

**IF YOU OR A  
FAMILY  
MEMBER OR  
FRIEND  
HAVE BEEN  
DIAGNOSED  
WITH  
DEMENTIA,  
HELP IS  
AVAILABLE**

*There is a large  
number of local  
activities, events and  
support services  
available for people  
with dementia and  
their carers.*

*This leaflet outlines  
the help available and  
how to obtain it.*

*November 2018*



If your organisation would like to help us make Ludlow a Dementia Friendly Community, then join the **Ludlow Dementia Action Alliance**. Contact Mike Beazley (Administrator) on **01584 873570** or [mike.beazley@hotmail.co.uk](mailto:mike.beazley@hotmail.co.uk) Or Viv Parry (Chair) on **01585 873604** or [viv.parry@gmail.com](mailto:viv.parry@gmail.com)

To become a Dementia Friend, go to <https://www.dementiafriends.org.uk/register-digital-friend> and register

To take part in local Dementia Friend training, contact Linda Monteith on **07990 085443** or [linda.monteith@shropshire.gov.uk](mailto:linda.monteith@shropshire.gov.uk)

For general advice and support, contact the Shropshire branch of the **Alzheimer's Society** on **01952 250392** or [shropshire@alzheimers.org.uk](mailto:shropshire@alzheimers.org.uk)

**DAA**  
**Ludlow**  
**Dementia Action Alliance**

**Services  
and  
Activities  
in Ludlow  
for People  
with  
Dementia  
and their  
Carers**



**DAA**  
**Ludlow**  
**Dementia Action Alliance**





## NHS AND SOCIAL SERVICES FOR PEOPLE WITH DEMENTIA IN LUDLOW

Contact your GP first. They can refer you on to other services such as the local Memory Clinic or the Community Mental Health Team.

For more general advice, contact the NHS Choices Dementia Information Service on **111** (<https://www.nhs.uk/conditions/dementia/dementia-information-service/>).

Shropshire Council Social Services can provide help with care in the home—ring **0345 678 9044** for a free needs assessment.

The local NHS Trust can also provide the following services:

- physiotherapy
- hearing care (audiology)
- eye tests (optometry)
- foot care (podiatry)
- speech and language therapy
- support from the Older People's Mental Health team

## DEMENTIA CAFÉS, LUNCH CLUBS AND OTHER GROUPS

The Alzheimer's Society runs a Dementia Café at St Peter's Parish Centre on the first Wednesday of each month from 10.30 to 12.30, and a drop-in centre at the Library on the second Monday of each month from 10 am to 1 pm, call **01952 250392**.

Hands Together Ludlow runs a Lunch Club at Helena Lane Community Centre every Tuesday, call Helena Lane on **01743 257750**.

The Rockspring Centre's Community Lunch is held every Thursday, call **01584 874922**. It also runs other dementia friendly activities.

Hagley Place hosts a Dementia Café at 2 pm on the third Wednesday of each month and runs other dementia friendly events: Knit and natter at 11 am on Mondays and Thursdays; Hairdresser from 9 am on Tuesdays; Art class at 11 am on Wednesdays, call **01584 871900**.

Helena Lane Community Centre provides day care for older people every weekday. It also provides services such as hairdressing, knit and natter etc. It hosts dementia friendly church services, call **01743 257750**.

## OTHER SERVICES

Shared Memory Bags—available from the Library.

'A Life More Ordinary' programme of films and other events for people with dementia and memory loss and their carers at the Ludlow Assembly Rooms, ring **01584 878141**.

Help in the home available from Hands Together Ludlow, ring **07584 858056**.

PALZ (UK) for Professionals with Alzheimer's (Shrewsbury), contact [lizaholdsworth@hotmail.com](mailto:lizaholdsworth@hotmail.com).

The Alzheimer's Society provides personalised support, advice and practical guidance, call **01952 250392** or [shropshire@alzheimers.org.uk](mailto:shropshire@alzheimers.org.uk).

ageUK provides support, advice, home visiting, befriending and telephone buddy services, call **01584 878046**.

The Contented Dementia Trust provides an alternative approach to dementia care, call **01993 822129**.



***Books on Prescription, available from the Library***