

The Kendal Directory

Information for people affected by dementia

In 2014 a number of organisations in Kendal came together to form the Kendal Dementia Action Alliance (KDAA)

http://www.dementiaaction.org.uk/local_alliances/8835_kendal_dementia_action_alliance

- Our aim is straightforward: to make radical improvements in the life of people with dementia and their carers in our community.
- We have received official recognition, under a scheme administered by Alzheimer's Society, as being a town working towards becoming dementia-friendly (and are the first town in Cumbria to be so recognised).
- After listening to people with dementia and their carers, and consulting with others, we have decided that the first major step we should take is to produce a directory of information and services offered to people affected by dementia (both those who have been diagnosed with it and their carers). The directory will be available online and Kendal Library will make a paper copy available on request.

Age UK South Lakeland (1)

17 Finkle St, Kendal, Cumbria LA9 4AB 01539 728118

www.ageuksouthlakeland.org.uk

Advice, information & support

Age UK South Lakeland offers advice, information and support to people with dementia, their families and carers to help improve the quality of life. Our helpline number is 01539 728180 (Mon – Fri 09:00 – 16:30) or visit our website.

We offer many different types of support including:-

Improving your income - is about making sure you're getting all your entitlements.

Energy Advice – speak to trained energy advisors to discuss energy comparisons and draught busting equipment.

Money Mentors – can provide and help with basic debt advice.

My Life, My Decision - at some point in the future you may be unable to make decisions for yourself about your health or care. We can help you to plan ahead to insure you get the treatment that's right for you if you cannot speak for yourself.

Moving to a Care Home - Support to enable a better understanding of the choices and options for long-term care.

Social Engagements – Our Village Agents work within the local communities holding a variety of events such as Lunch Clubs, Men in Sheds, Exercise Classes, Drop-in Sessions, Cream Teas, Walking Groups etc.

Winter Warmth Events – we are holding over 18 Winter Warmth Events to raise awareness and help keep everyone well and warm this winter.

Details of all the support and social activities we offer can be found on our website www.ageuksouthlakeland.org.uk or call our Helpline number, 01539 728118 and speak to one of our team in total confidence.

Alzheimer's Society (2)

Stricklandgate House, 92 Stricklandgate Kendal LA9 4PU; 01539 724631;

kendaloffice@alzheimers.org.uk

<p>Dementia Café 1st Friday in the month: Gateway Centre, Gillinggate, Kendal LA9 4JB. 10.30 – 12.00</p> <p>The Dementia Café provides information about living with dementia and other services available locally in an informal and comfortable environment. It is also a place to relax, socialise and meet other people with dementia and their carers.</p>
<p>Dementia Support <i>Contact via our Kendal office</i> - Stricklandgate House, 92 Stricklandgate Kendal LA9 4PU; 01539 724631</p> <p>Our Dementia Support Worker offers information and practical guidance to help people understand dementia, cope with day-to-day challenges and prepare for the future. Support is available face to face, over the phone or in writing.</p>
<p>Information Programme</p> <p>The Carer Information and Support Programme is a series of sessions for carers, family and friends of people recently diagnosed with dementia. Topics include: understanding dementia, legal and money matters, support and care, and coping with dementia day to day. <i>Further details available from our Kendal office</i> - Stricklandgate House, 92 Stricklandgate Kendal LA9 4PU; 01539 724631</p>
<p>Lunch in the Lakes</p> <p>Everyone is welcome for lunch in the Smithy Bar at the Watermill Inn at Ings (second Monday of each month). This gives opportunity for people who have been affected by dementia in any way to meet informally: just turn up between 12 and 12.30 and make your own choice from the menu and pay on the day. This is a self-supporting and independent group brought together by people affected by dementia both now and in the past.</p>
<p>Side by Side</p> <p>Side by Side is a new service being piloted in the South Lakes and Eden areas that supports people living with dementia to access leisure and social activities that encourage confidence to maintain an active role in their local communities, supported on a one to one basis by a volunteer of their choice. Side-by-Side Manager Paula Fearnley is also actively recruiting volunteers to the service who would like to contribute to building good relationships with individuals living with dementia in their community. Please contact Paula via the Kendal office.</p>
<p>Singing for the Brain Wednesday each week, 1.15 to 3.15, Kendal Rugby Club, Shap Road, Kendal, LA9 6DL</p> <p>Singing for the Brain brings people together in a friendly, fun and social environment. The stimulating sessions include vocal warm-ups and singing a wide variety of familiar and new songs. It doesn't matter if you can't sing!</p>

