

# Living Well *with* Dementia

2025 Edition



## A guide to healthy living after diagnosis



Information about  
Dementia



Advice and Support for  
Carers



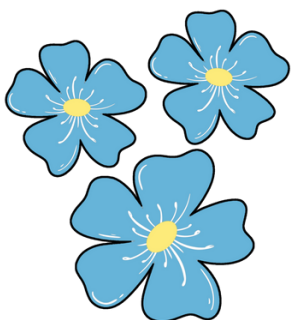
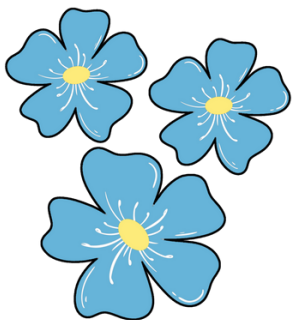
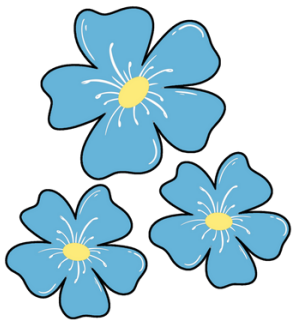
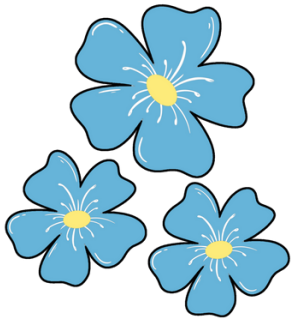
Services and Support in  
Chorley



Timetable of Dementia  
Friendly Activities

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This guide provides information for people affected by Dementia. The aim is to help anyone living with Dementia or caring for someone with Dementia to access support, find activities, therapies, and continue to live life well.



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# Chorley Dementia Action Group

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## Who are we?

Chorley Dementia Action Group are made up of businesses, services, and individuals that have a keen interest in improving the lives of people living with Dementia in Chorley.

We are dedicated to helping the residents of Chorley affected by dementia to access the help and support they need to live well.

Chorley Dementia Action Group can also help to put you in touch with services across the borough that could support you in your Dementia journey.

If you are living with Dementia, are a Carer, health professional, or someone with an interest in this area, we are keen to hear from you!

If you would like to know more about Chorley Dementia Action Group, or are interested in joining, please contact us for more information:



[@ChorleyDAG](#)



[chorleydag01@gmail.com](mailto:chorleydag01@gmail.com)  
[communities@chorley.gov.uk](mailto:communities@chorley.gov.uk)



[www.chorley.gov.uk/cdag](http://www.chorley.gov.uk/cdag)

Follow the link or scan the QR code to go to the Chorley Council Dementia webpage!

## Our Aims:

Educate the Chorley community about living with Dementia and the impact this has

Improve the lives of those living with Dementia, their families, friends, and Carers

Create a Dementia Friendly Town by working with local businesses and communities

Provide support to those living with Dementia so that they can continue to live well





# Chorley Dementia Action Group

## Chorley Dementia Hub

The hub is a community based service for residents living with dementia, their families, friends and carers.

A range of local organisations will be in attendance to offer advice and support for anyone living with Dementia, their families, and Carers.

Some of our regular attendees include:

- Alzheimer's Society
- Home Instead
- Dementia UK
- The Lancashire Carers Service
- Chorley Community Friendship Group



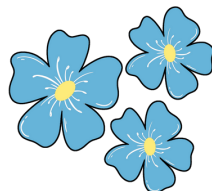
**Last Wednesday of every  
month**

**13:00-14:00**



**Chorley Bus Station, Clifford  
St, Chorley, PR7 1AQ**

We hope to see you  
there!



If you have any questions or would like to find out more about Chorley Dementia Hub or Chorley Dementia Action Group you can do this by following us on Facebook, visiting the Chorley Council webpage, or by contacting us:



**@ChorleyDAG**



**chorleydag01@gmail.com**

**communities@chorley.gov.uk**



**www.chorley.gov.uk/cdag**

### 2025 Dates:

29th January

26th February

26th March

30th April

28th May

25th June

30th July

**August - No Session**

24th September

29th October

26th November

**December - No Session**



# Chorley Dementia Action Group

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## Dementia Action Week 2024

In May 2024 members of the Chorley Dementia Action Group took to the streets of Chorley to raise awareness about the signs and symptoms of Dementia, as well as the support available to those in the Chorley area living with Dementia, including family members and Carers.



