for people living in Haringey.

Address: Station House, 73c Stapleton Hall Road, London N4 3QF

Tel: 020 8340 2474

Email: admin@mih.org.uk

Web: www.mindinharingey.org.uk

Specialist Dementia Service (SDS)

Provide support to service users with moderate-severe Dementia and their carers. Including intensive care co-ordination for people with complex needs living in the community or residential care. Access to this service by referral from GP.

Tel: 020 8702 6300

5. Useful Websites/Links

Ask Sarah- helps you find useful information about products that make daily living easier.

<https://asksara.dlf.org.uk/>

BBC reminiscence archive

<https://remarc.bbcrewind.co.uk/index.html>

Care homes

www.Carehome.co.uk

Contact the elderly- Arranges regular tea parties/ get together for isolated older people.

<https://www.contact-the-elderly.org.uk/>

Dementia adventure Holidays

<http://www.dementiaadventure.co.uk/holidays>

Dial- a-ride

<https://tfl.gov.uk/modes/dial-a-ride/>

Herbert Protocol- National scheme to help carers to compile useful information which could be used in the event of a vulnerable person going missing

<https://www.met.police.uk/herbertprotocol>

Home care providers

www.Homecare.co.uk

London Care directories

<https://www.londoncaredirectories.co.uk>

NHS continuing Healthcare

<https://www.nhs.uk/conditions/social-care-and-support-guide/money-work-and-benefits/nhs-continuing-healthcare/>

Revitalise - Holiday Company for disabled people and people with dementia.

<http://revitalise.org.uk>

Solicitors for the Elderly

<http://www.sfe.legal/>

Super Carers – help families find the best care professionals in their area.

<https://supercarers.com/>

Taxicard-

<https://www.londoncouncils.gov.uk/services/taxicard>

Unforgettable – a range of dementia products, services and advice to improve the lives of those affected by dementia and memory loss.

<https://www.unforgettable.org/>