<p>Arnold Greenwood Solicitors Ltd (3) 8 & 10 Highgate Kendal LA9 4SX 01539 720049 www.arnoldgreenwood.co.uk Legal Services: Protecting your future since 1871</p> <p>Arnold Greenwood Solicitors work with individuals and businesses in Kendal and throughout Cumbria and the UK. We provide our clients with expert legal advice; along with the guidance and support they need to achieve the best possible outcome. We are committed to providing our clients with value for money and accessible legal services, offering a transparent fee structure and fixed fees. There are no hidden costs. We work in partnership</p>
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with you to achieve a speedy resolution to whatever difficulties you might face and ensure that our high levels of customer service help us to form long-lasting relationships.

Our specialist solicitors can advise you on matters in relation to preparing Wills and Lasting Powers of Attorney, Court of Protection issues, care home fees and funding, Trust matters, buying and selling property (your home or business), divorce or separation issues, disputes, court claims, and employment issues. We have some dementia-friendly staff and are seeking to ensure all staff undertakes dementia awareness training in due course.

Creative Voices – Brewery Arts Centre (4)

Creative Voices is an initiative at The Brewery Arts Centre providing a weekly music workshop for people living with Dementia. This is a partnership between the Brewery and the Alzheimer's Society and Cumbria Adult Education (CAE)

Creative Voices aims to provide a truly enriching time for those with an early diagnosis with those individuals attending being able to stay for the session without the support of a carer. Our sessions are creative, social, fun and take place in a vibrant setting. They include vocal warm ups, singing and using instruments such as drums.

Sessions take place on Tuesday mornings at 10.30 – 12pm in the Grainstore at the Brewery with a Dementia support Worker present for the first half an hour. It is a great opportunity for carers to grab a coffee knowing their loved ones are independently enjoying this musical sessions, although it is optional for carers to stay for the first couple of sessions.

For further information and to book your place at £2.50 a session please contact Maria Day on **01539 742631**.

Cumbria Fire and Rescue Service (5)

Cumbria Fire And Rescue Service run Dementia Awareness sessions for the public and organisations

For further information contact: Nicola Jackson, Volunteer Coordinator:

Nicola.Jackson@cumbria.gov.uk: 01768 812549

Cumbria Police (6)

The Police service in Kendal and South Lakes are supporting dementia awareness and all officers have had training in dementia awareness.

For any enquiries about this, please contact suzanne.scott-o'neill@cumbria.police.uk (For any crime-related enquiries please telephone 101 (non-emergency) or 999 (emergency only))

Dementia Friends (7)

Alzheimer's Society's Dementia Friends programme is the biggest ever initiative to change people's perceptions of dementia. It aims to transform the way the nation thinks, talks and acts about the condition. Dementia touches the lives of millions of people across the UK.

Dementia Friends was launched to tackle the stigma and lack of understanding that means many people with the condition experience loneliness and social exclusion.

Becoming a Dementia Friend

Anyone can become a Dementia Friend by attending a Dementia Friends Information Session. A session lasts 45 minutes to an hour - come along and learn a little bit about what it is like to live with Dementia and get tips on the little things that we can all do in our everyday lives to help people with Dementia live well in their own community for as long as they can.

To find an Information Session locally go to www.dementiafriends.org.uk (It is also possible

to become a Friend by watching an online video available on this site.)

Arrangements for local groups

There are a number of Dementia Friends Champions in the Kendal area who would be happy to offer an Information Session to local groups or organisations. If you would like to organise such a session please contact dardesk@gmail.com

Dignity in Dementia CIC (8)

Directors: Lesley Gill 07816895021 Diane Smillie: 07771682378

www.dignityindementia.org

Dignity in Dementia is a social enterprise established in March 2014 to enhance the dignity of people living with dementia and their caregivers, so that they can live as positive and normal a life as possible.

'Dignity in Dementia care course' for family carers

This training course is a new and innovative stress reducing programme which provides family carers with the skills to improve the quality of life, for both themselves and the people with dementia they support. The programme combines easy to use best practice dementia care instructions with relaxation techniques, helping carers understand how to connect to the emotions and feelings of the person they care for and help them feel validated, loved and safe. The course is free and is 2 hours per week for 7 weeks and arranged in South Lakes and North Lancashire areas.