Chorley's new Mayor, Cllr Gordon France, and Mayoress Cllr Margaret France came along to show their support for the annual campaign, which brings people together from across the country under a unified theme to take action on Dementia.

The next Dementia Action Week will take place Monday 19th May - Sunday 25th May 2025. If you want to get involved, follow the Chorley Dementia Action Group on Facebook to stay up to date with any future events we are planning!

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## Chorley Flower Show 2024

In July 2024 Chorley Dementia Action Group were at Chorley Flower Show. Members of the group worked hard to put together our Reminiscence Garden which attracted a lot of attention and enabled us to interact with members of the public as we work towards Chorley becoming a Dementia Friendly Town.

Our reminiscence garden at the Chorley Flower Show 2024 was awarded a Silver Certificate! We want to say a big thank you to everyone who contributed!



Chorley Dementia Action Group attend Chorley Flower Show annually. The dates for Chorley Flower Show 2025 are Friday 25th July - Sunday 27th July.

If you are attending the Flower Show, keep an eye out for us!

# Chorley Dementia Action Group

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## Our Charter

### Mission Statement

The Chorley Dementia Action Group is committed to enhancing the quality of life for individuals living with Dementia and their Carers in Chorley. Through education, support, and advocacy, we strive to create a compassionate and inclusive community where people affected by Dementia can fully participate and thrive.

### Responsibilities and Commitments

#### Member Responsibilities:

- **Adhere to the charter:** Follow the principles and guidelines outlined in the CDAG charter.
- **Support the group's goals:** Contribute to the group's efforts to raise awareness, provide support, and advocate for the needs of people living with dementia and their carers.

#### Group Commitments:

The Chorley Dementia Action Group remains committed to the following key priorities:

- **Educating the community:**

Raising awareness about dementia and its impact on individuals and families.

- **Improving lives:**

Providing support and resources to people living with dementia and their carers.

- **Promoting inclusion:**

Creating a dementia-friendly community where people living with dementia can fully participate.

- **Advocating for change:**

Working with local organisations and communities to implement dementia-friendly practices.

If you would like to know more about the charter, or are interested in joining, please contact us or visit our website for more information:



[chorleydag01@gmail.com](mailto:chorleydag01@gmail.com)  
[communities@chorley.gov.uk](mailto:communities@chorley.gov.uk)



[www.chorley.gov.uk/cdag](http://www.chorley.gov.uk/cdag)

# Dementia Friendly Organisations

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There is a range of help and support in Chorley from a variety of organisations, many of which are active members of Chorley Dementia Action Group.

All these services are dedicated to supporting the people of Chorley who are affected by Dementia.



Look out for the numbers next to each organisation to tell you how involved they are within the Chorley Dementia Action Group!

## 1 Level 1 Members: Dementia Friendly Organisations

Businesses, charities, and organisations that are Dementia Friendly.

Completed both; a Dementia Awareness training session and a Carer Awareness training session delivered by The Lancashire Carers Service. Deliver commitments agreed in your charter application.

## 2 Level 2 Members: Steering Group Members

Members who wish to be involved in strategic planning and decision making.

Attends all CDAG meetings (unless apologies given), participate in relevant steering groups and discussions, actively contribute to the group's goals, and join the Dementia Hub rota.

## Do you want to join the directory?

If your Organisation works with people living with Dementia in Chorley and would like to be included in the booklet please contact Chorley Dementia Action Group:



[@ChorleyDAG](https://www.facebook.com/ChorleyDAG)



[chorleydag01@gmail.com](mailto:chorleydag01@gmail.com)

[communities@chorley.gov.uk](mailto:communities@chorley.gov.uk)



[www.chorley.gov.uk/cdag](http://www.chorley.gov.uk/cdag)

Scan the QR Code with your phone camera for our charter webpage and request your digital copy of our membership form:



[chorley.gov.uk/dementiacharter](http://chorley.gov.uk/dementiacharter)



# Dementia Friendly Organisations

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## Alzheimer's Society Central Lancashire

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Providing advice, information, and emotional support, Alzheimer's Society is here for anyone with any form of dementia as well as for friends and family supporting someone with dementia.

Services available in Chorley and throughout Central Lancashire include:

- Talking through with you when you meet new challenges to try and find ideas to help
- Answering questions about dementia, symptoms, future planning, and what's available to you (and how to access and navigate local supports and the care system)
- Practical advice, strategies and problem solving, and sharing ideas learned from lived experience
- Helping you connect with local groups and services
- Working together with you to find ways to continue doing the things you enjoy or that are important to you
- Singing for the Brain and Dementia café groups (please be aware for some groups have a waiting list)
- Carers information and support programme – for carers to understand more about dementia, share experiences, explore local support service options, find out about finances and legal information and how to look after yourself. For family and friends who are carers.

