

Support for people with dementia, their family and carers in Hart

Provided by Andover Mind. Information and support for people with dementia and memory problems. The service also supports all carers aged 18 and above who provide care for an adult. Referral by GP, other professionals or self-referral.

Telephone 01264 332297 or [Email enquiries@andovermind.org.uk](mailto:enquiries@andovermind.org.uk)

Alzheimer's Society

Support, information and advice for anyone affected by dementia. 1-to-1 support plus Carers' Support Group in Elvetham Heath, Singing for the Brain in Hartley Wintney and drop-in in Farnborough. Self-referral or by GP or other professionals.

Telephone 01256 363393/07900240829.

Email basinstoke-district@alzheimers.org.uk or blackwater@alzheimers.org.uk

National Helpline Telephone 0300 222 1122

Royal British Legion Admiral Nurses

To maintain independence and improve the quality of life for carers and families of people living with dementia and to provide the practical advice they need.

If you, or the person you are caring for, are serving or have ever served in the Armed Forces, they may be able to help. Telephone 0808 802 8080.

Day Care Centres catering for people with dementia

Rosefield Day Centre, Odiham – Telephone 01256 393604 (Tues – Thurs),

Visit website www.odihamcottagehospital.org.uk/services/rosefield-day-centre

Hill House – Dementia Day Care Centre, Ewshot – Telephone 01252 850236 (Mon-Fri),

Visit website www.hillhouse-nursinghome.co.uk/about-us/day-care

Lions Message in a Bottle Scheme

To keep essential personal and medical details where they can be found in an emergency – the fridge. Health centres, doctors' surgeries and chemists will have supplies of bottles and forms.

If you live in Yateley please [email welfare@yateleylions.co.uk](mailto:welfare@yateleylions.co.uk) or submit a written request to the Yateley Lions post box at the Yateley Town Council Office.

The Bobby Scheme

Provided by The Blue Lamp Trust. FREE home safety and security survey to assess the work needed to make a person's home safe and secure. Free of charge they can fit door chains, door and window locks, spyholes for doors, smoke detectors.

To find out who can be referred or make a referral visit www.bluelamptrust.org.uk/Bobby_Scheme, Telephone 0300 777 0157 or [Email bobby@bluelamptrust.org.uk](mailto:bobby@bluelamptrust.org.uk)

Telecare Hampshire

Personal alarms service to help people live independently. Hampshire County Council may fund the provision of telecare equipment following an assessment which shows that you have an eligible need and you meet the criteria for funded telecare. You can also purchase telecare if you are self-funding. More information visit [website www.telecarechoice.co.uk](http://www.telecarechoice.co.uk). If self-funding you can contact Argenti direct on Telephone 0345 265 8003.

Age Concern Hampshire

An independent registered charity working to promote independent living to over-50s in the county. The charity provides a range of services including and Information Service offering independent, impartial and confidential support to older people their friends, family and carers, and also to professionals working with older people.

The Freephone Information Line Telephone 0800 328 7154 is staffed by highly trained volunteer advisors who can help with enquiries on everything from care and heating bills to benefits, local social clubs and activities. It is open from Monday to Thursday from 10am to 1pm.

Hampshire Fire & Rescue Service - Safe & Well Visits

Provides a FREE Safe & Well visit for the most vulnerable members of the community. The visit will combine a Home Safety Check to reduce fire risk in the home, such as checking and fitting smoke alarms, with health referrals for extra support where appropriate, to improve the occupier's health and wellbeing. If you or the person you have in mind fits one or more of the characteristics below, you can make a referral.

- is over 60 years of age
- lives alone
- has a physical and/or learning disability
- has any sensory impairment
- is known to be substance or alcohol dependent
- is unable to protect themselves from harm
- is experiencing domestic abuse
- is returning from hospital and there are fire risk concerns identified

To make a referral visit [website www.hantsfire.gov.uk](http://www.hantsfire.gov.uk) or Telephone 023 8062 6751 weekdays 9am – 5pm.

Disabled Facilities Grant Caseworker

A Hart District Council service that provides specialist help and advice on home improvements, repairs and adaptations to older, vulnerable and disabled people. They can also help with forms, paperwork and support and tell you about other services in your area.

Telephone 01252 774111 or for further information visit www.hart.gov.uk/your-home

Meals on Wheels Hampshire

Lunches and teas delivered via this Hampshire County Council commissioned service every day of the year for the over 55s – service is provided by Apetito.

Telephone 01962 779338 or

visit [Website www.hants.gov.uk/socialcareandhealth/adultsocialcare/meals-on-wheels](http://www.hants.gov.uk/socialcareandhealth/adultsocialcare/meals-on-wheels)

Alzheimer Café Farnborough - run by the charity Alzheimer Café UK.

Group support for people with dementia and their families and friends, providing psychological education about dementia in a cafe-like setting. Third Friday of every month (except August) 7.00 to 9.00pm. St. Peter's Parish Centre, Farnborough.

Email alzheimercafe@hotmail.co.uk, Telephone 07938 175 002 (voicemail) or visit [website www.alzheimercafe.co.uk](http://www.alzheimercafe.co.uk)

Memory Cafés (for people with dementia and carers)

Forget Me Not Café, St John's Church, Hartley Wintney – every Tuesday 2.00-4.00pm for people with dementia and their carers – tea, coffee and homemade cake; an opportunity to chat and make new friends. Table tennis, snooker and crafts available for those who wish to take part. No need to “book”, just drop in.