Emotional Trigger Assessments

These aim to reduce or remove incidents of challenging behaviours that put individuals with dementia or others at risk. They involve working with family members to gain in-depth knowledge about the person with dementia as well as some observation. This information is then used to identify areas of un-met needs and put strategies in place to overcome these. This generally sees a reduction in the number of incidents of challenging or unusual behaviours. We sometimes have funding to provide this service free of charge.

Kendal College (9)

Milnthorpe Road, Kendal LA9 5AY

www.kendal.ac.uk

Education

Training and education provider for those who care for people living with dementia. Please contact 01539 814700 to ask about our courses.

Kendal Leisure Centre (10)

Burton Road, Kendal LA9 7HX 01539 729777

www.northcountryleisure.org.uk

Education

Kendal Leisure centre offers a large number of activities for the community as a whole, we have a pool a fully accessible gym, rooms for hire and a full exercise class program; our managers are all Dementia Friends Champions or Dementia Friends. All our reception staff and many centre staff are also Dementia Friends.

Kendal Leisure Centre is managed by North Country leisure. We have a number of sessions suitable for all abilities including recovery swims, seated exercise and games sessions for

the young at heart. We have a lift to enable access to all areas and are proud to be the only changing places facility in South Lakes.

Kendal Library (11)

Stricklandgate, Kendal LA9 4PY

01539 713520

www.cumbria.gov.uk/libraries

Email: Kendal.library@cumbria.gov.uk

Resources

Kendal Library houses the Reading Well Books on Prescription Collection: a wide range of recommended books that you might find helpful if you have dementia, are caring for someone with dementia or want to find out more about the condition. The books include information and advice, help after diagnosis, practical support for carers and personal stories. These books are available for all library members to borrow. If you are not a member it is free to join the library. All of these books are also available to request free of charge and they can be borrowed for three weeks at a time.

Cumbria Library Service has also produced a range of Resource Bags, specifically designed to be used with people with dementia, that are now available in Kendal Library. The Resource Bags are themed, with topics ranging from Growing Up to Gardening, and contain a range of topic-related books, pictures, activities and other items to share and talk about. The bags are free to borrow; you just need to be a member of the library and again you can keep them for up to three weeks at a time.

Most of the staff in the library have also volunteered to undertake dementia awareness training and are happy to assist anyone who requires help or guidance while they are in the Library.

Kendal Parish Church (12)

Kirkland, Kendal LA9 5AF

01539 721248

<http://kendalparishchurch.co.uk/>

Services

Sundays at 8.00 a.m., 9.30 a.m., 11.00 a.m. and 6.30 p.m.

Everyone is welcome. The congregation includes those who are learning to live with dementia and also those who are carers. Several members of the congregation are Dementia Friends, and one is a Dementia Friends Champion.

Outreach

Services are regularly held for residents in a number of care homes including those living with dementia.

Kendal Quaker Meeting House (13)

Stramongate, Kendal LA9 4BH

01539 731642

www.kendal-and-sedbergh-quakers.org.uk

The Meeting House is a member of Kendal Dementia Action Alliance and has a number of trained dementia-friendly staff generally available on site.

Services

The Religious Society of Friends (Quakers) holds Meetings for Worship on Sundays at 10.30, Wednesdays at 19.30 and Fridays at 12.30. All are welcome, further information is available at the Meeting House.

The Meeting House premises are shared with the Quaker Tapestry Museum, open 6 days a week, tel: 01539 722795, access statement available at www.quaker-tapestry.co.uk/plan-

[your-visit/access](#)

Kendal Unitarian Chapel (14)

Branthwaite Brow, Market Place, Kendal LA9 4TN 01539 737021

www.ukunitarians.org.uk/kendal

Services

Every Sunday at 11.00am

Everyone is welcome whatever their beliefs. The congregation includes those who are learning to live with dementia and also those who are carers. One member is a Dementia Friends Champion trained to give talks so most Chapel members are now Dementia Friends. Our services last for about 45 minutes followed by time to chat over tea for those who want to stay.

Coffee Mornings

Every Wednesday and Saturday 9.00am - 12.00noon

Coffee Mornings are held in the Chapel School Room. Many local people come regularly because they find it friendly, relaxed and welcoming.

Lakeland Arts (15)

Abbot Hall Art Gallery, Kirkland, Kendal, LA9 5AL, 01539 722464

www.lakelandarts.org.uk

'Enriched by Moments'

'Enriched by Moments' is Lakeland Arts' programme of activity and events designed to engage people living with dementia and their carers. Sessions run in the gallery, and creative activity can also be arranged in community and residential/nursing home settings. Every creative moment aims to build confidence, stimulate lively discussion, generate feelings of curiosity and enjoyment and enhance feelings of wellbeing. An annual creative summer project runs every August and is always inspired by the Lakeland Arts collection at either Abbot Hall Art Gallery or the Museum of Lakeland Life and Industry.

