

Haringey Resource: Memory loss and confusion

As you get older, you might feel you can't remember things or solve problems as easily as you used to. For most of us, this is nothing to worry about. Keep yourself as active and alert as you can, exercise helps your brain, as do puzzles and games.

For further information about memory loss and confusion, see the **Haringey and Enfield Ageing Well Guide**. The guide is available here: <https://www.haringey.gov.uk/social-care-and-health/older-people/ageing-well-haringey/ageing-well-haringey-guide>

If you have any concerns about problems with memory and confusion, it is important to talk to your GP to identify what might be the cause and get the right treatment as early as possible.

Caring for someone with dementia

When you are caring for someone with dementia there is a chance you too may need support at some point.

This leaflet sets out information on some of the **local Haringey** activities, services and groups that are available to support carers of people with dementia.

Help with understanding what is in this leaflet

If you want to speak to someone about the information in this leaflet, please call the **Haynes Information Hub** on ☎ **020 8489 5895**

Reminiscing and dementia

For information on local reminiscence-based activities for people with dementia happening across **Haringey** please see the Reminiscing and dementia information sheet.

To access a copy of the reminiscing and dementia information sheet please email Clare Davies at Clare.Davies@haringey.gov.uk or Carly Watson at carly.watson5@nhs.net

Haringey Carers support and dementia

Carer meet ups

Monthly Information Café, Wood Green

Peer support opportunity for carers to come together and have a chat with people who understand. Refreshments are provided.

The group is for carers, but their 'cared for' are welcome to attend. Activities are set up for them in the Day Centre to keep them entertained and give the carer some respite.

Carer Support Advisors are on hand to offer information, and advice. A guest speaker sometimes joins the café

Where: Cypriot Centre, Earlham Grove, Wood Green, N22 5HJ

When: First Tuesday of every month, 10.30am to 12pm

Cost: Free

How to join: All carers are welcome and there is no need to book in advance.

Contact: If you have any questions, please contact either:

- the Cypriot Centre on ☎ 0208 881 2329 or **email** on cccdayservices@gmail.com
- Carers First on ☎ 0300 303 1555 or **email** on wf@carersfirst.org.uk

Where to get advice quickly if you need it

Dementia UK Admiral Nurse Direct

Provide a free, confidential helpline that is run by specialist dementia nurses. Helpline opening hours:

- Monday to Friday 9am-9pm
- Saturday and Sunday 9am-5pm
- Open bank holidays (9am-5pm), except 25th December

☎ 0800 888 6678

Email: helpline@dementiauk.org

Website address: <https://www.dementiauk.org/>

Haringey Carers support and dementia

Carer meet ups

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| <p>Carers monthly meeting, Tottenham</p> | <p>Opportunity to catch up with other carers and carer news whilst getting interesting and valuable information from a guest speaker each month. Refreshments are provided.</p> <p>Open to all carers, including carers of people with dementia.</p> | <p>Where: Wellside by Holy Trinity Church, Tottenham, Philip Lane N15 4GZ</p> <p>When: Second Wednesday of every month, 1:30-3:30pm.</p> <p>Cost: Free</p> <p>How to join: To book a place:</p> <ul style="list-style-type: none"> • email Carers First on wf@carersfirst.org.uk or • call Carers First on ☎ 0300 303 1555 <p>Webpage: https://www.carersfirst.org.uk/haringey/groups-and-events/carers-monthly-meeting/</p> |
| <p>Dementia Carers Virtual Coffee Morning Break, online</p> | <p>This is an online drop-in group for all carers who support or care for someone with dementia or memory issues.</p> | <p>When: Every Friday 10-11am</p> <p>Where: Online</p> <p>Cost: Free</p> <p>How to join: To book a place, Contact Carers First on ☎ 0300 303 1555 or email on WF@carersfirst.org.uk</p> |

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Haringey Carers support and dementia

Carer's respite

'Tom's Club', Hornsey, Tottenham

'Tom's Club' is an information, therapeutic and social support group for people living with Dementia and their Carers. All people living with Dementia, their family members, friends, and carers are welcome.

Where and When:

- First Wednesday of the month, 1.30-3pm: The Haynes Day Centre, 151 Park Road, Hornsey N8 8JD.
- Second Wednesday of the month, 1.30-3pm: Tottenham Hotspur Foundation, Percy House, 796 Tottenham High Road, Tottenham, N17 0DH
- Fourth Wednesday of the month, 1.30-3pm: The Haynes Day Centre, 151 Park Road, Hornsey, N8 8JD.

