



Dementia Directory

2025-2026

Support, advice and activities for people with dementia, carers, family, and friends.

For more information visit:

www.yourlifedoncaster.co.uk/dementia



City of
Doncaster
Council



South Yorkshire
Integrated Care Board

Welcome to the 2025-2026 edition of the Doncaster Dementia Directory.

This booklet is home to information about support services and groups for people living with dementia and their carers, families, and friends in Doncaster.

This directory has been co-produced with people with lived experience of dementia alongside Doncaster Council and South Yorkshire Integrated Care Board.

We appreciate that if you or a loved one has been diagnosed with dementia, you will likely have been given a lot of information in a short space of time. Please do not feel that you have to read and absorb this information all in one go. This directory is intended to be used as a resource that you can refer to throughout your journey and includes information and advice that you will hopefully find useful.

Two new services have been launched to improve the support for people with memory concerns and dementia in Doncaster. As a starting point for support, we would suggest contacting either of the two dementia services in Doncaster; Mindset and Keep in Mind. Further information about these services can be found on the next page.

Contents:

- 2 Welcome and introduction
- 3 Mindset and Keep In Mind
- 4 Directory of local services and support
- 11 Information and advice to help you live well with dementia
- 17 Useful websites and blogs
- 18 Reducing risk and living well with dementia



Mindset



Doncaster Memory and Dementia Outreach

The service is provided by a partnership between Rotherham, Doncaster and South Humber Healthcare Trust (RDaSH) and Alzheimer's Society.

You can access it if you are concerned about your memory, or that of a loved one. If a diagnosis of dementia follows, the service would support you from diagnosis to end of life. Depending on where you are at in your dementia journey, this could be with information and support, holistic support planning, preventing isolation, building support networks, improving coping strategies or a higher level of clinical support.

You will be provided with a named dementia advisor who will ensure that you are able to easily access coordinated, timely support whether you have memory concerns, a diagnosis of dementia or are a carer for someone with the condition. The service is provided across the four Doncaster localities in coordination with health and social care.

For those people requiring clinical support related to a dementia diagnosis, there will be a registered healthcare professional allocated to the case to work jointly with your dementia advisor to ensure your support is coordinated and needs-led.

Anyone can refer into the service by calling the below number Monday to Friday 8.30am to 6pm (excluding Bank Holidays) or visiting:

www.alzheimers.org.uk/dementia-professionals/make-a-referral

Call: 01302 246724

www.rdash.nhs.uk/services/mindset



Keep in Mind



Community Therapy and Support

The Keep in Mind service has been jointly commissioned by City of Doncaster Council and South Yorkshire Integrated Care Board in partnership with Age UK Doncaster and Alzheimer's Society, Club Doncaster Foundation, Crossroads Care, darts and the Royal Voluntary Service.

The service offers a range of community-based holistic wellbeing activities for people with dementia and their carers and general advice and support, depending upon specific needs and interests.

Once referred into the service, you will receive an expert initial Wellbeing MOT and be allocated a Pathway Coordinator. During the Wellbeing MOT you will be offered financial and practical advice and signposting support. Your Pathway Coordinator will work with you to build a personalised support package and will review this with you every 12 weeks to ensure it is still meeting your needs.

The Keep in Mind service provides:

- Dementia Cafés
- Befriending
- Activity for people with Young Onset Dementia
- Singing for Memory group
- Physical activity groups
- Cognitive Stimulation Therapy
- Carers support groups

The service can be contacted by calling the below number Monday to Friday from 8:30am to 6pm (excluding Bank Holidays) or by emailing:

KeepinMind@ageukdoncaster.org.uk

Call: 01302 812813



Directory Of Local Services and Support

This section provides a list of some local organisations that offer group activities and/or support for people with dementia and their carers. It includes links and contact details for useful organisations to enable you to access this support.

ACTIVITY GROUPS/ORGANISATIONS

Dadesley Crafting

Do you enjoy knitting, crochet, cross stitch, embroidery, painting or card making? Then the Craft and Chat Group could be for you.

During this weekly get together, people fetch their own projects to work on. We do ask that you don't bring any electrical equipment. We can provide assistance if you get stuck or just simply needing inspiration. The sessions are free and Dementia friendly. The kettle is always on, and the biscuit barrel is always full.

Tuesday evening 5:30-7pm at Tickhill Parish Room, Northgate, Tickhill, DN11 9HZ.

Every day except Sunday 12-2pm at St Catherine's House, Woodfield Park, Balby, Doncaster DN4 8QP

To book your place, ring Michelle on: **07591035620**
info@dadesleycrafting.co.uk
www.dadesleycrafting.co.uk

Doncaster Culture and Leisure Trust

Provide access to a wide range of health and wellbeing facilities to enable all residents of Doncaster to maintain a healthy body and mind. These include a number of activities including swimming, gym, cycling, chair-based exercises, a healthy at home programme, a discounted Over 60's membership package and free entry for carers.

www.dclt.co.uk
01302 370777

Forget Me Not Café

The Forget Me Not Cafe is at St Mary's Church Hall in Sprotbrough every 1st Tuesday of the month from 1:30-3:30pm. We provide afternoon tea, friendship and advice and information.

For more information, contact:
Hilary Downs on **01302 310577** or 07443413845
or Angela Hudson on **01302 851530**

Get Doncaster Walking

Low impact physical activity such as walking can really help to support your physical and mental health. Walking groups are really popular in Doncaster, with many groups meeting regularly for local walks and a chat. Walking groups are a great way to meet people and get to know your local community - lots of people in Doncaster join walking groups for this reason, as well as to feel a little fitter.

The Get Doncaster Moving Walking Calendar lists all the community group-led walks taking place across Doncaster every day. There are walks and groups suited to all ages and ability. Take a look and see what's on near you:

www.getdoncastermoving.org/walkingcalendar
getdoncastermoving@doncaster.gov.uk

The Memory Club

The Memory Club provides a free opportunity for people affected by dementia to meet, chat and share support and information. The Memory Club usually takes place on the 3rd Tuesday of each month from 11AM – 1PM at Wheatley Golf Club and includes a free light lunch. The Memory Club is run by volunteers who are qualified and/or experienced in dementia care and support. For any queries or to check times/dates please contact:

nigelbeardsley@outlook.com

CROSSROADS CARE

In partnership with Age UK (Keep in Mind service)

Carers Support and Activity groups

We provide carer support and activity groups for carers and people with dementia living in Doncaster. Our groups run on a weekly basis across Doncaster and aim to support carers in their caring role, reducing isolation and improving carers and the cared for person's wellbeing.