Here for you as and when you need us; we'll meet you at home, by telephone or email, or in the community

You can find a wide range of resources and factsheets produced by Alzheimer's Society designed to support and inform anyone affected by dementia at [www.alzheimers.org.uk/get-support/publications-factsheets](http://www.alzheimers.org.uk/get-support/publications-factsheets) or by calling the local team.

You can also reach online peer to peer support through our Dementia Support Forum found at [forum.alzheimers.org.uk](http://forum.alzheimers.org.uk) and weekend and early evening telephone help is available through Alzheimer's Society Dementia Support Line on 0333 150 3456

To view all the support available and to find out more, contact Alzheimer's Society:



[facebook.com/alzheimerssocietyuk](https://facebook.com/alzheimerssocietyuk)



[centrallancashire@alzheimers.org.uk](mailto:centrallancashire@alzheimers.org.uk)



[01772 788 700](tel:01772788700)



[alzheimers.org.uk](http://alzheimers.org.uk)

### Other information

All services by the Alzheimer's Society are free.



# Dementia Friendly Organisations

## The Lancashire Carers Service

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The Lancashire Carers Service is delivered in partnership by n-compass and Carers Link. The service is commissioned by Lancashire County Council and provides hidden Carers with information, advice, and support designed to help Carers continue in their Caring role as long as they choose, and reduce the impact the caring role can have on their own health and wellbeing.

The Lancashire Carers Service works directly with individual Carers to discuss their concerns and needs, then design a tailored support package.

Support available includes:

- A Carers Assessment followed by annual reviews.
- Coffee and Chat support groups across Lancashire.
- Regular magazines and bulletins providing information on local groups, activities, and courses.
- Understanding Dementia courses.
- Support for emergency contingency planning.
- A huge range of digital resources.
- Access to a CHAT Line manned by empathetic and supportive volunteers; 24/7, 365 days a year.
- Access to other community health and wellbeing services.
- Opportunities to volunteer, make friends and provide support for others.
- Invite to join the Carers Community Network to share experiences and make new friends.

We are also able to offer free Carer Awareness Training to organisations and businesses who may come into contact with hidden Carers. These training sessions can be face-to-face or via zoom.

To view all the support available and to find out more, contact The Lancashire Carers Service or visit their website:



[@lancscarers](#)



[enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk)



[0345 688 7113](tel:0345 688 7113)



[n-compass.org.uk/our-services/carers/the-lancashire-carers-service](https://n-compass.org.uk/our-services/carers/the-lancashire-carers-service)

### Other information

All services provided by The Lancashire Carers Service are free to Carers registered with the service.

# Dementia Friendly Organisations

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## Age UK Lancashire

2

Age UK Lancashire are a county-wide charity working with and for older people. We believe that later life should be valued and fulfilling. Through the services and support we provide, we aim to promote independence, enhance health and wellbeing and enable older people to access the information they need to make informed decisions about their lives.

Support available includes:

- 1-2-1 post diagnostic support – home visit to complete a holistic assessment to understand an individual's needs and develop an action plan of support, with referrals/signposting to relevant and appropriate services.
- Cognitive Stimulation Therapy – A 12-week program of planned activity that works to maintain or improve an individual's cognitive ability. This is the only non-medical treatment recommended by the National Institute for Care Excellence (NICE) as being effective in the management of Dementia.
- FREE monthly drop-in social group for people with dementia and their care partners.
- Information Services and Support – Help with claiming benefits, housing, health and care issues.
- Support at Home (Paid for Service) – Help with cleaning, laundry, shopping, specific chores or errands.
- Living Well Service – Support following an illness, after bereavement or loss of confidence. We work with you to assess your needs and provide the necessary support to help you regain independence.
- Foot Care – Professional nail cutting service for older people aged 50+
- Digital Inclusion – Support to get online and help accessing equipment/using own.
- Will writing – Professional will writing with a local solicitor for half the cost. We can arrange an appointment and help prepare you.
- Retirement planning – Help preparing financially, legally and for your wellbeing in retirement.
- Scams awareness – One to one support to help recognise, deal with and report scams.

To view all the support available and to find out more, contact Age UK Lancashire:



[facebook.com/AgeUKLancashire](https://facebook.com/AgeUKLancashire)



[advice@ageuklancs.org.uk](mailto:advice@ageuklancs.org.uk)



[0300 303 1234](tel:03003031234)



[ageuk.org.uk/lancashire](https://ageuk.org.uk/lancashire)

### Other information

All services are free. Please visit our website or call our Advice Line for further information.