Every First Tuesday

Every first Tuesday of the month, 2 – 4pm

Monthly conversational sessions at Abbot Hall Art Gallery, Kirkland inspired by works of art on display. Informal, stimulating and social. Must be booked in advance.

In the Moment

The first three Fridays of every month, 1.30 – 3.30, at Unit 31, The Factory, Aynam Road, LA9 7DE

The weekly 'In the Moment' is a practical creative session run in collaboration with the Wordsworth Trust. These are inspired by art and poetry and explore a range of art and craft processes, generating high levels of enjoyment. Everyone is welcomed but must be booked in advance.

Lancaster University Faculty of Health and Medicine in partnership with MAC Clinical Research, Blackpool. (16)

MAC Memory Assessment & Research Clinic, Faraday Way, Blackpool, FY2 0JH.

Patient enquiries: 0800 633 5507 www.researchforyou.co.uk

The Science at Lancaster University

Lancaster University has developed a drug that potentially will block the formation of 'senile plaques' found in the brains of people with Alzheimer's disease/dementia. This drug blocks the assembly of these plaques, along with their toxic effect, on brain cells. Lancaster University has launched a campaign called **Defying Dementia** to raise funds and awareness of this new technology to get our compound through the basic safety testing required before our drug can enter clinical trials.

The Partnership with MAC Clinical Research

Blackpool based company MAC Clinical Research (Est. 1988) who have been successfully conducting medical research on behalf of the pharmaceutical industry for over 25 years, have agreed to take our drug into clinical trials, if it passes the regulatory tests that we are currently fundraising for. This is very exciting news - two North West organisations progressing an Alzheimer's drug that could be given to patients within a few years. Even though the Lancaster drug is not yet ready to be prescribed, there are other treatments for Alzheimer's that are currently under trial.

The dedicated Research Site at MAC Blackpool actively promotes research into Alzheimer's disease and other cognitive disorders. They are running a range of studies covering varying degrees of memory impairment, including mild cognitive impairment and Alzheimer's disease.

Why get involved?

- Make a positive contribution to the health of future generations
- Possible early access to new and improved treatments
- Be in more control of your condition
- Be in receipt of a comprehensive medical screening and care/support

How do I learn more?

You can call the Patient Enquiries team on the number given above, with absolutely no obligation, to establish whether we have a research study suited to you.

Memory and Later Life Service - Cumbria Partnership NHS Foundation Trust (17)

Garburn House, Westmorland General Hospital, Burton Road, Kendal. LA9 7RG
www.cumbriapartnership.nhs.uk 01539 715009 Monday-Friday 9am-5pm

The service is for anyone who has new or suspected memory problems, including those with a diagnosis of dementia, and people in later life who have anxiety, depression or psychosis made more complex by physical health needs.

How does the service work?

Memory and Later life services are available throughout Cumbria. They offer assessment and a range of evidence based interventions in a variety of settings including the person's home, GP surgery, Care Home, clinic or hospital, depending upon the individuals' circumstances.

The teams work closely with the person and their family, as well as colleagues in other parts of healthcare, Adult Social Care and other community and third sector services. Staff within the service include Consultant Psychiatrists, Nurses, Occupational Therapists, Psychologists, Carer Lead Practitioner, Assistant Practitioners and Support Workers.

CHESS

In addition the service also has a specialist Care Home Education & Support Service function (CHESS). This is a dedicated team providing a combination of education and practical support to Care Homes

Referral to the service

Your GP, Social worker or other health professional is able to refer to the Memory and Later Life Service. We will arrange to meet with you and assess your needs and establish what appropriate support is available.

South Lakeland Carers (18)

Unit 16, Shap Road Industrial Estate, Kendal, LA9 6NZ, 01539 815970 www.slcarers.org.uk

Carers Assessments,

All Carers of people with dementia are eligible for a Carers Assessment; you will then be offered our services of:

- One-to-one specialist dementia support
- Access to a Carers budget should you meet the criteria
- Dementia Carer Training
- Dementia Carer Support group
- Relaxation Therapies
- Counselling
- Sitting service
- Signposting to other services and activities.

Dementia Carers Support Group

Last Wednesday in every month, we meet at our offices for coffee and a chat and usually have a speaker.