For more information about the carers support and activity groups, please contact the 'Keep in Mind service at Age UK Doncaster':

KeepinMind@ageukdoncaster.org.uk
01302 8122813

Carers trust grant

Carers living in Doncaster can apply for grants up to £400 for items/goods/services that will support them in their caring role. Individual grants can be for items and activities including white goods, essential home repairs, IT and mobile phone equipment. For more information contact Crossroads Care:

01709 360272
info@crossroadsrotherham.co.uk

CARER SUPPORT

Doncaster Carers' Wellbeing Service

We help unpaid carers to assess their practical and emotional support needs and work with a wide range of local organisations to connect carers to the services they need and are entitled to. We also support people to complete Carers' Assessments when needed. Following an assessment, we will work with you to develop a personal support plan to make sure you have the resources and support you need in your caring role and to maintain your own health and wellbeing. Contact the team via phone or email (Monday-Friday, 9am-5pm), or visit the website to find out more about our social groups for carers and former carers in your area.

www.doncaster.gov.uk/carers

carers@doncaster.gov.uk

01302 737100

Doncaster Partnership for Carers

Provides a range of services including advice, information, emotional and practical support, which includes befriending and counselling services, as well as a range of wellbeing therapies and social activities/outings for all carers. There is also an Open House coffee morning every Wednesday from 10:00-12.30 for Carers and Cared for:

dpfc@doncastercarers.org.uk

01302 637566



Photography credits: James Mulkeen, darts.

CHARITIES AND ORGANISATIONS OFFERING SUPPORT SERVICES, INFORMATION AND ADVICE

Dementia

Age UK Doncaster

Offer Home Support Services, including private befriending and practical support, and Circles which supports people who can access the community independently by supporting them with linking into social support groups and activities. They also offer an Ageing Well session for people aged over 55 living with dementia, every Thursday from 9:30-3:30pm at Silver Link, Bennethorpe, DN2 6AA.

For more information, call the Age UK Doncaster helpline: **01302 812345**

DonMentia

A local dementia charity that raises funds to support a variety of social events and therapeutic activities for people diagnosed with dementia and their carers and families. DonMentia award personal grants to support individual carers to have a respite break, as well as a community grant to support the development of community groups that support people affected by dementia.

They also host the DonMentia Forum – a monthly meeting meeting at Scawsby Community Centre (Barnsley Road) for people affected by, or with an interest in, dementia, living in Doncaster to meet and receive professional advice and information and to enjoy peer support and social activities.

For further information, contact Eileen on:

01302 723322

www.donmentia.org

admin@donmentia.org

Dementia UK

Dementia UK is a national charity committed to improving quality of life for all people affected by dementia. They provide a national telephone and email helpline run by specialist dementia nurses and carers. You can call the helpline for free, email or visit the website:

www.dementiauk.org

0800 888 6678

helpline@dementiauk.org

Keep in Mind at Age UK Doncaster

Age UK Doncaster are commissioned to offer a Community Therapy and Support service in partnership with darts, Royal Voluntary Service, Club Doncaster Foundation, Crossroads Care and Alzheimer's Society.

Age UK Doncaster provide the allocation of a pathway coordinator to produce a strength-based, holistic Wellbeing MOT with you and offer financial and practical advice and signposting support. They also offer 6 free weekly befriending sessions or support in the home and an activity session for people with Young Onset Dementia.

Alzheimer's Society run four Dementia Cafes per month (1 per locality) which are open to people with dementia and those currently caring for someone with dementia.

Club Doncaster Foundation provide weekly Walk & Talk groups that meet at Belle Vue Bar, Eco Power Stadium, DN4 5JW. If you don't want to take part in the walk, there is the option to stay at the meeting location and join in with some activities instead.

Crossroads Care provide carer support, information and activity groups that are run on a weekly basis across Doncaster. If a barrier for attendance is that you are unable to leave your cared-for person, both of you can attend together. At the groups you can participate in fun activities such as crafts, indoor bowling and games. There are also a range of holistic therapies delivered by a trained therapist.

darts run 'Singing For Memory' on Monday afternoons - a friendly singing group for adults living with dementia and their family, friends and carers.

Royal Voluntary Service provide Cognitive Stimulation Therapy (CST) sessions of themed activities that assist in stimulating memory and recall. There are 5 sessions per week across the Borough, and they run for 2 hours.

Enquiries and referrals can be made by calling **01302 812813**, Monday to Friday from 8:30am to 6pm (excluding Bank Holidays), or by emailing KeepinMind@ageukdoncaster.org.uk

Mindset – Doncaster Memory & Dementia Outreach

A partnership between Rotherham, Doncaster and South Humber Healthcare Trust (RDaSH) and Alzheimer's Society. You can access it if you are concerned about your memory, or that of a loved one. If a diagnosis of dementia follows, the service would support you from diagnosis to end of life. The two organisations can uniquely provide or signpost to all aspects of dementia care. Anyone can refer into the service by visiting the webform:

www.alzheimers.org.uk/dementia-professionals/make-a-referral or by calling **01302 246724**, Monday to Friday 8.30am to 6pm (excluding Bank Holidays).

Your Life Doncaster

Your Life Doncaster is here to help you live your life your way at home, surrounded by the things that are important to you. Whether you need equipment to maintain your wellbeing at home, are feeling lonely and would like to connect with people, need help with household tasks or are seeking advice about financial support, find out how we can help at:

www.yourlifedoncaster.co.uk/dementia

Mental Health

Doncaster Mind

A registered charity providing a wide range of high-quality services to support people with mental health problems across Doncaster.

www.doncastermind.org.uk
office@doncastermind.org.uk
01302 812190

Rethink Mental Illness

Their Doncaster Telephone Helpline offers emotional support and information to people affected by mental illness, aged 16 and over, who live in Doncaster. This service runs 24 hours a day, 7 days a week. Call the helpline on:

0808 801 0442
www.rethink.org

NHS Doncaster Talking Therapies

The NHS Talking Therapies team in Doncaster offer free NHS counselling and cognitive behaviour therapies to support people with their mental health. These services can be face to face, over telephone and via video calls. You can refer yourself by visiting:

talkingtherapies.rdash.nhs.uk
03000 211556

Doncaster Samaritans

A registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope or at risk of suicide. You can call them on **116 123** free from any phone or on **0330 094 5717** (local call charges apply), email them at:

jo@samaritans.org or visit:

