



# Signposting

to help, information & activities for those living with **Dementia/Alzheimer's** and their care givers



UK Government



Tamworth  
Borough Council

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Disclaimer: Information is accurate as possible at the time of printing.

## The Phoenix Group

A support group for people who have been diagnosed as living with dementia, and for people who are looking after someone living with Dementia. The Group provide activities, advice, outings and a community for friendship and interaction.

### When and Where:

Tuesday from 11.00am until 3.00pm

**at** Wood End Working Men's Club, 57 Tamworth Road, Wood End, Atherstone, Warwickshire, CV9 2QH.

*There is a car park opposite the Working Men's Club.*

### For further information including cost:

**Telephone:** Phil Knight 07800 563690.

**Email:** phoenixgroup.nwarks@gmail.com

**Website:** <https://www.phoenixgroup-nwarks.org.uk>

Scan the QR code to add all contact details to your phone.



## Dementia Caring Time Out Club

A charity aimed at supporting people with dementia, their caregivers, family and friends. Offering affordable care as well as respite for caregivers. An opportunity to support each other by sharing experiences, ideas and good practices in all aspects of caring. For those living in Lichfield and Tamworth areas. Everyone is encouraged to socialise and take part in a variety of activities, including exercises, games, arts and crafts, singing and playing music.

### When and Where:

Wednesday 10am until 1pm

**at** Elford Village Hall, Church Road, Elford, Tamworth. B79 9DA

### For further information including cost:

**Telephone:** Barry 07769 690 244.

**Email:** [contact@dementiacaring.org.uk](mailto:contact@dementiacaring.org.uk)

**Website:** <https://dementiacaring.org.uk/welcome>

Scan the QR code to add all contact details to your phone.



## Memory Café

The Memory Café is a place where individuals with memory loss and their carers can get to together in a safe supportive and engaging environment. The café encourages friendship, provides emotional support and reduces isolation often felt by people with memory loss. It provides a chance to have a cuppa and chat with friends. Appropriate, fun activities are available for everyone to take part in if they want but there is no obligation or pressure to do so. You can sit and chat or just listen to what's going on around you.

### When and Where:

Tuesdays 10.30am until 12 noon

**at** Sacred Heart Church, Silverlink Road, Tamworth. B77 2EA

### For further information including cost:

**Telephone:** Karen Wilkinson 01827 431002 or 01543 625002.

**Email:** [karen.wilkinson@tamworth-homeinstead.co.uk](mailto:karen.wilkinson@tamworth-homeinstead.co.uk)

**Website:** <https://www.facebook.com/TamworthDementia/>

Scan the QR code to add all contact details to your phone.



## Citizens Advice Bureau

Help and advice on a range of issues including debt, welfare benefits, housing, employment and more.

### When:

Monday to Friday, 10am to 4pm, except bank holidays

### For further information including cost:

**Telephone:** 0808 278 7972

**Email:** [tamworthadvice@citizensadvicemidmercia.org.uk](mailto:tamworthadvice@citizensadvicemidmercia.org.uk)

**Website:** <https://www.citizensadvicemidmercia.org.uk>

Scan the QR code to add all contact details to your phone.



## Staffordshire Connects

Search and find help and support in your community.

### For further information:

**Website:** <https://www.staffordshireconnects.info/kb5/staffordshire/directory/home.page>

Scan the QR code to add all contact details to your phone.



## Alzheimer Society

Our dementia support service offers information and practical guidance to help you understand dementia, cope with day-to-day challenges, and prepare for the future. The service offers information to people who are worried about their memory and ongoing support to people affected by dementia face to face, over the phone or in writing.

### When:

Monday, Tuesday and Wednesday 9am until 8pm, Thursday and Friday 9am until 5pm and Saturday and Sunday 10am until 4pm

### For further information:

**Telephone:** 01543 573936

**Email:** [staffordshire@alzheimers.org.uk](mailto:staffordshire@alzheimers.org.uk)

**Website:** [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Scan the QR code to add all contact details to your phone.



