

Dementia Support in Sheffield 2022

We know you may be facing difficulties during the Coronavirus pandemic particularly because:

- You may be socialising less due to the risk of new variants
- You may have to self-isolate
- You may have to care more for family members at home due to temporary shortages of formal care workers

However, if you are living with (or supporting someone who is living with) dementia, memory loss or cognitive impairment in Sheffield, there is support for you.

We hope this leaflet will give you ideas to help you at home, as well as sources of support.



Local dementia support



Dementia Cafés, Dementia-Friendly Groups, and Dementia Carer Support People Keeping Well Dementia Organisations

Contact your local Dementia Link Worker for:

- Face-to-face and online Memory Cafés and Dementia groups in locations across the whole of Sheffield:
 - Activities, entertainment, themed events, quizzes, music, chairbics, reminiscence, craft, sport and more
 - Culturally appropriate groups for men and groups for women
 - Opportunities to chat and share with others in a similar situation
- Dementia carer support groups (online and in-person)
- Telephone contact, dementia information and a friendly listening ear

www.sheffielddirectory.org.uk/dementia

or see the People Keeping Well Dementia Link Worker contact details and map on pages 3 & 4.

“It’s a lifeline for us, especially through this Covid. Don’t know where we’d have been if it hadn’t been for this”

Sheffield Young Onset Dementia Hub

Age UK Sheffield

- Information, groups, activities and support for under 65s with dementia
- <https://www.ageuk.org.uk/sheffield/our-services/dementia-services/yoh/>
- 0114 250 2850

All groups follow current government guidance, and have measures in place to keep you as safe as possible

Dementia-friendly organisation

Sheffield neighbourhoods

Contact information for your local dementia link worker

[Stocksbridge Community Care Group](#)

Stocksbridge, Upper Don, Deepcar, Wharncliffe Side, Bradfield, Oughtibridge, Worrall

Dave on 0114 283 0141
sccg.communitydementia.provision@gmail.com

[SOAR](#)

Chapelton, High Green, Burncross, Grenoside, Ecclesfield, Southey, Owlerton, Parson Cross, Fox Hill, Longley, Shirecliffe, Colley, Firth Park, Shiregreen, Flower, Wincobank, Brightside, Stubbin, Brushes, Burngreave, Fir Vale, Firshill, Abbeyfield

Rosie on 0114 213 4075
rosie.strathearn@soarcommunity.org.uk

[ZEST](#)

Hillsborough, Middlewood, Wadsley, Loxley, Stannington, Wisewood, Netherthorpe, Upperthorpe, Walkley, Langsett, Crookesmoor

Sarah on 07572 643207 or 0114 2702040 ext 232
sarah.longfield@zestcommunity.co.uk

[Age UK Sheffield](#)

Dore, Totley, Crookes, Crosspool, Broomhill, Lodgemoor, Fulwood, Ranmoor, Endcliffe, Greystones, Nether Edge, Bents Green, Ecclesall, Millhouses, Whirlow, Abbeydale, Bradway

Eliza on 0114 250 2850
eliza.groark@ageuksheffield.org.uk

[Darnall Wellbeing](#)

Darnall, Tinsley, Acres Hill, Handsworth, Housesteads

Jo-Anne on 07495 548929 or 0114 249 6315
jo@darnallwellbeing.org.uk

Dementia-friendly organisation

Sheffield neighbourhoods

Contact information for your local dementia link worker

[Shipshape](#)

City Centre, Sharrow, Broomhall

Nur on 0114 250 0222

n.ali@shipshape.org.uk

[Manor Castle Development Trust](#)

Manor, Castle, Park Hill, Wybourn, Arbourthorne, Norfolk Park, Woodthorpe

Nigel on 07918 054 103 or 0114 278 9999

dementia@manorandcastle.org.uk

[Heeley Trust](#)

Heeley, Meersbrook, Norton

Grace on 0114 3991070

grace.d@heeleydevtrust.com

[Heeley City Farm](#)