36 Thorne Road, Doncaster DN1 2JA.

Andy's Man Club

A men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online for any man over the age of 18. Find your nearest group at:

www.andysmanclub.co.uk

Others

Active Independence

A disabled persons-led organisation offering information, training and advocacy on welfare benefits, aids to daily living, housing, health and social care, and support to recruit and employ personal assistants. Contact Barbara Booton:

info@activeindependence.org
07917 607730

British Heart Foundation

British Heart Foundation provide information and support on anything heart related. Our Heart Helpline cardiac nurses are on hand to help answer any questions or concerns about heart and circulatory diseases.

www.bhf.org.uk
hearhelpline@bhf.org.uk
0808 802 1234

Diabetes UK Helpline

A dedicated diabetes helpline for all people with diabetes, their family or friends, and people who are worried they might be at risk.

helpline@diabetes.org.uk
0345 123 2399

DIAL

Our Disability Advisory Service provides information and advice on a wide range of disability issues. Our core work is advice on Welfare Benefits. If it is a long-term illness or disability related, we provide a wheelchair hire service for residents of the City of Doncaster.

advice@dialdoncaster.co.uk
01302 327800

Doncaster Community Stroke Rehabilitation Team

Aim to provide an integrated rehabilitation service for adults who have been affected by a stroke, or a stroke related illness, that will enable the individual to regain their maximum level of independence within their own home. **03000 211555**.

Doncaster Council's Wellbeing Service

The Wellbeing Service is based on the principal of ensuring that all residents of Doncaster have access to support, advice and guidance to enable them to remain as safe and independent within their own communities for as long as possible.

The service is available to all adults (over 18yrs) living in Doncaster and can provide support on a range of issues:

wellbeing@doncaster.gov.uk
01302 735553

You can also access support from Community Conversation Points (CCPs) held at community venues in your local area:

www.yourlifedoncaster.co.uk/ccp

Healthwatch Doncaster

As your independent voice, Healthwatch will collect your experiences/stories of health and social care services to help improve them.

www.healthwatchdoncaster.org.uk
info@healthwatchdoncaster.org.uk
01302 965450

Olivers Legal Services

A legal firm which supports members of the community to plan their Estates needs now and for the future. We offer 30 minutes FREE Legal Estate Planning Advice, with no obligation to purchase our services. Some of the services we provide include Wills, Trusts, Lasting Power of Attorney and Deputyship Orders.

www.oliverslegalservices.co.uk
01302 886336

Live Inclusive

Live Inclusive supports disabled people and those with long term illnesses to live more independently. Our services include support to gain or retain employment, volunteering opportunities, advice and information, and support to join community groups and meet new people. Self-refer by contacting: enquiries@liveinclusive.co.uk
01302 592400

Macmillan Cancer Support

Macmillan Cancer Support provide information and support for people with cancer and their carers.
www.macmillan.org.uk
0808 808 0000

NHS Choices

NHS Choices a website for people who need medical advice or guidance. Visit: www.nhs.uk

Parkinson's UK

The Doncaster Support Group offers friendship and support locally to people with Parkinson's, their families and carers. Meetings are held on the 1st Monday of the month (2nd Monday if a Bank Holiday) at Armthorpe Community Centre, DN3 3AG. To find out more call: **07517 957235** or email: parkinsonsukdoncaster@gmail.com

Parkinson's UK helpline: **0808 800 0303**
www.parkinsons.org.uk

The Partially Sighted Society

A national charity dedicated to providing expert help, support, and advice to anyone living with sight loss, helping them to live full, independent, and most importantly, happy lives. From our fully equipped sight centre in Doncaster, we offer holistic services including free low-vision assessments and sight tests, provision of low-vision aids and equipment, and even help with your assistive technology.

www.partsight.org.uk
01302 965195 (Mon-Fri, 9:30-4:30pm)

The Social Isolation Alliance

A network of voluntary, community and faith sector organisations that are working together to reduce social isolation and loneliness in Doncaster. They do this by offering, for example, activities in each community, specific support services, access to mental health and wellbeing support and financial support information:

sia.dclt.co.uk
www.facebook.com/siadclt

Victim Support

If you've been affected by crime, they can give you the support you need to move forward. Their services are free, confidential and available to anyone in England and Wales, regardless of whether the crime has been reported or how long ago it happened:

humbersouthyorks.victimsupport.org.uk
humbersouthyorks.vs@victimsupport.org.uk
0300 303 1976

DEMENTIA CARE, COMPANIONSHIP AND DAY CENTRE SERVICES

Please note the list in this section is not exhaustive and you may be eligible for free care and support under the Care Act 2014 following a means tested financial assessment. To find out more, contact City of Doncaster Council on 01302 737391.

Bhatia & Askarne SMILE

We provide day opportunities for older people, including people living with dementia and older people with learning disabilities. SMILE provide person centred support and a 'home from home' environment where people can maintain skills and enhance their lives. We also offer Cognitive Stimulation Therapy in group activity sessions to support memory and social skills.

Bhatia SMILE - Bhatia Community Centre, Mexborough.

Bhatia.Smile@doncaster.gov.uk
07973 642384

Askarne SMILE - Spa Pool Road, Askern.

AskarneSmile@doncaster.gov.uk
01302 707791 or **07919 210843**
www.doncaster.gov.uk
[/services/adult-social-care/day-centres](#)

Engage Day Centres

An activity-based centre consisting of small groups of up to 15 individuals, tailored to their interests and abilities. We are now open 5 days per week from 9.30-3pm in the following locations: Barnby Dun and Balby. Transport available:

info@engagedaycentres.com
07544 455608

Home Instead

Provide specialist, person-centred Dementia Care throughout the Doncaster area from fully trained staff who truly care for their clients. We cover all aspects of care, from companionship and befriending right through to full personal care. We also provide respite, home help, tailored clinical care support, plus live-in care and night sits. We also offer free dementia training for families and carers and run community-based groups.

careoperations@homeinsteadoncaster.co.uk
01302 369655

Helen Warnock Befriending Services

Provides regular one-to-one companionship, conversation and outings, offering reliable support for a trip to the shops, a café or medical appointments. Help with errands, an arm to lean on, a good chat and, most importantly, a caring friendship. Price includes transport and drinks:

helenwarnockbefriending.weebly.com
helenwarnockbefriending@outlook.com
07764 577831

Inspire

Provide regular one-to-one befriending to those who need help and support. Our services provide caregivers a few hours of important respite by taking the person out to visit local amenities, appointments, shopping trips etc. We also facilitate day centres on a Mon, Tues, Wed and Fri which provide therapeutic, mind-stimulating activities.

www.inspiredoncaster.com
enquiries@inspiredoncaster.com
01302 770662

Ivy Court Care Home

A brand-new, high-quality care home in Balby. The friendly and professional team offer different types of care to meet a variety of needs, including residential care, dementia care and respite short-stay care breaks. If you would like to view Ivy Court, please call and ask for the Home Manager or email if you have any questions:

manager.ivycourt@runwoodhomes.co.uk
01302 492323

Sandalwood Day Centre (Making Space)

Sandalwood, in Wheatley Hills, is a social centre for people living with Dementia and long-term health needs. We provide a warm, welcoming, safe and Dementia Friendly environment. Regular refreshments are offered throughout the day, along with a lovely hot 2 course meal. We provide meaningful activities, encouraging new interests and renewing previous hobbies.