Cost: Free

How to join: To join please contact Haringey Memory service.

☎ 0208 702 6300

Email: beh-tr.victoriareceptioninbox@nhs.net

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Haringey Carers support and dementia

Carer's respite

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| <p>‘The Haynes’ Dementia Hub, Hornsey</p> | <p>The Haynes Centre is a specialist dementia hub that provides different levels of support to those diagnosed with dementia.</p> <p><i>Day Service Provision:</i> offered via social worker referrals to adults with a moderate or severe dementia diagnosis</p> <p><i>The Day Opportunities Hub</i> is open to everyone with a dementia diagnosis, including those who can support themselves and those who need to bring someone to support them, such as a personal assistant or a family member. The Hub offers preventative and delaying activities.</p> <p>The <i>Information hub</i> is open to everyone in Haringey seeking a support network, information and guidance around dementia.</p> | <p>When: Monday to Friday 10am to 3pm</p> <p>Where: 151 Park Road, Hornsey, N8 8JD</p> <p>Cost: Contact the general enquiries line for cost details for the Day Service Provision or the Day Opportunities Hub.</p> <p>How to join:</p> <ul style="list-style-type: none">○ <i>Day Service Provision:</i> offered via social worker referral to adults with a moderate or severe dementia. If you do not have a social worker, ask for a needs assessment. Find out about needs assessments at https://www.haringey.gov.uk/social-care-and-health/social-care-policy-and-practice/care-act-2014/assessments-under-care-act○ <i>Day Opportunities Hub</i> is open to everyone with dementia. You can access the hub yourself or by family, GP or social worker referral. <p>Contact:</p> <ul style="list-style-type: none">• General enquiries ☎ 020 8489 5895• Key workers and hub bookings ☎ 020 8489 5925• Referrals ☎ 020 8489 5927• Email: thehaynes@haringey.gov.uk |
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Haringey Carers support and dementia

Carer's respite

'Grace Organisation', Tottenham

Provides day care services to older people with long-term physical and mental health issues, including dementia.

When: Monday to Friday, 9am to 5pm.

Where: Pretoria Road Community Centre, Pretoria Road, Tottenham, N17 8DX

Cost: For cost information contact the Grace at the below contact details.

How to join: You can access the Grace directly yourself or via social worker referral.

If you do not currently have a social worker, ask for a needs assessment. You can find out about needs assessments at

<https://www.haringey.gov.uk/social-care-and-health/social-care-policy-and-practice/care-act-2014/assessments-under-care-act>

Contact:

☎ [020 8808 0718](tel:02088080718)

Email: mailfrom@graceorganisation.co.uk

Webpage:

<https://www.graceorganisation.co.uk>

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Haringey Carers support and dementia

Carer's respite

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| 'Cypriot Day Centre', Wood Green | <p>Offers day centre provision to elderly clients, including those with dementia.</p> <p>Provides a range of activities to stimulate clients' wellbeing, promote social interaction and enhance their physical and cognitive skills.</p> | <p>When: Monday to Friday, 9am to 2pm.</p> <p>Where: Day Centre, Cypriot Community Centre, Earlham Grove, Wood Green, N22 5HJ</p> <p>Cost: For information about cost please contact the Day Centre at the details below.</p> <p>How to join: You can access the Cypriot Day Centre directly yourself or via social worker referral. If you do not currently have a social worker, ask for a needs assessment. You can find out about needs assessments at https://www.haringey.gov.uk/social-care-and-health/social-care-policy-and-practice/care-act-2014/assessments-under-care-act</p> <p>Contact: ☎ 0208 881-2329 Email: cccdayservices@gmail.com Webpage: https://cypriotcentre.com/daycare-services/</p> |
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Haringey Carers support and dementia