Promoting the Hospital Passport

We are currently promoting the Hospital Passport. The aim of the Passport is to give Carers the opportunity to inform staff of their caring role, the support they are able to provide to the cared for person whilst in hospital and identify what support the Carer will be able to offer to the cared for person after discharge, therefore it is imperative that Carers are involved in the hospital discharge. The passport also enables a Carer to document any additional/complex /communication needs if they themselves cannot communicate with staff.

Carers and cared for can complete their own Hospital Passport or support can be provided by South Lakeland Carers.

South Lakes Housing (19)

Bridge Mills Business Centre, Stramongate, Kendal, Cumbria LA9 4BD

Telephone: 0300 303 8540

Opening hours: 8.45am – 5pm weekdays

[Directions and parking at Bridge Mills Business Centre](#) (10 car spaces)

www.southlakeshousing.co.uk

The Housing Challenge

Housing an ageing population is a massive challenge in Cumbria. In the South Lakeland district alone the number of people aged 75 - 84 is projected to increase by 43% by 2035 and partners have responded with a strategic aim to develop 180 specialist dementia units by 2019.

SLH Services for people with dementia

SLH has been working with health partners to reconfigure sheltered housing provision to achieve a 'dementia friendly' standard. The innovative Birthwaite Sheltered Housing Scheme in Windermere was completed in June 2014. This formed part of the Prime Minister's 'Challenge on Dementia' campaign to increase diagnosis rates, raise awareness and double funding for research by 2015. A joint bid by Cumbria County Council and Cumbria

Partnership NHS Foundation Trust to the Department for Health secured £227k for five extra care housing schemes around the county. SLH were successfully awarded £70k with SLH contributing a further £200k. The project included the installation of 'dementia friendly' signage, a new entrance, a sensory garden, upgrades to the communal lounge and better lighting.

The scheme can now help to prevent admissions to hospital, facilitating quicker hospital discharge and preventing expensive admissions into residential or nursing care including two recent referrals from social workers. There are a considerable number of residents who have early onset and or undiagnosed dementia symptoms benefiting from the increased social activities and greater use of the garden.

'Dementia friendly' improvements have also been delivered at a further two sheltered schemes in Kendal and Grange-over-Sands in 2015.

Check out the SLH website for more information about sheltered housing services <http://www.southlakeshousing.co.uk//index.php?cID=659> and click on each scheme for more information and pictures.

With Singing In Mind (20)

WSIM is an initiative in Kendal working with people who live with a neurodegenerative condition such as Dementia, Motor Neurone Disease, Stroke or Parkinson's disease. We work mainly through **singing & actions** and we sing as a **group**.

WSIM aims are to provide a truly enriching time for all those who come--clients and carers alike. Our sessions are full of warmth, fun, laughter and delight, and meet on Mondays 1:30—4:00pm at Hallgarth Community Centre

For further information please contact The Secretary e-mail wsim130415@gmail.com or telephone **01539 724410** or **07887 713205**

For more information

Dementia Connect

Dementia Connect is Alzheimer's Society's new and improved dementia services directory for anyone affected by dementia in England, Wales and Northern Ireland. With over 4,000 listings of local information, support and services, it's the most comprehensive and easy-to-use online directory of its kind. Enter your postcode to find voluntary, statutory and private services nearest and most relevant to you. Each listing includes a map and clear, essential information about that service.

www.alzheimers.org.uk/local-information/dementia-connect#!/search

National Dementia Helpline

If you have concerns about any form of dementia, Alzheimer's Society National Dementia Helpline **0300 222 1122** can provide information, support, guidance and signposting to other appropriate organisations.

The Helpline is normally open 9.00 a.m. to 8.00 p.m. on Monday to Wednesday; 9.00 a.m. to 5.00 p.m. on Thursday & Friday; 10.00 a.m. to 4.00 p.m. at weekends

Talking Point

Talking Point is Alzheimer's Society's online discussion forum for anyone affected by dementia. It's a place to ask for advice, share information, join in discussions and feel supported.

Forum.alzheimers.org.uk

Other websites that may be of interest

www.gloriousopportunity.org discusses dementia issues from the inside perspective of someone with the diagnosis.

www.playlistforlife.org.uk 'Being able to respond to music is the one thing dementia cannot destroy. Playlist for Life encourages families and caregivers to create a playlist of personally meaningful music on an iPod for people with dementia.'

www.unforgettable.org 'aims to improve the lives of those living with memory loss and dementia by bringing together specialised products, practical advice and a supportive community.'