Janet.Griffith@makingspace.co.uk
01302 327318

DRUGS, ALCOHOL AND SMOKING SUPPORT

Aspire – Doncaster Drug and Alcohol Service

A service for residents of Doncaster concerned about their own or a family member's drinking or drug use. Contact the team on **03000 213900**.

Doncaster Stop Smoking Service

Provides expert NHS advice and support for anyone who wants to stop smoking. Call the Yorkshire Smokefree helpline on **0800 612 0011** (free from landlines) or on **0330 6601 166** (free from most mobiles) or visit: doncaster.yorkshiresmokefree.nhs.uk

Project 6 - Doncaster Older People's Alcohol (OPA) Service

Offer one to one support to help people reduce the risk of harm associated with drinking alcohol. Whether you are concerned about your drinking or have been advised by a health professional to reduce or stop drinking, we can tailor support to you so that you can achieve your goals. You can access the service if you are over 50 and living in the Doncaster area. You can refer yourself or be referred by a professional by calling or emailing: **01302 360090**
daniel.slatter@project6.org.uk

HOME IMPROVEMENT/ SAFETY SERVICES

Doncaster Council's Repair and Support Service (DRASS)

Carry out minor repairs and small maintenance jobs for elderly or disabled people who are unable to do the job themselves and who don't have anyone to help them. Please contact us or ask your health or social services professional or a friend to contact the service for you:

pbm@doncaster.gov.uk

01302 736574

South Yorkshire Fire & Rescue

Offer Home Fire Safety Visits to people who are considered to be particularly at risk of fire and will fit free smoke alarms if a home is without one. They are also able, where appropriate, to fit Hard of Hearing equipment to alert those who may not be woken by a smoke alarm sounding at night. Each visit includes person centred fire safety advice and support to access other services.

www.syfire.gov.uk

0114 253 2314

Hard of Hearing Text Line: **07537 416 095**

The Sustainability Unit

For advice on energy saving or available energy efficiency grants, please visit:

www.doncaster.gov.uk

[/doitonline/energy-efficiency-grants-funding](http://www.doncaster.gov.uk/doitonline/energy-efficiency-grants-funding)

If you are unable to access the internet, please call The Sustainability Unit on **01302 737053**.

TRAINING OPPORTUNITIES FOR UNPAID CARERS

At Doncaster Council, the Workforce Development Team offer a host of free training opportunities for unpaid carers to support and upskill them when caring for a loved one:

Bitesize Carers Wellbeing Sessions

A range of sessions that last 1 hour designed to fit in to existing carers groups, topics include but are not limited to: Resilience, Mindfulness, Tai Chi, Aromatherapy, Why we Sleep, Drugs and Alcohol Awareness, Food for Thought and Understanding Stress and Anxiety. To arrange email:

liz.george@doncaster.gov.uk

E-Learning Sessions

E-Learning courses can be a faster and easier way of accessing training and information on mobile or fixed devices. Carers will get a printable certificate once completed. Courses include but are not limited to: All Age Carers, Introduction to First Aid, Anxiety Awareness, Dementia Friends basic awareness, Preventing Falls and Safeguarding Awareness.

To access, please see information below the classroom sessions section.

Classroom Sessions

Classroom courses cover more detail but can be more of a time commitment to carers there are a whole host of courses offered including: Dementia Essential Skills Tier 1, Moving and Handling and Digital/IT skills.

For a full list of courses on offer, please visit the free courses section of: Caring for someone close to you - City of Doncaster Council

To check classroom dates, availability or book on a classroom or e-learning course please ring **01302 736576** or email the following information to: awft@doncaster.gov.uk

- Your name
- Email address
- Please tell us you are a Carer when you book
- Whether or not you already have an account with the Learning Opportunities/Developing You

Someone in the workforce development team will email you back with a Username and Password to access Developing You.

INFORMATION AND ADVICE TO HELP YOU LIVE WELL WITH DEMENTIA

This section provides information and advice that you may find useful as a person living with or caring for someone with dementia. It includes links and contact details to useful organisations that offer support to help you live well, including:

- Benefits and allowances
- Care Assessments
- Travel and mobility
- Access Assistance
- Going out
- Wheelchairs and walking aids
- Useful resources
- Future planning

BENEFITS AND ALLOWANCES

Personal Independence Payment (PIP) for under 65s

This is a government-provided allowance for disability, which is not means tested. It has two components, and both have two rates, basic and enhanced:

- 1) for day-to-day living needs
- 2) for mobility support needs

It can be a gateway to accessing other types of support. We strongly suggest you get help to fill in the PIP form. The Citizens Advice Bureau or DIAL Doncaster can help you.

Citizens Advice:

www.cadoncasterborough.org
0808 278 7955

DIAL Doncaster:

advice@dialdoncaster.co.uk
01302 327800

Apply to the Department for Work and Pensions to see if you qualify:

www.gov.uk/pip
0800 917 2222

Attendance Allowance for over 65s

You might qualify for an Attendance Allowance from the Government.

This helps with extra costs if you need someone to help look after you, and it is awarded to the person who has received a diagnosis of dementia.

Check if you're eligible at:

www.gov.uk/attendance-allowance
0800 731 0122

Carer's Allowance

Even if you don't like to think of having a carer, or think of yourself as a carer, have a look: it may help you in the future.

This allowance is payable to a carer if the carer is working – conditions apply. Find out more at:

www.gov.uk/carers-allowance

Council Tax Rebate

25% off UK wide, 100% if you live alone - conditions apply. Check with your local council. This can be claimed under the (unfortunate) heading of "Severe Mental Impairment."

For more information, visit:

www.doncaster.gov.uk/services/council-tax-benefits/council-tax-discounts-and-exemptions

Employment Support Allowance

UK-wide long term sickness payment. Either contribution based or income based. For help with this contact Citizens Advice:

www.cadoncasterborough.org
0800 144 8444

To apply, visit: www.gov.uk

[/employment-support-allowance/eligibility](http://www.gov.uk/employment-support-allowance/eligibility)

CARE ASSESSMENTS

Care Act Assessment

If you think you, or someone you know, needs help to cope day-to-day, the first step is to get a care act assessment. Apply for free to the social services department at the council by calling **01302 737391** between 8:30am-5pm Monday-Friday, or by visiting: www.doncaster.gov.uk

[/services/adult-social-care/assessment](http://www.doncaster.gov.uk/services/adult-social-care/assessment)

They can recommend services to help you with things like equipment, home adaptations, practical help from a paid carer, and access to day centres and clubs.