## Staffordshire Together for Carers Service

We provide information, advice and a wide range of specialist support services designed to help adult and young carers continue in their caring role for as long as they choose and reduce the impact the caring role can have on their own health and wellbeing. We work directly with individual carers to discuss their concerns and need and design a tailored personalised support package.

### For further information:

**Telephone:** 0300 303 0621.

**Email:** [enquiries@staffordshiretogetherforcarers.org.uk](mailto:enquiries@staffordshiretogetherforcarers.org.uk)

**Website:** <https://www.n-compass.org.uk/our-services/carers/staffordshire-together-for-carers-service>

Scan the QR code to add all contact details to your phone.



## Staffordshire Cares – Social Care Assessment

There are several ways in which you can get a needs assessment. These include self-referral, referral from a carer, friend or family member, a referral from a professional such as your GP (with your permission). Once aware that you may have needs, we have a duty to make sure you have an assessment. An advisor will ask you a few questions about your situation. These could be about how you manage your day to day routines and activities such as: washing, dressing, maintaining health and keeping active, accessing the local community, managing your home This is so they can provide suitable information and advice and refer you to the right people to carry out your needs assessment.

### When:

Monday to Friday, 9am to 5pm, except bank holidays

### For further information including cost:

**Telephone:** 0300 111 8010.

**Email:** [staffordshirecares@staffordshire.gov.uk](mailto:staffordshirecares@staffordshire.gov.uk)

**Website:** <https://www.staffordshire.gov.uk/Advice-support-and-care-for-adults/Your-social-care-journey/Care-needs-assessments-FAQs/Q005.aspx>

Scan the QR code to add all contact details to your phone.



## Young at Heart Day Club

A small day club that provides private and social service funded places. Our members include people who have Dementia, Parkinson's and Alzheimer's as well as those who have nothing at all mentally or physically wrong. We all tend to look after each other and we always have fun due to the club environment that we promote. Our activities include quizzes, arts and crafts, baking and trips out. We pay for entertainers to come in to see us and we promote singing and dancing as much as possible.

### When and Where:

Monday to Friday. Full day sessions 10am until 3pm **or** half day sessions 10.30am to 1.15pm or 12.15pm until 2.30pm **at** Wigginton Parish Centre, St Leonard's, Comberford Lane, Wigginton. B79 9DT

### For further information including cost:

**Telephone:** 01827 283 888.

**Email:** [yahtamworth@hotmail.com](mailto:yahtamworth@hotmail.com)

**Website:** <https://www.youngathearttamworth.com>

Scan the QR code to add all contact details to your phone.



## The Manor House Day Centre

The Manor House is spread across two floors, it comprises of a quiet cosy lounge where people are able to relax and read or watch tv, a bright spacious orangery where most of the activities take place, a craft room for those that enjoy being creative, a restaurant style dining room and a games room with full size pool table, dart board, air hockey table, football table and ping pong table. Outside there is a small courtyard. Activities vary, can include quizzes, flower arranging, baking and crafts. Several times a week, outsourced specialists attend to offer classes such as armchair yoga/relaxation.

### When and Where:

Monday to Friday 10am until 3pm **at** Manor House, Hockley Road, Wilnecote, Tamworth. B77 5EE

### For further information including cost:

**Telephone:** 01827 254 544

**Email:** [thompson-joanne@btconnect.com](mailto:thompson-joanne@btconnect.com)

**Website:** [www.themanorhousetamworth.org.uk/index.html](http://www.themanorhousetamworth.org.uk/index.html)

Scan the QR code to add all contact details to your phone.



## Age UK Day Centre

A welcoming, relaxed and friendly atmosphere. Day Opportunities provides a safe, accessible and sociable space under the supervision of trained staff. The service is for people with dementia and other complex needs. Engaging activities are tailored to each individual, according to their needs and preferences. We host a range of fun and creative activities, including periods of quiet time, reading, craft and games.