Health and wellbeing

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| Carers Gentle Morning Exercise, online | Morning exercise class to improve your reflexes. Wear comfortable clothing, and shoes, and be on a non-slip floor for the exercise. Also, get a scarf, or tie, ready for gentle movements, and at the end, you relax with soothing meditation that rejuvenates your whole body. | When and where: The 1 st Thursday of the month, 9.30 – 10.30am. Where: online. Cost: Free How to join: Call the Carers First ☎ on 0300 303 1555 or email on WF@carersfirst.org.uk to register for the class. A link will be sent via email with login details. |
| Online facial reflexology | Focuses on pressure points in the face to alleviate stress, achieve relaxation and improve circulation. For the session it is suggested you have a face oil or oil moisturizer, water to drink, and hair off face. | When: 4 th Thursday of every month 9:30 -10:30am Where: online. Cost: Free How to join: Call the Carers First ☎ on 0300 303 1555 or email WF@carersfirst.org.uk to register for the class. A link will be sent via email with login details. |

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Haringey Carers support and dementia

Health and wellbeing

Haringey Walks, Weekly Wellbeing Walks

The Wellbeing Walks are local group walks led by trained walk leader volunteers across Haringey's parks and green spaces.

The walks are a great opportunity to meet new people and improve your mind, body and spirit.

When and Where: Walks are run multiple times a week on different days and in different parks. See **Haringey's what's on calendar** for the latest walking group dates, time and locations at

<https://www.haringey.gov.uk/whats-onsearch?combine=walks>

Cost: Free

How to join: No booking needed. Please arrive a few minutes before the start of the walk and introduce yourself to the walk leader.

For more information:

• **Website:**

<https://www.haringey.gov.uk/parking-roads-and-travel/travel/walking>

• **Email:**

get.active@haringey.gov.uk

• **☎:** 07971 113 463

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Haringey Carers support and dementia

Health and wellbeing

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| Carers First, Virtual Wellbeing Programme, online | <p>This programme gives carers the opportunity to meet with other carers to identify steps you can take to improve your wellbeing.</p> <p>The programme provides a safe and supportive environment to explore ways to manage stress, build emotional resilience and increase self-care.</p> | <p>Where: Held via Zoom (see website link below for further detail)</p> <p>When: Workshops are held once a month (see website link below for further detail)</p> <p>Cost: Free</p> <p>How to join: Register at https://www.carersfirst.org.uk/help-and-advice/topics/virtual-wellbeing-programme/</p> |
| Haringey Talking Therapies, Haringey wide | <p>Haringey Talking Therapies is a free NHS, psychological therapy service offering support for a range of common mental health difficulties such as depression and anxiety, OCD, PTSD and more.</p> <p>The service is for anyone over the age of 16 who lives or is registered with a GP in the London Borough of Haringey.</p> | <p>Where: The service is based in Crouch End Health Centre. However, the service works and offers treatment in various community sites across the East and West of Haringey.</p> <p>When: Open Monday to Friday, 8am to 5pm (closed bank holidays)</p> <p>Cost: Free</p> <p>How to access: You can self-refer online at https://www.whittington.nhs.uk/default.asp?c=44171</p> <p>For further information contact the team at ☎ 0203 074 2280 or email haringey.talkingtherapies@nhs.net</p> |

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Haringey Carers support and dementia

Carer's support line

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| <p>'Dementia Carers Count', carer support helpline</p> | <p>Dementia Carers Count is a charity that provides free specialist advice and support to dementia carers</p> <p>Services include advice and advocacy around social care and welfare and clinical psychology and counselling to support emotional wellbeing. We also provide training and consultancy to organisations supporting carers</p> | <p>Contact: Carer support line ☎ 0800 652 1102</p> <p>Availability: Monday to Friday 9am to 5pm</p> <p>Webpage: https://dementiacarers.org.uk/</p> |
| <p>'Alzheimer's Society' dementia support line</p> | <p>Trained dementia advisers who will listen and give you support and advice and connect you to help.</p> | <p>Contact: ☎ 0333 150 3456</p> <p>Available:</p> <ul style="list-style-type: none"> Monday to Wednesday: 9am – 8pm Thursday and Friday: 9am – 5pm Saturday and Sunday: 10am – 4pm <p>Webpage: https://www.alzheimers.org.uk/get-support/dementia-support-line</p> |
| <p>Haringey Carers First</p> | <p>Provides online help and advice, as well as practical and emotional support for carers supporting someone in Haringey.</p> | <p>Contact: ☎ 0300 303 1555</p> <p>Email: hello@carersfirst.org.uk</p> <p>Webpage: https://www.carersfirst.org.uk/haringey/welcome/</p> |

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