Carers Assessments

If you support a partner, family member, friend or neighbour who relies on you for help to live their life, you are a carer. Carers come from all walks of life and cultures and can be any age. Recognising yourself as a carer is essential because it grants you rights and access to support. You might be eligible for a Carer's Conversation (sometimes referred to as a Carer's Assessment) to address your wellbeing and create a plan for future support.

To arrange this, contact the City of Doncaster Council's Carer's Wellbeing Service team via phone or email (Monday-Friday, 9am-5pm) or visit the website at:

www.doncaster.gov.uk/carers

carers@doncaster.gov.uk

01302 737100

Driving

Receiving a diagnosis of dementia does not automatically exclude you from driving. You must however inform the DVLA.

www.gov.uk/driving-medical-conditions

0300 790 6806

Driving is a hard activity to give up, but listen to the people around you if they notice any safety issues. There is a self-assessment checklist available to help you think about whether you are safe to drive:

www.olderdrivers.org.uk

[/driver-assessment/self-assessment](#)

You can request a Driving Assessment at a Driving Mobility Centre:

www.drivingmobility.org.uk

info@drivingmobility.org.uk

0800 559 3636

Blue Badge

A Blue Badge can give parking concessions to people with a disability, including dementia so you can park closer to venues, shops etc. Some car parks do not charge for vehicles with a Blue Badge.

Some people with dementia may become disorientated so being able to park close to where you need to be, or in a designated space, can be helpful. This absolutely justifies your entitlement to a Blue Badge. The Blue Badge is for the person, not the vehicle. You do not have to own a vehicle to apply for a Blue Badge; carry it with you and use it in any car.

A Blue Badge costs £10 and lasts for three years:

[www.doncaster.gov.uk/services/adult-social-care/](http://www.doncaster.gov.uk/services/adult-social-care/apply-for-or-renew-a-blue-badge)

[apply-for-or-renew-a-blue-badge](#)

Motability Vehicle through Personal Independence Payment

If you are in receipt of the enhanced mobility element of Personal Independence Payment, you can lease a car through Motability. They will take the mobility element of your payment and in return you get a car with no road tax to pay and no insurance to pay. Tyres and servicing are also included free of charge. Depending on the vehicle you choose, there may be an up-front deposit to pay at the time of ordering your vehicle but if the dealer is not a Public Limited Company (PLC), you may not have to pay the deposit until you collect your car. Enquire at the dealership: www.motability.co.uk

PUBLIC TRANSPORT

Bus and Rail Travel – Senior Pass

Concessionary Bus Passes are available for senior citizens aged 66 or over allowing free bus travel anywhere in England between 9.30am and 11pm on weekdays, anytime at weekends and on bank holidays. In South Yorkshire, these passes also offer free tram fare in South Yorkshire and half price train fare for travel on Northern Train services between stations on the South Yorkshire rail network. Apply at:

www.travelsouthyorkshire.com

[/en-GB/LandingPage/senior-pass](#)

Bus and Rail Travel – Disabled Pass

Concessionary Bus Passes are available for disabled people allowing free bus travel anywhere in England between 9.30am and 11pm on weekdays, anytime at weekends and on bank holidays.

In addition, Travel South Yorkshire also offer free travel on local bus services, trams and trains in South Yorkshire and free travel on Northern train services between South Yorkshire and West Yorkshire.

Check eligibility and apply at:

www.travelsouthyorkshire.com/en-GB/LandingPage/disabled-pass#qualify

Door 2 Door Community Transport Service

If you have difficulty using mainstream public transport, Door 2 Door Community Transport services in South Yorkshire may be able to help. Door 2 Door services are operated using fully accessible vehicles that take you directly from your home and around the local area you live in, making your travel experience as easy as possible. All Door 2 Door services must be pre-booked before travel. For more information call Doncaster Community Transport:

01302 342400

Rail Travel

Disabled Person's Railcard gives 1/3 off rail travel for you and your companion nationwide. The railcard costs £20 for a year or £54 for three years. You can buy it online at:

www.railcard.co.uk

Call **0345 605 0525** with any questions.

Travel Assistance: is available at many stations for those who need it.

A station staff member can help you and your luggage to a seat, meet you when you get off the train and help you get to other trains, taxis etc. Request assistance at the time of booking either online or at the station. There is also a passenger assistance website and app:

www.passengerassistance.com

Quiet Compartments

When booking your journey you can request a quiet compartment, the direction of travel for your seat and location near to toilets and end of carriage.

Ferry Charges

Some ferry operators, such as those to the Isle of Wight and CalMac in Scotland, offer discounts for Blue Badge holders. Check before you buy.

Assistance is available at ports for all ferries within the UK and Europe. Arrange this in advance.

Flying

Heathrow and the University of Plymouth have a very useful "Flying with dementia guide" which you can find at:

www.doncaster.gov.uk/flyingwithdementia

Travel Insurance

It is possible, though sometimes difficult, and more expensive, to get travel insurance. This is because the insurance company may assess your risk as high to need medical cover and assistance. Search online using the search term "travel insurance with a pre-existing medical condition".

Guidance and Advice for Travel

The Alzheimer's Society has an excellent guide to transport and travelling tips when someone has dementia:

www.alzheimers.org.uk/get-support/staying-independent/transport-travelling-tips-dementia

Also take a look at the voice of accessible tourism in the UK: www.tourismforall.co.uk

ACCESS ASSISTANCE

Just Can't Wait!

The "Just Can't Wait Toilet Card" is a card that provides access to toilets that are not usually available to the public. It is widely accepted at cafés, restaurants, shops and venues etc. Free digital copy or £2.95 postage for a card. Apply here:

www.bladderandbowel.org

Accessaloo App

This is an app for your phone that can help you find accessible toilets on-the-go. It is helpful when you are out and about in unfamiliar towns and countries. Search online for 'Accessaloo'.

Key to Access Disabled Toilets

This is a key, sometimes known as a Radar Key, that you can use to access public disabled toilets that are frequently locked. Available from Amazon, Ebay and some mobility equipment shops for various prices.

