Dementia Cafés—Come along to meet others in a similar situation, in a relaxed social setting. Spend time sharing information and experiences or simply have a cup of tea and a chat. Friendly Alzheimer’s Society staff and volunteers will be on hand to provide you with informal advice and support.

Worcester, Evesham, Kidderminster, Malvern, Pershore, Redditch, Bromsgrove and Tenbury

Al’s Cafés—For people diagnosed (or probable diagnosis) with dementia under the age of 65.

Redditch, Worcester, Kidderminster

Singing for the Brain©—A stimulating group activity for people in early to moderate stages of dementia and their carers, meet others with similar experiences in a relaxed setting, and join in a variety of songs, as much or as little as you like.

Wyre Forest, Powick (Worcester), Evesham, Redditch

Peer Support Group for Carers—Peer Support Groups provide an opportunity to meet regularly with other people. The group is facilitated and runs in Bromsgrove, providing information and opportunities to ask questions and learn from the experiences of others.

Service User Review Panels—Are you living with a diagnosis of dementia? Join one of our Service User Review Panels (SURPs):

• meet other people living in a similar situation;
• help influence decision making in your local area; and
• bring about change in how dementia is viewed.

For more details please contact our Ombersley Office

Support Groups for people living with rare types of dementia which cause difficulties with communication and people living with Posterior Cortical Atrophy and Behavioural Variant Frontotemporal dementia.

Leadership Group—People living in Redditch and Bromsgrove who are diagnosed with dementia and who wish to support others, help improve services and attitudes and to make a better, fairer world for us and other people living with dementia in our local community. Various programmes please enquire

Carer Self Help Group Kidderminster—Kidderminster Carers Self Help Group is independently run by carers and meets on Wednesdays over various dates. For further information please contact John Jackson on T: 01299 877114.

Dementia Support Service—Our Dementia Support Workers give you practical advice and support to help you understand dementia, cope with the day to day challenges it brings and prepare you for the future. This includes helping you to access other support services and build a support network within your community. Our aim is to help you feel supported and maintain independence, choice and control over your life.

FOR INFORMATION ABOUT ANY OF OUR SERVICES contact us at our

Worcestershire Alzheimer’s Society Office

The Coach House, Ombersley, Worcestershire WR9 0EW
T: 01905 621868 or E: worcestershire@alzheimers.org.uk

If you have concerns about Alzheimer’s disease or about any other form of dementia, Alzheimer’s Society National Dementia Helpline on 0300 222 1122, where trained Helpline Advisers provide information, support, guidance and signposting to other appropriate organisations.

• The Helpline is usually open from: 9am - 8pm Monday to Wednesday, 9am - 5pm on Thursday and Friday, 10am - 4pm on Saturday and Sunday
• The service may be closed occasionally during these times for operational reasons

Evesham Cyclefest chose the Alzheimer’s Society as its charity partner

EVSHEM Cyclefest chose the Alzheimer’s Society as its charity partner for their annual celebration of cycling on 2-3rd September. The event saw Mountain Bike racing at the Valley Evesham, with racing for Under 5s, Under 8s, Under 12s and under 18s in the morning, and adult novices and experienced racers competing for the Valley Challenge Cup in the afternoon. Sunday’s events included a 2 mile children’s ride, a family ride to Broadway and 4 sportive rides ranging from 37 to 101 miles around the beautiful Vale of Evesham. Evesham Dementia Action Alliance supported the event with volunteer marshals at the Valley and co-hosting the raffle stall with Tesco Evesham on Sunday.

Sophie Wetherall, chair of Cyclefest, said: “My grandmother had Alzheimer’s, my great aunt had vascular dementia, and my mother is currently living with fronto-temporal. We’ve had a lot of support from Alzheimer’s Society as mum was only 65 when she first showed signs of dementia and it was really hard for my dad to accept - especially as of course her first symptoms were loss of language. My son doesn’t remember her before and really wants people to support CycleFest to help people like her. “We’re passionate about promoting cycling in our local community; it’s good for the environment, fun for all the family and here in the Vale of Evesham it really is the perfect way to enjoy the beautiful countryside that surrounds us.”

Emma Dowler, community fundraiser for the Alzheimer’s Society, said: “I was delighted when I heard that Evesham Cyclefest had chosen the Society as one of its chosen charities and this event shows how people from across Worcestershire can come together and unite against dementia. The money raised will fund valuable research into dementia and support for those currently living with the condition.”
Bromsgrove and Wythall Community Roadshows

Two community roadshows took place in September. The first one was in Wythall on September 1st and the second one the following day in Bromsgrove. The weather and the atmosphere at both roadshows were fantastic. We worked alongside a range of partners including Wythall Parish Council, Age UK Dementia Advisors, Becketts Farm Shop and Phoenix Group and many of our staff and volunteers. At Wythall we saw well above the average number of people who normally attend roadshows and were able to provide more in-depth work with 46 people. We gave advice to people about how they can approach their GP for support and help with their concerns.