Sunflower Café (Odiham), The Old School, London Road, Odiham – every Wednesday 2.00-4.00pm for people with dementia and their carers. For coffee or tea, for cake and chat, for games and puzzles. All for free and no need to book.

For more information email: coordinatorsunflowercafe@yahoo.com.

The Daisy Chain Café – Yateley Village Hall – every Monday 2.30-4.30pm. Contact daisychaincafe1@gmail.com or Telephone Yateley Town Council on 01252 872198.

The Sunshine Café – a dementia friendly place for people aged over 60 years with dementia or memory loss and their carer, run by Hart and Rushmoor Live at Home Scheme. Meet up for a chat, a cuppa and a sandwich lunch. Willis Hall, Church Crookham – last Wednesday of the month 12.15-1.45pm. For information or to let us know that you will be joining us for lunch email: HartandRushmoor.LiveatHome@mha.org.uk or Telephone 01252 758593.

The Bluebell Café – tea, cake, chat, games, singing, painting and other activities for people living with dementia and carers. Fridays 2pm-4pm. Next to Rosie's tea room, Holdshott Farm, Heckfield, Hook, RG27 0JZ. For more information telephone Ron on 01252 843472 or David on 01256 211508.

Memory Lane club Farnborough – a dementia-friendly programme of activities with refreshments run by Brendoncare and Home Instead Senior Care. £4 per session, carers welcome free of charge. First Friday of each month 2pm-4pm. Farnborough Masonic Centre. Please book in advance Telephone 01252 758716.

Home Instead Basingstoke Tea & Talk Cafes – two memory cafes in the Basingstoke area run by the home care provider Home Instead. The cafes are free and there is no need to book. For more information Telephone Sally on 01256 840 660 or visit www.homeinstead.co.uk/basingstoke/about-us/partnerships

Sunflower Café (Farnham) – run by the home care provider Right at Home Guildford & Farnham. The Ivy Room, Farnham Conservative Club. Every Monday 10am – 12pm (excluding bank holidays). Suggested donation £2 to help cover costs.

Visit www.rightathomeuk.co.uk/guildford-and-farnham/news-item/sunflower-cafe-farnham/

Dementia Carers' Café at Basingstoke Hospital - an informal and friendly café for families and carers of people with dementia. 1st Wednesday of every month, 2pm–3.30pm. Basingstoke and North Hants Hospital. For more information, please telephone us on 01256 313920 or 01962 824639 or email at dementia.team@hhft.nhs.uk

The Princess Royal Trust for Carers in Hampshire

Emergency Planning service - a dedicated team providing FREE support to discuss, develop and implement an emergency plan. Up to 48hrs free care may be available for the person you care for in the event of an emergency. No adult services assessment is needed. Tel 0800 169 1577.

Carers Hubs – drop in to access information and support, and meet other carers. Hubs are held in Fleet, Yateley, Aldershot, Farnborough and Alton.

For times and locations visit www.carercentre.com or Telephone 01264 835246.

Gym sessions

For people living with dementia and carers at Everyone Active Hart Leisure Centre, Fleet. Every Friday 1pm - 2.30pm when the gym is less busy. Specially qualified instructors are on hand to help people use the equipment and to give encouragement. £1 per person. Telephone 0333 005 0134 for more information.

Sporting Memories Groups

Sporting trivia, games and memorabilia. Come along, listen and share sporting memories with other older sports fans. Small weekly subs of £1 towards refreshments and prizes. Every Tuesday 2-4pm at Immaculate Conception Church Hall, Sandhurst. Every Friday 10am-12pm at Fleet Town Football Club. Telephone Angie on 07563 117116 or Email angie@sportingmemoriesnetwork.com

Memory Lane singing sessions

A fun sing-a-long group for people with dementia or memory loss. The group meets every Tuesday afternoon between 2.30 – 3.45pm, at The United Reformed Church, 25 Kings Road, Fleet. Contact Paul Tickner for more information via Telephone 01252 614344 or Email: ptickner97@gmail.com.

Singing for the Mind

Based around the principles of music therapy, the stimulating sessions include vocal warm-ups and singing a wide variety of familiar and new songs. Every Thursday in Hartley Wintney with refreshments served from 1.30 pm and singing from 2.00 pm and 3.00 pm. For location details and more information Telephone the Hartley Wintney Voluntary Care Group on 0845 5190855.

Showtime

Dementia friendly cinema screenings at Gracewell of Church Crookham, 2 Bourley Road, Church Crookham. Screenings are enhanced to suit the needs of people living with dementia, but anyone is welcome to join us. The lights are left on low, there are no adverts, no trailers and audience participation is always encouraged. Viewers are free to move around, come and go as they please and enjoy the free popcorn! Last Wednesday of every month at 2pm. Free entry.

To book email churchcrookham.haa@gracewell.co.uk or Telephone Steven on 01252 240181.

Further information about care, support and activities can be found on the [Connect to Support Hampshire website](#) and in the [Hampshire Dementia Guide](#).

If you are making a referral to a service on someone else's behalf, please make sure you have their permission to do so.

Download the latest version of this information sheet at
www.hart.gov.uk/mental-health-and-wellbeing