GOING OUT

Cinema Exhibitors Association (CEA) Card

The CEA card will allow your companion or carer to accompany you free of charge into most cinemas. The card costs £6.00. You will need a passport-type photograph and a PIP or Attendance Allowance Award letter from the Department of Work and Pensions.

Apply online at: www.ceacard.co.uk

CEA Card, PO Box 199, Deeside, CH5 9BW
01244 526 016

Relaxed, Chilled or Dementia Friendly Entertainment

Many cinemas and theatres offer relaxed screenings and performances for those who require quieter performances. Ask at your local venues.

CAST Doncaster offer Dementia Friendly Sing-a-long screenings of popular films. For further information, visit:

www.castindoncaster.com

01302 303959

Sunflower Lanyard, Wrist Band or Badge, for Hidden Disabilities

Wearing one of the Sunflower products shows others that you have a hidden disability. It makes it easier for people to recognise that you may need some extra support. It is increasingly recognised internationally. You may feel a bit uncomfortable wearing a Sunflower lanyard at first, but the benefits and the kindness will out-weigh the negatives. The Sunflower lanyards are free at certain places like airports, stations, supermarkets etc. Ask at the information desks. You can also buy them from: www.hdsunflower.com

Quiet Hours

You may find that being in a busy and noisy environment like a supermarket is hard to process and navigate.

Many supermarkets offer quiet hours when the background music is turned off, and staff may be especially aware of the need for assistance for some shoppers.

Various supermarkets in Doncaster advertise having a quiet hour - check with your local one. If they don't have a quiet hour, enquire if they might be willing to start one?

Free Entry for Companions or Carers

Many public venues such as museums, art galleries and visitor attractions offer free entry for your companion or carer if you are a member.

National Trust (Essential Companion Card): www.nationaltrust.org.uk

English Heritage: www.english-heritage.org.uk

Carers First have a Days Out online directory of information and a wide range of activities: www.carersfirst.org.uk

Euan's Guide

An online site where people have reviewed venues for accessibility.

"We are the disabled access charity best known for EuansGuide.com, the disabled access review website. But we also make tens of thousands of accessible toilets safer, run the UK's largest Access Survey and lots more.

The aim of Euan's Guide is to empower disabled people by providing information that will give confidence and choices for getting out and about."

Euan MacDonald, Founder of Euan's Guide. www.euansguide.com

WHEELCHAIRS AND WALKING AIDS

If you are using a wheelchair for more than occasional use, please ensure you have a proper assessment from an Occupational or Physio Therapist or a wheelchair service.

In Doncaster, you can contact them online via the Contact Adult Social Care Form:

www.doncaster.gov.uk/doitonline/contact-adult-social-care or by phone on **01302 737391** between 8:30am and 5pm, Monday to Friday.

Red Cross run a wheelchair hire scheme: www.redcross.org.uk
0300 456 1914

Many public places have wheelchairs – always check they are safe and clean before use. A mobility aid, like a walking stick or a hiking pole, may help you feel more confident in a busy environment.

Some people will be affected by sensory and perceptual difficulties as a part of their dementia. A stick may help somebody to navigate around spaces.

USEFUL RESOURCES

Carer's Emergency Card

Carers can carry this card in case anything happens to them, to say that there is a person being cared for who may be alone at home. In Doncaster, these are available from the Carer's Wellbeing Service.

DoncasterCarers.WellbeingService@makingspace.co.uk
01302 986900

Message in a Bottle Scheme

The Lions Charity run a free "message in a bottle" scheme to store important information. It is a small white pot which contains a small form where you can write your contacts, diagnosis, and medication. It is often stored in the fridge as a recognised place to look! There is also a sticker which is put by the front door, to make people (emergency services for example) aware that you have one.

The Herbert Protocol

The Herbert Protocol is a national scheme that encourages family and friends to put together useful information. This can then be used in the event of a vulnerable person going missing. Contact your local police force online at

www.southyorkshire.police.uk/advice/advice-and-information/missing-person/missing-persons/vulnerable-people-at-risk-of-going-missing/dementia-missing-risk-herbert-protocol or by phone (101) to obtain the form. Fill it in and return it to South Yorkshire Police. This can easily and quickly be shared if someone goes missing.

Medical ID

You can buy medical identification jewellery including wristbands and pendants to help show what your needs are if anything happens to you. There are many types available.

It may provide peace of mind in case something happens when you are out and about.

MedicAlert is a registered charity providing life-saving medical ID services for individuals with hidden medical conditions and allergies.

www.medicalert.org.uk
info@medicalert.org.uk
01908 951045

Technology

Many people find gadgets like Amazon Alexa incredibly useful for reminders, news and connecting with others.

If you own an iPad or something similar this may meet your needs. You might not need an expensive gadget marketed at people living with dementia.

Telecare Devices

This is a personal alarm which you wear as a pendant or bracelet. It lets you call for help if you need it at home. Contact your local council's adult social services department and ask for a free care needs assessment.

You can contact adult social care at Doncaster Council online at:

www.doncaster.gov.uk/doitonline/contact-adult-social-care
01302 737391 (8:30am - 5pm, Monday to Friday).

They, or your GP, may recommend a telecare system as part of a continuing health or care package. There's often a charge for telecare.

AskSARA

AskSARA is an award-winning online self-help guide providing expert advice and information on products and equipment for older and disabled people.

AskSARA is easy to use. Simply choose which subject you would like help and support with and answer some questions about yourself and your environment. AskSARA will produce a free personalised report providing:

- Clear, tailored advice written by experts on ways to help with daily activities and staying independent in your home
- An impartial list of products and equipment, specific to your needs, with information on where to get them
- Further help and contacts for more information
- An option to save your report and share it with family, friends and care workers.

Start your self-assessment now at:

www.doncaster.gov.uk/asksara

Mobile Phone Apps with Tracking Systems

If you have a smart phone, you can get free phone apps with GPS tracking systems. You may find there are ways for somebody else to track your phone. These apps will vary depending on the model of your phone. You can choose who you would like to track your phone.

FUTURE PLANNING

Not everyone is ready to think about the future. It can take a while to sort out, but some of us feel more secure when we've tackled it. There's help available. You can talk with people close to you, and you can take the time you need. In time, it may get harder to organise your thoughts and write them down. There are options – you can choose.

Advance Statement: decide what you do want

An Advance Statement will help people who might care for you to know more about you – what you need, what you like and dislike, your food preferences, what you want to be called and how you want to be cared for. An Advance Statement isn't legally binding, but it must be considered.