Gleadless Valley, Heeley, Newfield Green, Lowedges, Batemoor, Jordanthorpe, Beauchief, Greenhill, Woodseats

Lee on 0114 258 0482

lee@heeleyfarm.org.uk

[Woodhouse & District Community Forum](#)

Woodhouse, Beighton, Mosborough, Sothall, Westfield, Halfway, Waterthorpe, Richmond, Hackenthorpe, Hollinsend, Birley, Charnock, Owlthorpe, Base Green

Nicola on 07736 221829

nicola@mywoodhouse.co.uk

or

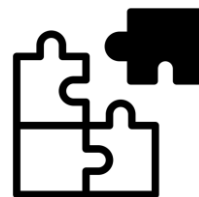
Lesley on 07703 358008

lesley@mywoodhouse.co.uk

or

0114 2690222

Dementia-friendly activities to do at home



Sheffield Dementia-Friendly Activity Packs: more than 60 to choose from!

Age UK Sheffield & Enrichment for the Elderly

<https://www.ageuk.org.uk/sheffield/our-services/dementia-advice-sheffield/corona-virus-resources/resources-for-activities/>

Active at Home booklet

Move More Sheffield

https://www.movemoresheffield.com/s/active_at_home-frke.pdf

Activities Guide for people with dementia

Barnet, Enfield & Haringey Mental Health NHS Trust

<https://www.beh-mht.nhs.uk/downloads/patients-and-carers/Coronavirus/Activities%20guide%20for%20people%20with%20dementia.pdf>

Activity Packs for people with dementia and their carers

Living Well with Dementia in Warwickshire

<https://dementia.warwickshire.gov.uk/news/article/30/activity-packs>

Activity Ideas for people with dementia

Alzheimer's Society

<https://www.alzheimers.org.uk/get-support/staying-independent/activity-ideas-dementia>

Activities: a guide for carers of people with dementia

Alzheimer's Scotland

<https://www.alzscot.org/sites/default/files/images/0000/0266/activities.pdf>

Staying well as a dementia carer



If you provide unpaid support to a family member or friend and they're unable to cope without your support... you are a carer

Sheffield Carers Centre

- Carer Advice Line: 0114 272 8362
(Information and advice on any issue about your caring role)
- Carers Newsletter and Discount Card
- Carer's Assessment
- Carers Café and Carer Support Groups
- Planning for emergencies

<https://sheffieldcarers.org.uk/services/>

“Lovely people.
Genuine and caring
and nothing too
much trouble”

Dementia Carer Support Groups

- People Keeping Well dementia organisations across Sheffield
- Contact details and map on pages 3 & 4 of this booklet or on

www.sheffielddirectory.org.uk/dementia

Looking after yourself as a dementia carer

The Alzheimer's Society

<https://www.alzheimers.org.uk/sites/default/files/2020-01/523LP%20-%20carers%20looking%20after%20yourself.pdf>

Sheffield Mental Health Guide: Wellbeing

Sheffield Flourish

<https://www.sheffieldmentalhealth.co.uk/wellbeing>

Sheffield IAPT wellbeing support

Sheffield Health & Social Care NHS Foundation Trust

<https://iaptsheffield.shsc.nhs.uk/how-can-we-help-you/>

Dementia coping strategies



Coping with distress: Calming techniques for a person with dementia (and their carer)

Dementia UK

<https://www.dementiauk.org/get-support/understanding-changes-in-behaviour/coping-with-distress/>

Understanding changes in behaviour

Dementia UK

<https://www.dementiauk.org/get-support/understanding-changes-in-behaviour/>

Dealing with restlessness

Dementia UK

<https://www.dementiauk.org/get-support/understanding-changes-in-behaviour/dealing-with-restlessness/>

Understanding denial and lack of insight

Alzheimer's Society

<https://www.alzheimers.org.uk/sites/default/files/2020-11/533LP-Factsheet-Understanding-denial-and-lack-of-insight.pdf>

Communication and dementia

Alzheimer's society

<https://www.alzheimers.org.uk/about-dementia/symptoms-and-diagnosis/symptoms/communicating-and-dementia>

