



Autumn2024

Derbyshire Dementia Information & Advice Service



Derbyshire Information and Advice Service offers a range of support to anyone affected by dementia, including carers - you don't have to wait for an official diagnosis, we can support from the time you are worried about your memory.

In addition to 1:1 tailored information from our local Dementia Advisers, we hold fortnightly online carer information sessions, a separate online forum for Young Onset Dementia, and we deliver Memory Cafes and Singing for the Brain sessions across Derbyshire.

Visit our website dementiaderbyshire.org.uk from time to time to see the latest news and events.

Contact us:

01332 208845 (Mon-Fri, 9am-5pm except bank holidays)

OR email: derbyshire@alzheimers.org.uk

Welcome....

We're very happy to welcome Jodie to the Derbyshire team

Jodie says "I'm thrilled to join the Alzheimer's Society team in Derbyshire. With previous experience as a Dementia Adviser in Nottinghamshire and 11 years in community home care, I'm excited to bring my skills and knowledge to support individuals and families affected by Dementia in Derbyshire."



Jodie Saville-Hall
Dementia Adviser

Are you, or anyone you know, affected by dementia?

September was 'World Alzheimer's Month', and you may have been aware of various campaigns locally and nationally to increase awareness of dementia, and where to get support.

Joined Up Care Derbyshire estimate that there will be approx. 18,800 people with Late Onset Dementia (i.e. diagnosed after the age of 65), and 889 people with Young Onset Dementia (i.e. diagnosed before the age of 65) in Derby and Derbyshire by 2025.

Derbyshire Dementia Information and Advice Service are here throughout the year to give information and advice to people with symptoms and/or their carers, from the time they are worried about their memory, and throughout their journey with dementia.

Many people worry about asking for help, thinking it shows that they aren't coping... actually, it can show that you are being pro-active and planning ahead, putting things in place to help yourself and/or your loved one to stay active, adapt when circumstances change, and live safely and independently for as long as possible....

Although the majority of referrals are currently made via professionals, Derbyshire residents are welcome to contact us directly at Derbyshire Dementia Information and Advice Service - you don't need to wait for your GP or another professional to suggest a referral, just phone us on 01332 208845 (Mon-Fri, 9am-5pm except bank holidays).

We provide a range of information on dementia and advice on managing the condition, to help people with dementia stay independent for as long as possible. We also help people to navigate other available services to find the right support.

Everyone is unique, and their journey with dementia may take a different trajectory. Whatever your circumstances, you are welcome to contact us wherever you are on your journey with dementia, dipping in to our service when you want information, or support to navigate services... just give us a call on 01332 208845 (Mon-Friday, 9am-5pm except bank holidays).

Young Onset Dementia Forum

Are you living with dementia and under the age of 65, or caring for someone who is?

If so, you might be interested in our online forum, which is an opportunity to talk with our Young Onset Dementia lead adviser, and to meet other people with similar experiences.

When? First Tuesday of the month, 5.30-7.00pm

Contact 01332 208845 or email derbyshire@alzheimers.org.uk for more details

Carers' Engagement Sessions

Do you care for, or are you related to someone living with dementia or who has concerns about their memory?

Have you got questions, or perhaps don't even know where to begin?

We meet on Zoom every 1st and 3rd Thursday of the month, from 5.30pm – 7pm

See our website dementiaderbyshire.org.uk for further information

If you're interested in attending, please contact us at derbyshire@alzheimers.org.uk or call 01332 208845.



Did you know.....?

Dementia Support Forum



In addition to speaking with local Dementia Advisers, and joining local groups/information sessions face-to-face and/or virtually, Alzheimer's Society has a Dementia Support Forum, where people affected by dementia can reach out to a helpful online community for support. People can read other people's experiences, share useful information, and ask for peer advice.

You can access this forum from the link at the top of the page on our Derbyshire Dementia website, or search 'Dementia Support Forum'.

Due to limited places, access to face-to-face groups is on a pre-booked basis only

If you are eligible and would like to attend one of our groups please contact us on 01332 208845

Area	Group	Day & Time	Place
Online	Carers Information Sessions	1st & 3rd Thursday 5:30pm-7pm	Contact 01332 208845 OR derbyshire@alzheimers.org.uk
Online	Young Onset Dementia forum	1st Tuesday 5:30-7pm	Contact 01332 208845 OR derbyshire@alzheimers.org.uk
Bolsover	Singing for the Brain	2nd Monday 11am-12:30pm	Bainbridge Hall Community Centre, Chapel Road, Bolsover S44 6PX
Chesterfield	Memory Cafe	4th Friday 10:00-12:00	St. Mark's Church, Brampton, Chesterfield S40 1DH
Derbyshire Dales	Singing for the Brain	1st Tuesday 11:00-12:30	Imperial Rooms, Imperial Road, Matlock DE4 3NL
Erewash	Ilkeston Memory Cafe	2nd Wednesday 13:30-15:30	Arena Church, 1 Rutland Street, Ilkeston DE7 8DG
Erewash	Long Eaton Memory Cafe	3rd Tuesday 10:00-12:00	Erewash Voluntary Action, Granville Avenue, Long Eaton NG10 4HD
Erewash	Singing for the Brain	1st Friday 11:00-12:30	Arena Church, 1 Rutland Street, Ilkeston DE7 8DG
North East Derbyshire	Memory Cafe	4th Monday 1:30-3:30	Clay Cross Social Care Centre, Market Street, Clay Cross S45 9JE
North East Derbyshire	Singing for the Brain	3rd Thursday 11:00-12:30	Dronfield Hall Barn, High Street, Dronfield S18 1PX
South Derbyshire	Memory Cafe	1st Wednesday 10:00-12:00	Oaklands Village, Swadlincote, DE11 8LH
South Derbyshire	Singing for the Brain	1st Monday 11:00-12:30	Melbourne Rugby Club, Cockshut Lane, Melbourne DE73 8DG