Advance Decision (Living Will): decide what you don't want

An Advance Decision (Living Will) is a form which lets you refuse any medical treatments in the future. It's only used if you are no longer able to tell people what you want. An Advance Decision can keep you in control of your life and can make things easier for your family. It is signed and witnessed and is legally binding. If you want other people to make these decisions for you, there's no need to make an Advance Decision. For more information, visit:

www.compassionindying.org.uk
0800 999 2434 (Freephone)

Lasting Power of Attorney: decide who can speak for you

You might want to decide who can make decisions about your wellbeing in the future if you are unable to do so yourself. A Lasting Power of Attorney lets you name those people. They will need to agree to this.

There will be forms to fill in and there may be a fee. There are two kinds of Lasting Powers of Attorney: one looks after your health and wellbeing, and one looks after your financial and legal affairs. These are legally binding.

www.gov.uk/power-of-attorney

You can set all these up online, or on paper. You can do this yourself or instruct a solicitor to do so for you but that may incur a higher fee.

Support you may find helpful

Specialist Clinical Dementia Advisor Nurses

support people affected by dementia in Doncaster as well as highly trained dementia and memory advisors:

01302 246724 (clinical MINDSET service)

Advocates support you to speak up about what you want, your rights, and understand information to make your own decisions.

For more information, visit:

[www.doncaster.gov.uk
/services/adult-social-care/advocacy](http://www.doncaster.gov.uk/services/adult-social-care/advocacy)

Audiologists can help with hearing difficulties and issues often experienced with increased sensitivity to noise.

Dieticians provide advice about nutrition.

Occupational Therapists (OT) will help you live life to its fullest by working with you. They focus on what you can do to maximise your safety and quality of life. They help you to do what you want to do and may provide or recommend equipment if needed.

Physiotherapists can work with you and your carers to promote physical strength and activity and maintain your mobility and independence.

Podiatrists take care of your feet to help you to remain mobile, prevent falls and promote independence. To self-refer for a podiatry assessment, visit: [forms.rdash.nhs.uk
/podiatry-foot-protection-self-referral](http://forms.rdash.nhs.uk/podiatry-foot-protection-self-referral)
rdash.podiatryreferrals@nhs.net
03000 211550

Safeguarding Adults Team can help if you have a concern or are worried about possible adult abuse, contact: [www.doncaster.gov.uk
/doitonline/reporting-a-safeguarding-concern](http://www.doncaster.gov.uk/doitonline/reporting-a-safeguarding-concern)
SAH@doncaster.gov.uk
For general safeguarding advice and information call: **01302 737063**
(Emergency Out Of Hours): **01302 796000**

Speech and Language Therapists (SALT) can help with communication strategies. They also help people who experience swallowing difficulties. For more information call: **03000 211 555**

USEFUL WEBSITES, RESOURCES, PEER SUPPORT AND INVOLVEMENT OPPORTUNITIES

Your Life Doncaster for local, support and guidance:
www.yourlifedoncaster.co.uk

Age UK:
www.ageuk.org.uk

Alzheimer's Society:
www.alzheimers.org.uk

Carers Trust:
www.carers.org

Dementia Alliance International:
www.dementiaallianceinternational.org

Dementia Carers Count:
www.dementiacarers.co.uk

Dementia Diaries:
www.dementiadiaries.org

Dementia Support Forum:
forum.alzheimers.org.uk

Dementia UK:
www.dementiauk.org

Innovations in Dementia:
www.innovationsindementia.org.uk

Join Dementia Research:
www.joindementiaresearch.nihr.ac.uk

Lewy Body Society:
www.lewybody.org

Living with dementia toolkit:
www.livingwithdementiatoolkit.org.uk

Playlist for Life:
www.playlistforlife.org.uk

Rare Dementia Support:
www.raredementiasupport.org

Reading Well on prescription (dementia):
www.reading-well.org.uk/resources/751

Re-imagining dementia:
www.reimaginingdementia.com

Sporting Memories Network:
www.sportingmemoriesnetwork.com

TIDE – together in dementia everyday – a UK wide network for carers:
www.tide.uk.net

UK DEEP Network (Dementia Engagement and Empowerment Project):
www.dementiavoices.org.uk

Young Dementia Network:
www.youngdementianetwork.org

3 Nations Dementia Working Group:
www.3ndementiawg.org

USEFUL BLOGS BY PEOPLE WITH DEMENTIA

Gail Gregory:
www.dementiaalzheimers.home.blog

George Rook:
www.georgerook51.wordpress.com

Maxine Linnell:
www.maxinelinnell.com

Peter Berry:
www.peter-berry.com

Peter Middleton:
www.livingwithdementia.online

Wendy Mitchell:
www.whichmeamitoday.wordpress.com

Reducing risk and living well with dementia

There is evidence to suggest that making changes towards a healthier lifestyle can reduce some risk factors for dementia and other health conditions (which are often risk factors of dementia in themselves). It is important to note, however, that there are many risk factors for dementia that we are unable to control. For example, genetics, gender and sex, ageing, and ethnicity. That said, it is still worth taking note of the guidance below. Even if there are risks that we can't control, taking steps towards a healthy lifestyle can increase the years we spend in good health. This information is for anyone who wants to reduce their risk of developing dementia. If you have already been diagnosed with dementia, you can use this information to help you live well.

Be mentally and socially active

Taking part in mental or social activities may help to build up your brain's ability to cope with disease, relieve stress and improve your mood. Finding activities you enjoy that challenge your brain and doing them regularly can have an important role in keeping your brain sharp. There are many things you could do to keep your brain active, such as:

- Doing puzzles, crosswords or quizzes
- Reading books or joining a book club
- Volunteering
- Playing a musical instrument or singing
- Arts and crafts (especially in groups)
- Playing card games, chess or board games
- Creative writing or keeping a diary
- Learning a new language.

Social activities, including interacting with people online and in-person, are also good for your brain and can help to reduce social isolation and loneliness. Find out what events, groups and activities are running in your area by visiting: www.yourlifedoncaster.co.uk/localities

Adopt a balanced, varied diet

For good overall health, it is important to adopt a balanced, varied diet. This can help to:

- Lower cholesterol
- Reduce blood pressure
- Reduce the risk of type 2 diabetes
- Lower the risk of heart disease

All of these have links to reducing your risk of dementia and also for keeping yourself healthy if you have dementia.