# Dementia Friendly Organisations

## Healthwatch Lancashire

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Healthwatch Lancashire is your local independent health and social care champion. We listen to local residents and gather comments and concerns about health and social care services in Lancashire.

We ensure that these experiences are fed back to services, commissioners and regulators to help drive service improvements and celebrate good practice.

Our regular activities include:

- Signposting members of the public to services in Lancashire including information services, charities, complaints and advocacy services
- Projects to capture the views and experiences on specific topics based on our workplan
- Enter and Views- our authorised Healthwatch Lancashire representatives visit health and social care premises to collect the views of patients, relatives and staff at the point of service delivery and observe the nature and quality of services.
- Pop-ups in local areas and community groups

We have volunteers who support us in all aspects of our work to ensure that we are listening to as many people as possible.

We are here to listen to your views and share them to shape local services.

To view all the support available and to find out more, contact Healthwatch Lancashire:



[facebook.com/lancshealthwatch](https://facebook.com/lancshealthwatch)



[info@healthwatchlancashire.co.uk](mailto:info@healthwatchlancashire.co.uk)



[01524 239 100](tel:01524239100)



[Healthwatchlancashire.co.uk](https://Healthwatchlancashire.co.uk)

### Other information

To keep up to date with the latest Healthwatch projects, visit the website.



**healthwatch**  
Lancashire

# Dementia Friendly Organisations

## Chorley Community Friendship Group

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The Chorley FC Community Foundation, dedicated to fostering inclusivity and connection within the community, proudly presents the Chorley Community Friendship Group. This warm and welcoming gathering takes place every Wednesday from 13:30 to 15:00 at the Chorley FC stadium, offering an enriching and dementia-friendly environment. Whether you're living with dementia or simply seeking companionship, this group is open to everyone who values community spirit and meaningful interaction.

Each week, the Friendship Group features a variety of engaging themes and activities to keep things fresh and exciting. From social games and quizzes to music sessions and guest speakers or performers, there's always something new to look forward to. These activities are thoughtfully curated to stimulate the mind, uplift the spirit, and promote a sense of belonging.

### Why Join the Friendship Group?

- **Dementia-Friendly Environment:** The group is designed to be inclusive and supportive, ensuring that those living with dementia feel comfortable and engaged.
- **Variety of Activities:** With a diverse range of themes and activities, there's something for everyone to enjoy.
- **Community Connection:** Meet new people, make friends, and become part of a caring and supportive community.
- **Guest Speakers and Performers:** Enjoy talks and performances from a range of interesting guests, bringing fresh perspectives and entertainment each week.
- **Health and Wellbeing:** Participating in social activities can improve mental and emotional wellbeing, reducing feelings of isolation and loneliness.

To view all the support available and to find out more, contact Chorley Community Friendship Group:



[facebook.com/ChorleyFCCF](https://facebook.com/ChorleyFCCF)



[keith.mcintosh1@gmail.com](mailto:keith.mcintosh1@gmail.com)



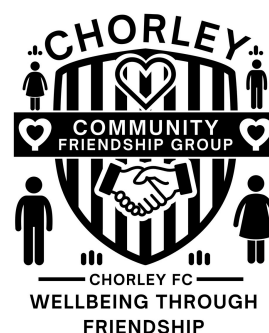
[01257 230 007](tel:01257230007)



[chorleyfcfoundation.co.uk/chorleyfriendshipgroup](http://chorleyfcfoundation.co.uk/chorleyfriendshipgroup)

### Other information

Chorley Community Friendship Group is free to attend.



# Dementia Friendly Organisations

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## HOME INSTEAD WEST LANCASHIRE & CHORLEY

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Home Instead provides award-winning, high-quality care and support services to help loved ones stay safe and comfortable, in the familiarity of their own homes, for longer.

Our person-centred care aims are for all our Clients to receive the care they want, based on their actual needs. Our high-skilled and well-trained Care Professionals are matched to Clients based on mutual interests and hobbies.

We provide a wide range of high-quality home care services in Chorley including:

- Home Help
- Companionship
- Personal Care
- Dementia Care (City&Guilds accredited)
- End-of-Life Care (City&Guilds accredited)
- Nail Care
- Respite Care and more.

We also strive to support our local community with FREE events in the area (including monthly hubs, coffee mornings, cups of conversation etc.), FREE Dementia Awareness Training and Scam Awareness Training, everyone is welcome to attend.

