

USEFUL TELEPHONE NUMBERS

Age UK, Claremont Centre
01788 552542 (Information & Advice)
01788 552540 (Dementia day care)

Alzheimer's Society 01926 888899

Citizens Advice 0844 855 2322

Contact the Elderly (for people who are
isolated or lonely) 0800 716543

Coventry & Warwickshire Mind
02476 552847

Cruse Bereavement Care, Rugby branch
07714 586654

Guideposts Carer Support
0845 600 9980/02476 385888

Medical emergency 111

Orbit Care and Repair
Handy Person Service 01788 533867

The Railings
01788 513712 (Arden Memory Service)
02476 967900 (Crisis Team)

Samaritans (24-hour)
02476 678678 / 08457 909090

Social Services 01926 410410

Volunteer drivers 01788 561293

NATIONAL HELPLINES

Admiral Nursing DIRECT 0845 257 9406

Alzheimer's Society 0300 222 11 22

Dementia Web 24-hour helpline 0845 120 4048

COVENTRY AND WARWICKSHIRE DEMENTIA PORTAL

www.livingwellwithdementia.org

**Rugby
Dementia
Support**



*A small local charitable group formed
to help those with dementia and those
who care for them. RDS is an entirely
voluntary organisation.*

www.rugbydementiasupport.org.uk

Registered Charity no. 1160535

DAYTIME ACTIVITIES

First Friday Together: Runs from 10.30am to 12 noon on the first Friday of the month at the Claremont Centre, 43 Clifton Rd, Rugby, CV21 3QE.

This is an opportunity for people with dementia and those who support or care for them to meet, to share experiences and gain information. There is time for those with dementia and their carers/supporters to meet in separate groups.

For those caring for someone now in residential care: From 9.30am till 10.30am on the first Friday of the month at Claremont there is a meeting for those caring for someone now in residential care to share and support each other.

Music Sessions: From 10.15 till 11.45am usually on the third usually on the third Friday of the month at the Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN.

These sessions are for people with dementia and for those who support and care for them.

Bereaved Support Group: From 11am till 12.30pm on the fourth Friday of the month at the Friends Meeting House (see address above).

This group is for people who have been bereaved following caring for a person close to them who had dementia and would like support and an opportunity to share experiences, and for companionship.

Pub Lunches: Each month we arrange to have lunch together in a local pub.

EVENING MEETING

Thursday Together: a social evening for people with dementia and those who support and care for them. We meet from 6.30pm till 8.30pm on the second Thursday of the month at the Benn Partnership Centre, Railway Terrace, Rugby, CV21 3HR.

Rugby Forget-me-not Friends: RFF, run jointly by ourselves and Age UK Warwickshire, provides a weekly friendship visit from our carefully selected, trained volunteers. It is available to people who are unable to access community activities and who do not have regular social support from family or friends.

Understanding Dementia: training sessions for all who are interested in understanding more about dementia and how to support people directly affected by it. Those who have attended the sessions include family carers, paid carers, volunteers, and people serving in the community in a variety of roles. We make a small charge of £5 per person to cover costs.

We also provide informal support and encourage informal contact among those involved in RDS. We are always open to new ideas on supporting people with dementia and those who care for them.

If you are interested in any of our activities, or other aspects of our work, please contact us.

**Jane Muers: 01788 576854 / 07816 433619 or
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**Jill Perry: 01455 823570 / 07799 785647 or
jill.perry2@btinternet.com**

Caryl Bird: carylbird@talktalk.net