Here are some things that you can do to start improving your diet:

- Eat a varied and balanced diet to ensure you get all the vitamins and minerals your body needs.
- Increase your fruit and vegetable intake. In particular, green leafy vegetables are rich in nutrients that are good for brain health. Aim for at least 5 portions of fruit and vegetables.
- Choose wholegrain varieties of starchy carbohydrates where possible, for example, wholegrain bread or brown rice. Wholegrain foods tend to be less processed and offer additional fibre which helps with digestion.
- Try to eat at least 2 portions of fish per week, including a portion of oily fish such as mackerel and salmon.
- Eat more plant sources of protein, such as beans, lentils, nuts and seeds.
- Stay hydrated! Dehydration is a major cause of falls and water infections for older people. Aim for 6-8 glasses of fluid per day. Water is the most beneficial for your health, but tea, coffee, fruit juices and milk can all contribute to keeping you hydrated and out of hospital.
- Reduce intake of food high in saturated fats, salt and sugar (though these can still be enjoyed in moderation!).

You can find more guidance on what a balanced, varied diet looks like by visiting:

www.doncaster.gov.uk/services/health-wellbeing/healthy-eating-and-weight-management

Please note, anyone with a clinical condition who may require specialised dietary interventions or support should seek guidance from a qualified dietician before making extreme changes to their diet.

Reduce your alcohol intake

Drinking alcohol in excess has negative effects on our health in both the short and long-term. If you regularly drink alcohol, try to do so in moderation and within the recommended limits. Try to drink no more than 14 units of alcohol per week and try to spread the units out over at least three days. 14 units is equal to around one pint of beer or a small glass of wine per day. If you regularly drink much more than this, you are increasing risk of damage to your brain and other organs. A good way to cut down on the amount you drink is to have several alcohol-free days each week.

If you are concerned you may be drinking too much, take a quick test at:

www.drinkaware.co.uk

Or contact Aspire – Drug & Alcohol Service Doncaster on: **01302 730956**

Be more physically active

Keeping active is important for brain health as well as heart health. Government guidelines for physical activity suggest that adults should aim to be active daily. Physical activity can look differently to different people, depending on your ability and interests. There is no one-size-fits-all approach to exercise – everybody can find a form of movement that they enjoy!

- 150 minutes (2½ hours) of moderate intensity activity per week such as swimming, cycling or a brisk walk. This should be in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days of the week. When exercising, you will notice an increase in your breathing, but you should still be able to talk.
- Alternatively, do 75 minutes of vigorous intensity exercise each week. This includes exercise that makes your breathing fast and talking become difficult, such as a team sport or running.
- Do some form of strength building on 2 days a week to keep your muscles, bones and joints strong. This doesn't necessarily mean going to the gym, it could be doing yoga, or simply carrying heavy bags or groceries.
- Minimise the time spent sitting during the day.
- Dance, play bowls or do activities like Tai Chi to help improve balance and reduce the chance of frailty and falls. The current guidance is to do this on 2 days of the week.

Find some form of movement that you enjoy. It could be walking with friends, dancing in your kitchen, or chair-based exercise – it all counts! The most important thing is to move more. It's okay if you cannot reach the recommended minutes every day. If you are doing something you enjoy, you will find it easier to maintain and increase intensity. Find ways in which you can become more active at: www.getdoncastermoving.org/letsmove

Stop smoking

There are a number of conditions that have been associated with the development of dementia, strokes being one. Evidence shows that smoking can increase the risk of strokes and other conditions that can cause disability and frailty in later life. Research suggests that smokers have a 30-50% increased risk of developing dementia. In addition, there is evidence to suggest that the higher exposure a person has to second-hand smoke, the higher the risk of dementia.

Stopping smoking can reduce your risk of dementia, cardiovascular disease and cancer.

You can find more support and resources at: www.yourlifedoncaster.co.uk/smokefree

Get a good night's sleep

Good quality sleep is linked to good health, including how well the brain works. Different types of dementia are associated with different sleep problems and sleep is important for your mental wellbeing. Having good quality sleep may reduce your risk of dementia.

According to the NHS, adults usually need around seven to nine hours of sleep. However, some people need more sleep than others. You can find more information at:

www.thesleepcharity.org.uk

Manage your blood pressure and cholesterol level

High cholesterol levels and high blood pressure can increase your risk of developing dementia. If you are over the age of 40, you should get your cholesterol level and blood pressure checked to make sure they are within a healthy range. Tests are available at your GP surgery and most pharmacies. You can also test your blood pressure at home using a home testing kit:

www.nhs.uk/conditions/high-cholesterol

www.nhs.uk/conditions/high-blood-pressure-hypertension

If you already have a health condition such as high blood pressure, high cholesterol or diabetes, it's important to manage this as well as possible. This is to help reduce your risk of getting dementia in the future and to also help you keep your abilities for longer if you already have dementia.

Have regular health check-ups

There is some evidence that hearing loss may increase your risk of getting dementia. It's therefore important to get your hearing tested as you get older. You may be able to book a free hearing test at your local opticians or ask your GP to refer you to a hearing specialist (audiologist).

You can protect your hearing from a young age by avoiding listening to loud noises for long periods and wearing ear protection if necessary.

If you already have dementia, it's also important to maintain your overall health by having regular health check-ups, particularly for your hearing and vision.

The NHS Health Check is available to people aged 40-74 who live in England and do not already have diabetes, heart, kidney or circulation problems. It is designed to find any early signs of these conditions and stop them getting worse.

Find out more at: www.doncaster.gov.uk/services/health-wellbeing/test-your-health

If you or a loved one has been diagnosed with dementia, contact these dementia services in Doncaster, for support:

Mindset



Anyone can refer into the service by calling the below number Monday to Friday 8.30am to 6pm (excluding Bank Holidays) or visiting:

www.alzheimers.org.uk/dementia-professionals/make-a-referral

Call: **01302 246724**

Keep in Mind



The service can be contacted by calling the below number Monday to Friday from 8:30am to 6pm (excluding Bank Holidays) or by emailing: KeepinMind@ageukdoncaster.org.uk

Call: **01302 812813**

GET INVOLVED

If you or someone you know would be interested in using their lived experience of dementia to help improve and shape dementia services in Doncaster and influence decision-makers, then we would love for you to be involved. See below for information on groups that provide the opportunity to do this.

DONCASTER DEMENTIA COLLABORATIVE

The Doncaster Dementia Collaborative (DDC) is a group of people and partners who share an interest and passion in improving the experiences of those affected by dementia living in Doncaster. The DDC meets bi-monthly and anyone who feels they can contribute or benefit by attending can be a member. For more information, contact Dave Green via email at: Dave.Green@Homeinsteadoncaster.co.uk

DONCASTER DEMENTIA PARTNERSHIP BOARD

The Dementia Partnership Board meets in-person on a quarterly basis. The board meets to discuss the Team Doncaster Dementia Strategy delivery plan and hold the delivery of the strategy's actions to account. For more information and for an invitation to the meeting, please contact Hannah Baines via email at: hannah.baines@doncaster.gov.uk