In order to get an understanding of a potential Client's actual needs, we first carry out a no obligation consultation at their home, then we will recommend the best suitable package to support your loved one and those actual needs.

To view all the support available and to find out more, contact Home Instead:



[facebook.com/homeinsteadwestlancsandchorley](https://facebook.com/homeinsteadwestlancsandchorley)



[admin@homeinsteadwlc.co.uk](mailto:admin@homeinsteadwlc.co.uk)



[homeinstead.co.uk/chorley-lancashire/](https://homeinstead.co.uk/chorley-lancashire/)



[01257 429 156](tel:01257429156)





# Dementia Friendly Organisations

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## Chorley Council

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Chorley Council is committed to creating a dementia-friendly borough, recognising the importance of supporting individuals living with dementia, their families, and carers.

This commitment is demonstrated through a multi-faceted approach, focusing on collaboration, funding, and information provision:

- **Facilitating Community-Driven Initiatives:**
  - A cornerstone of the council's approach is the active hosting and support of the Chorley Dementia Action Group meetings and hubs. This collaborative effort empowers the group to grow, develop, and effectively achieve its goals of improving the lives of those affected by dementia.
  - By providing a platform for the group, the council fosters a strong community network, enabling the sharing of best practices, the development of local solutions, and the amplification of the voices of those living with dementia.
- **Providing Vital Support:**
  - Chorley Council recognises the needs of the Chorley Dementia Action Group and provides support to enable the group to run essential events, develop effective advertising campaigns, and expand the outreach of available support services.
  - This assistance allows the group to deliver meaningful activities, raise awareness within the community, and ensure that individuals affected by dementia have access to the resources they need.
- **Signposting to Essential Services:**
  - The council plays a crucial role in connecting individuals and families with relevant organisations that directly work within the field of dementia in Chorley.
  - Through accurate and up-to-date signposting, Chorley Council ensures that residents can easily access specialised support, care, and information from established and reputable providers. This helps to provide a clear pathway for those seeking help.
  - By maintaining knowledge of the services available within the borough, the council acts as a central point of information, helping to navigate the often complex landscape of dementia support.



[facebook.com/chorleycouncil](https://facebook.com/chorleycouncil)



[communities@chorley.gov.uk](mailto:communities@chorley.gov.uk)



[chorley.gov.uk/dementia](https://chorley.gov.uk/dementia)



[01257 515 151](tel:01257515151)

**Chorley**  
Council

# Dementia Friendly Organisations

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## Dementia UK

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Every three minutes, someone in the UK develops dementia - it's one of the biggest health challenges of our time. Families affected are often left feeling exhausted and overwhelmed and don't know where to turn.

Dementia UK is a charity that provides Admiral Nurses for families affected by dementia. They are here when people need help. They have the time to listen and the knowledge to solve problems and help families manage complex needs and they can advise other healthcare professionals.

Support from Dementia UK includes:

- Leaflets relating to various aspects of dementia care
- Offer support in the community, care homes, hospitals and hospices and more
- Dementia Helpline: free confidential support
- Access to a free online series, 'Dementia: what next?', is designed to help you learn more about dementia and the next steps you could take.
- Dementia UK offers support for the carers by an Admiral Nurse, a specialist in dementia care

Since our merger with YoungDementia UK in 2020, we have worked to develop a strong, sustainable, prominent Young Onset Dementia Programme which creates a centre of expertise for younger people with dementia, their families and the professionals supporting them.

Dementia is considered 'young onset' where symptoms develop under the age of 65. There are estimated to be 70,800 people living with young onset dementia in the UK.

We understand the different impact that dementia in mid-life has on the person, their family and their future and why specialist information and support is needed.

To view all the support available and to find out more, contact Dementia UK:



[facebook.com/DementiaUK](https://facebook.com/DementiaUK)



[helpline@dementiauk.org](mailto:helpline@dementiauk.org)



[dementiauk.org](https://dementiauk.org)



[0800 886 678](tel:0800886678)



# Dementia Friendly Organisations

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## Genesis Care Northwest

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Genesis Care is a small, not for profit charitable organisation providing a well-being and respite care service for older people. We have a specific focus on assisting people living with Dementia.

There is a dedicated team of qualified staff, with a wealth of experience in supporting individuals with differing degrees of disability. The client base is mainly people aged over 55yrs who attend the centre, to maintain their life skills and give their family carers respite from their caring role.