MP for Bromsgrove, Sajid Javid, who is Secretary of State for Communities and Local Government opened the Roadshow in Wythall alongside Sue Baxter, Chair of Wythall Parish Council. This roadshow was part of a wider piece of work going on in Wythall to raise the profile of dementia and ensure residents of Wythall know how to access support if they are worried about possible dementia or are living with a diagnosis of dementia. The roadshow in Bromsgrove was staged at the Bromsgrove Fire Service Open Day and saw a number of parents with children coming along to ask questions about worries they hold about their parents and grandparents. Another great afternoon spent with volunteers raising awareness about dementia. Pictured (right) is Roger Moore, one of our Side by Side volunteers helping to staff the Community Roadshow in Bromsgrove.

Evesham Dementia Action Alliance

Volunteers for the Evesham Dementia Action Alliance (EDAA) have recently split themselves into four sub groups in order to ensure that everything possible is being done to make Evesham a dementia friendly community: recruiting new member organisations; organising activities and events; communication, social media & local PR; running Dementia Friends information sessions. There are currently over 650 Dementia Friends in the local area and the group aim to get that number up to at least 1000 within the next 12 months, as well as expanding the number of local businesses who are signed up to support those living with dementia locally. If you are a local business or a member of the public wishing to get involved in the EDAA, please contact Liz Green, Alzheimer's Society Volunteer Local Representative: liz.green2711@hotmail.co.uk

Enjoy books, reading and photographs? Kidderminster Library new initiative

Kidderminster Library are working with Alzheimer's and the Kidderminster Dementia Action Alliance, through our local volunteer rep, Barry McFarland, and would like to set up a monthly group to do just that. We would like to invite you to an event on November 8th 10.30 – 12 noon to enjoy refreshments and have a look at the varied range of books that we have in the library. There is no need to book ahead, just come along and enjoy some time together. Kidderminster Library is accessible and has a lift and accessible toilets. We look forward to meeting you. For more information contact Holly Ferris 01905 822722 hferris@worcestershire.gov.uk.

Jill Lynch - Singing for the Brain leader retires

Our wonderful Singing for the Brain Leader, Jill Lynch has retired from her regular leading slots around the county. Jill was one of the founder members of Singing for the Brain in Worcestershire. The first group started in 2011 in Kidderminster and we now have five groups which meet across the county every fortnight. Jill will remain as a supply Leader.

Pictured with Jill are two of our regular members from Redditch Singing for the Brain.

If you would like to join one of the groups in Evesham, Powick, Redditch, Kidderminster or Bewdley please contact us on 01905 621868

Worcestershire Acute NHS open Dementia Garden at Worcester Royal

Our Carer Information and Support Programme (Crisp) provides support and up-to-date, relevant information in a group environment, where carers can share experiences and find out about local and national services that can offer support. The programme is run in a series of sessions which offers carers the opportunity to share experiences in a confidential and friendly environment with others in a similar situation. Crisp training courses are scheduled for the next few months:

Tenbury Wells - November 7th, 14th and 21st, 10.30am to 11am, at the Community Hospital Cookley - January 9th, 16th and 23rd 2018, 10.30am to 1pm at Cookley Village Hall Pershore - February 6th, 13th and 20th February 2018, 10.30am to 1pm, at Riverside Centre, Pershore Bromsgrove - February 5th, 12th and 19th 2018, 1.30pm to 4pm, at Bromsgrove Library Wythall - March 6th, 13th and 20th 2018, 10.30am to 4pm, at Wythall Village Hall

Book a place, please call our Alzheimer’s Society office on 01905 621868, or email Worcestershire@alzheimers.org.uk

Volunteers—give more, become more

We are looking for volunteers who can help with store collections at Sainsbury’s in Kidderminster from 15-17 December. This year Sainsbury’s in Kidderminster have chosen Alzheimer’s Society as their chosen charity. They hope to raise over £10,000 for people living with dementia but we can’t do it without your help. If you can offer a few hours of support over the weekend please contact Emma Dowler on 07809 321819 or email emma.dowler@alzheimers.org.uk

Current Volunteers

We currently work alongside over 130 volunteers who play a huge part in helping us to deliver services to people affected by dementia. If you are a current volunteer and would be interested in any volunteering roles, helping to organise events or working with us to provide dementia awareness in the community, we would love to hear from you!

New Volunteers

We really need more volunteers, so if you or anyone you know is interested please contact Ruth Fraser on: T: 01905 621868 or E: volunteeringHWBC@alzheimers.org.uk

We can’t do this without you!

So thank you for working with us to help