Support at home



Good Neighbour Scheme

SCCCC

- 0114 2505292
 - <https://scccc.co.uk/get-help/good-neighbour-scheme>
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Citywide Care Alarms

Sheffield City Council

- 0114 242 0351
 - <https://www.sheffield.gov.uk/home/disability-mental-health/care-alarms.html>
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Live Well at Home Service

South Yorkshire Housing Association

- 0114 2908 359
 - <https://www.livewellathome.org.uk/>
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Independent Living Co-ordination

Age UK Sheffield

- 0114 250 2850
 - <https://www.ageuk.org.uk/sheffield/our-services/ilc/>
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At Home Service (Practical Support Assistants)

Age UK Sheffield

- 0114 250 2850
 - <https://www.ageuk.org.uk/sheffield/our-services/at-home/>
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Information, advice and support



Sheffield Memory Service

Sheffield Health & Social Care NHS Foundation Trust

- Clinical helpline 0114 271 8585
 - Weekdays 8.30am – 11.45am and 1pm – 4.45pm
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Support while waiting for a Memory Service Assessment

Next Steps

- <https://www.nextsteps.org.uk/>
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Community Support Workers

Sheffield City Council

- Non-medical support and advice 0114 205 7120
 - <https://www.sheffield.gov.uk/home/social-care/community-support-workers>
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Information and advice

Age UK Sheffield

- 0114 250 2850, weekdays 9am – 4.30pm
 - <https://www.ageuk.org.uk/sheffield/our-services/info-advice/>
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National Dementia Helpline

Alzheimer's Society

- 0300 222 11 22, including evenings and weekends
- <https://www.alzheimers.org.uk/>
- Free publications and factsheets, Talking Point (online community), Dementia Directory

Urgent help



Sheffield Urgent Care website <https://sheffieldurgentcare.co.uk/> - information for all urgent health care situations.

Medical treatment

- GP – use your GP surgery's website or call the surgery.
Due to high demand it can be difficult to get through on the phone at times but GPs are open for you and want to help so:
 - Keep using the redial button, or
 - Ask a friend or relative to email for you, or
 - Ask a friend or relative to pop into the surgery on your behalf and request a call-back
 - Urgent medical help – use NHS 111 <https://111.nhs.uk> or call 111
 - Life-threatening emergencies – call 999 for an ambulance
 - Local pharmacies – advice and treatment for most common illnesses
 - NHS Walk-In Centre – Broad Lane for minor illnesses
 - NHS Minor Injuries Unit – Hallamshire Hospital for minor injuries
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Adult Social Care

- Sheffield City Council's First Contact Team – prevention support to help you stay safe, well and as independent as possible
 - Call 0114 273 4908, 24 hours a day, 7 days a week
 - <https://www.sheffield.gov.uk/home/social-care/helping-you-stay-independent>
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Coronavirus information



Only use trusted sources from official organisations

Dementia and risk from Coronavirus

Alzheimer's Society

<https://www.alzheimers.org.uk/get-support/coronavirus/dementia-risk>

Carers Covid and Flu information

Sheffield Carers Centre

<https://sheffieldcarers.org.uk/our-response-to-covid-19-and-useful-information-for-carers/>

Sheffield Coronavirus Hub

Sheffield City Council

<https://www.sheffield.gov.uk/home/your-city-council/coronavirus-hub>

Sheffield Coronavirus Vaccination Centres

Sheffield Teaching Hospitals NHS Foundation Trust

www.sth.nhs.uk/news

Coronavirus guidance and support

GOV.UK

<https://www.gov.uk/coronavirus>

Coronavirus (COVID-19)

NHS

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Dementia and delirium



Sudden Confusion (Delirium)

- Delirium is different from dementia
 - However, they can have similar symptoms – confusion, agitation and delusions
 - Get medical help immediately if someone suddenly becomes confused (delirious)
 - Many of the causes need assessment and treatment as soon as possible
 - In some cases delirium may be life threatening
 - You are often best placed to recognise and describe these sudden changes because you know the person best.
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