Services available in Chorley include:

- A range of therapies and activities designed to stimulate and motivate, allowing older people to retain their life skills including; Board games, Card games, Chair based Tai' Chi, Creative crafts, Daily newspapers/chat, discussion, Discussions and quizzes, Dominoes, Film club, Flower arranging, indoor gardening, Gentle exercise to music, Knit and natter group, Live music, organ keyboard, singing, Painting and art projects, Pamper sessions, with hand massage, Poetry and reading, Raising the Roof – an afternoon sing-a-long complete with instruments, Reading library, Reminiscence, Snooker ...and any other activity that service users suggest they may like to do!

Genesis also supports Carers. Some of our staff have had personal experience of being carers, we are very aware of the stresses and strains of being a family carer 24 hours a day. We therefore feel it is important to provide carers with additional support.

We do this with a monthly support group meeting at a drop in café monthly. The support group allows carers to meet others in a similar situation to obtain information and to share experiences. The drop in café allows carers to come out and socialise with others, have a snack with the person they care for in a stress free friendly environment.

We also provide information and can sign post carers to other organisations.

To view all the support available and to find out more, contact Genesis Care Northwest:



[Genesis Care NW Ltd](#)



[genesiscare@btinternet.com](mailto:genesiscare@btinternet.com)



[genesiscarenw.co.uk](http://genesiscarenw.co.uk)



[07845 969 442 / 01257 249 105](tel:07845969442)





# Dementia Friendly Organisations

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## Birchall Blackburn Law

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At Birchall Blackburn Law, we understand that sorting out your Will, dealing with probate or making a Lasting Powers of Attorney (LPA) can feel like a daunting task—but you don't have to do it alone. Our friendly and experienced Private Client team is here to guide you every step of the way, making the process simple and stress-free.

Services available in Chorley include:

- Making a Will
- Changing an existing Will
- LPAs
- Probate and estate administration
- Court of Protection
- Trust, Tax and Estate Planning

To view all the support available and to find out more, contact Birchall Blackburn Law:



[facebook.com/BirchallBlackburnLaw/](https://facebook.com/BirchallBlackburnLaw/)



[enquiries@birchallblackburn.co.uk](mailto:enquiries@birchallblackburn.co.uk)



[www.birchallblackburn.co.uk/](http://www.birchallblackburn.co.uk/)



[0800 614 722](tel:0800614722)



# Dementia Friendly Organisations

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## Chorley Libraries

1

Chorley library is at the heart of the community, enriching lives in Lancashire.

The library is free to join for all Lancashire residents and we offer numerous opportunities for all ages to learn, stay connected and be entertained.

Services available in Chorley include:

- Sessions using museum memory boxes with objects to stimulate reminiscence and use the local collections of photographs and picture books and more

To view all the support available and to find out more, contact Chorley Library:



[facebook.com/friendsofchorleylibrary](https://facebook.com/friendsofchorleylibrary)



[chorley.library@lancashire.gov.uk](mailto:chorley.library@lancashire.gov.uk)



[lancashire.gov.uk/libraries-and-archives/libraries/find-a-library/Chorley-library/](https://lancashire.gov.uk/libraries-and-archives/libraries/find-a-library/Chorley-library/)



[0300 123 6703](tel:03001236703)



## Chorley Buddies

1

At Chorley Buddies, we provide vital support to those in need in our local community. From providing the space for people to connect, to helping people with their shopping and medicine collections.

We are a community group run by SVP staff, members and local volunteers. We aim to respond to identified need in our community, to relieve social isolation, food and financial poverty.

Services available in Chorley include:

- Group activities, Good Food Clubs, Phone Buddies, Lunch Socials, and more!

To view all the support available and to find out more, contact Chorley Buddies:



[facebook.com/p/SVP-Chorley-Buddies-100070712865243/](https://facebook.com/p/SVP-Chorley-Buddies-100070712865243/)



[chorleybuddies@svp.org.uk](mailto:chorleybuddies@svp.org.uk)



[svp.org.uk/microsite/st-vincent-s-chorley-buddies](https://svp.org.uk/microsite/st-vincent-s-chorley-buddies)



[01257 542 367](tel:01257542367)



# Dementia Friendly Organisations

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## Revive Hair Design Chorley Ltd

1

At Revive Hair Design Chorley, our highly motivated team of stylists deliver services of the highest quality and take pride in the customer service offered to all our clients.

If you are looking for a bespoke, unique and tailored hair experience, our talented team will ensure every client leaves us looking and feeling gorgeous.