### Where:

Age UK Day Centre, Victoria House, Cygnet Drive (off Lichfield Road), Tamworth. B79 7RU

### For further information including cost:

**Telephone:** 01827 60112

**Website:** <https://www.ageuk.org.uk/staffordshire/our-services/day-opportunities/victoria-house/>

Scan the QR code to add all contact details to your phone.



## Dementia Choir

Music and Friendship at Time to Sing Dementia Choir. A safe and supportive environment for those with dementia to make friends and reminisce together in the songs of yesteryear. No musical skills or abilities needed. Those living with dementia must be accompanied by a carer or relative. Free refreshments available.

### When and Where:

Monday 10am until 12 noon,  
at Elim Church, 19 Bamford Street, Tamworth. B77 2AT

### For further information including cost:

**Telephone:** 01827 302431  
**Email:** joanne@tamworth-elim.org.uk  
**Website:** <https://tamworth-elim.org.uk>

Scan the QR code to add all contact details to your phone.



## Sing for Fun

Join us for a sing along. Everyone is welcome. For those living with dementia, or those who just want to have a sing. No musical skills required.

### When and Where:

Alternative Wednesdays 10.30am to 11.30am and  
Thursdays 1.30pm until 2.30pm  
at Helping Hand Café, Offa House, Orchard Street, Tamworth. B79 7RE

### For further information including cost:

**Telephone:** 01827 59646  
**Email:** ctcicinfo@gmail.com  
**Website:** <https://www.communitytogethercic.org.uk>

Scan the QR code to add all contact details to your phone.



## Zest for Life

For those with Dementia or a Learning Disability or anyone who wants to make new friends a feel less lonely.

### For further information including cost:

**Telephone:** 07546 906 028

Scan the QR code to add contact phone no.



## Love to Move

A programme that is age and dementia friendly seated gymnastics programme.

### When and Where:

Wednesday 10.30am until 12noon,  
at The Village Hall, Clifton Campville. B79 0AR

### For further information including cost:

**Telephone:** Karen Wilkinson 01827 431002 or 01543 625002  
**Email:** karen.wilkinson@tamworth-homeinstead.co.uk  
**Website:** <https://www.alzheimers.org.uk>

Scan the QR code to add all contact details to your phone.



## Happy at Home

Happy at Home webpage contains lots of information and advice with the aim to help those living with Dementia remain and regain independence at home.

### For further information:

**Website:** <https://www.staffordshire.gov.uk/Advice-support-and-care-for-adults/Help-and-support-with-daily-living/Daily-living-equipment-and-technology/Support-at-home.aspx>

Scan the QR code to add all contact details to your phone.



## My Home Helper

Do you care for someone living with memory issues, or who struggles with modern technology? Myhomehelper is a simple solution to aid Independent Living. A tablet computer that doesn't need any interaction from those living with Dementia. All the features simply appear without them having to touch or press anything.

### For further information:

**Website:** <https://www.myhomehelper.co.uk/home/home.aspx>

Scan the QR code to add all contact details to your phone.



## Herbert Protocol

If you care for someone living with dementia, whether in a care home or in their own home, you can fill out a Herbert Protocol form which includes details about the person, their past, their habits and places they go. Then if they go missing you can give it to us and save time at the start of a search.

### For further information:

**Website:** <https://www.staffordshire.police.uk/advice/advice-and-information/missing-person/missing-persons/vulnerable-people-at-risk-of-going-missing/>

Scan the QR code to add all contact details to your phone.



## Dementia Helpline UK Admiral Nurses

Whether you have a question that needs and immediate answer or need emotional support when life feels overwhelming, these are the ways Dementia specialist Admiral Nurse can support you. Free, confidential helpline is staffed by Dementia Specialist Admiral Nurses who provide information, advice and support with any aspect of dementia including Alzheimer's disease.

### When:

Monday to Friday 9am to 9pm and Saturday and Sundays 9am to 5pm every day except Christmas Day.

### For further information:

**Telephone:** 0800 8886675  
**Email:** helpline@dementia.uk.org  
**Website:** <https://www.dementiauk.org>

Scan the QR code to add all contact details to your phone.