Services available in Chorley include:

- Our Chorley Hairdressers are trained to listen to YOU.
- We specialise in changing your old look with our Redesign Service.
- We bring you the latest trends and services to our Chorley Salon.

To view all the support available and to find out more, contact Revive Hair Design Chorley:



[facebook.com/Revivehairdesignchorley](https://www.facebook.com/Revivehairdesignchorley)



[info@revivehairdesignchorley.co.uk](mailto:info@revivehairdesignchorley.co.uk)



<https://revivehairdesignchorley.co.uk/>



[01257 275 001](tel:01257275001)



## Promedica 24

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Promedica24 are passionate about providing vulnerable adults or older people with a choice to continue to live at home. Having a carer living in the home with our clients, providing one to one care, means that we will ensure they are safe, well supported and live as independently as possible.

Promedica24 supports those who have personal care needs, help with medication or maybe living with dementia and have mobility challenges. An appointed live-in carer will help with:

- General running of the home including help to clean and tidy the home
- Prepare nutritional meals, do the laundry, offer genuine companionship and more

To view all the support available and to find out more, contact Promedica24:



[facebook.com/promedica24.uk](https://www.facebook.com/promedica24.uk)



[g.derbyshire@promedica24.co.uk](mailto:g.derbyshire@promedica24.co.uk)



[promedica24.co.uk](https://www.promedica24.co.uk)



[01254 375 023 / 07419 111 981](tel:01254375023/07419111981)



# Dementia Friendly Organisations

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## Calico Lounge

Our Lounges are vibrant community hubs from AM to PM. So whether you want breakfast at 9am or 9pm, want to celebrate a family birthday, swing by for a quick coffee and a chat, or have a date night cocktail, you're welcome any time of day.

Services available in Chorley include:

- Food and drink options.
- Accessibility friendly.
- Group bookings.

To view all the support available and to find out more, contact the Calico Lounge:



[facebook.com/CalicoLounge](https://facebook.com/CalicoLounge)



[calico@thelounges.co.uk](mailto:calico@thelounges.co.uk)



[thelounges.co.uk/calico/](https://thelounges.co.uk/calico/)



[01257 267 743](tel:01257267743)



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## St Laurence's Church

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Our church is made up of people from all walks of life. We love diversity and we love to see new people. We really hope that you will feel right at home. Our Saturday and Sunday services begin with a warm welcome and an invitation to join in celebrating the good news about Jesus.

The Church is also very active in the community, with a Wellness Hub that's open to all, regardless of beliefs:

- Mindfulness and Mental Health Support, Bereavement Cafés, Art for Wellbeing, Courses
- The Taste Café, Emergency Food Parcels, CAP Debt Centre, Open Table, and more!

To view all the support available and to find out more, contact St Laurence's Church:



[facebook.com/stlaurencechorley](https://facebook.com/stlaurencechorley)



[office@stlaurencechorley.co.uk](mailto:office@stlaurencechorley.co.uk)



[www.stlaurencechorley.co.uk/](https://www.stlaurencechorley.co.uk/)



[01257 231 360](tel:01257231360)



**ST LAURENCE'S CHURCH**

# Action Group Applicants

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The businesses listed below aren't members of the Chorley Dementia Action Group at the time of publishing, but may be working towards membership. To view up to date member lists, see the online version of the Living Well with Dementia Booklet.

[chorley.gov.uk/cdag](http://chorley.gov.uk/cdag)

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## Coopers Taxis

Local taxi firm that operates around Chorley and Leyland.



[office@cooperstaxis.co.uk](mailto:office@cooperstaxis.co.uk)



[www.cooperstaxis.co.uk/](http://www.cooperstaxis.co.uk/)



[01257 261666](tel:01257261666)

**COOPERS TAXIS**

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## McDonalds

Well known fast food restaurant with drive through and indoor seating.



[facebook.com/ChorleyMcDonalds/](https://facebook.com/ChorleyMcDonalds/)



[www.mcdonalds.com](http://www.mcdonalds.com)



[01257 265 204](tel:01257265204)



## Rays of Sunlight

Lancashire based charity that offers support and befriending services.



[chris@raysofsunlight.co.uk](mailto:chris@raysofsunlight.co.uk)



[www.raysofsunlight.co.uk/](http://www.raysofsunlight.co.uk/)



[07739 331 308](tel:07739331308)



## Lancashire Fire and Rescue

The county-wide, statutory emergency fire and rescue service for the Shire county of Lancashire.



[communications@lancsfireandrescue.org.uk](mailto:communications@lancsfireandrescue.org.uk)



[lancsfireandrescue.org.uk](http://lancsfireandrescue.org.uk)



[01257 266 611](tel:01257266611)





# What's On in Chorley?

All information and activities listed below were accurate at the time of publication. Dates and times may be subject to change. To ensure that you are up to date, contact the organisers or visit their websites for more information.

## Mondays

### After Loss Club

3 Groups Every Monday

Hartwood Hall, Preston Road, Chorley, PR6 7AX  
at 14:30 till 16:00.

*This is group for newly bereaved people.*

The Sea View, Preston Road, Whittle-Le-Woods,  
PR6 7HH at 14:30 till 16:00.

*'Moving on Club' for those who were bereaved a while ago but still enjoy the support.*

The Sea View, Preston Road, Whittle-Le-Woods,  
PR6 7HH at 19:30 till 21:00.

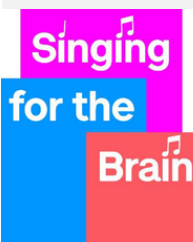
*For those bereaved who are not able to access support during the day.*

## Tuesdays

### Golf Fore The Ages

Multiple Courses - See Facebook for more information

Weekly - 12:00 - 14:00



### Singing for the Brain

Weekly - 10:30 - 12:00

Referral Service

Contact for more info -  
01772 788 700

## Wednesdays

### Chorley Community Friendship Group

Chorley FC, Duke Street, PR7 3DU

Weekly - 13:30 - 15:00

### Genesis Care Welcome Space

Weekly - 11:30 - 14:30

9 West Bank, Chorley, PR7 1JF

### Genesis Care Carer Café

Every 4th Wednesday - 13:00 - 15:00

9 West Bank, Chorley, PR7 1JF

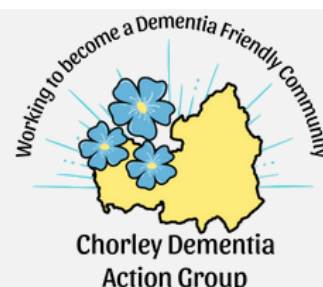
### Dementia Hub

Last Wednesday

of Each Month

13:00 - 14:00

Chorley Bus Station,  
Clifford St, PR7 1AQ



## Thursdays

### Memory Meets

Every 1st Thursday - 10:30 - 12:30

In the refectory at St Laurence's Church, Union  
Street, Chorley, PR7 1EB

### Alzheimer's Society Dementia Café

Every 2nd Thursday - 13:00 - 15:00

Chorley Theatre, Dole Lane, Chorley PR7 2RL

### Young Onset Dementia Walk

(For people diagnosed under 65 years)

Every 4th Thursday - 11:00 - 13:00

Outside Café Ambio, Astley Park, Astley Rd,  
Chorley, PR7 1XA

## Fridays

### Golf Fore The Ages

Duxbury Golf Course, Chorley, PR7 4AT

Weekly - 11:00 - 13:00

## Daily

### Talkin Tables

Times and locations vary. To find a group in  
Chorley that suits you, visit the website:

<https://www.talkintables.co.uk/chorley>

# What is Dementia?

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Dementia can be defined as a group of related symptoms associated with an ongoing decline in brain function. There are many different causes of Dementia, and many different types.

People often get confused about the differences between Alzheimer's disease and Dementia. Alzheimer's disease is a type of Dementia, and together with vascular Dementia, makes up the majority of cases.



## How common is Dementia?

Research shows that around a million people in the UK live with some form of Dementia. 1 in 11 people over the age of 65 has Dementia, and it affects 1 in 6 people over the age of 80. The number of people living with Dementia is increasing because people are living longer. It is estimated that by 2040 there will be 1.4 million people in the UK living with Dementia, with an estimated one person every 3 minutes developing the condition.

70% of people living in care homes have Dementia or severe memory problems, but it isn't just older people affected. There are over 70,000 people living with Young Onset Dementia, where symptoms develop before the age of 65. It also doesn't discriminate, with more than 25,000 people from black, Asian and minority backgrounds in the UK being affected.

## How does Lancashire compare?



Currently, the annual cost of Dementia in Lancashire is £693 million, which is predicted to rise to £1,105 million by 2030.

There are an estimated 23,865 people over the age of 65 living with Dementia in Lancashire & South Cumbria, and the Dementia diagnosis rate for Lancashire is 68.4%, higher than the national average.

# Living Well *with* Dementia

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Sometimes, dementia symptoms can feel overwhelming. There can be good days and bad days. Dementia can impact the way you think and feel, your confidence and energy, and change how you live your life.

But there is help out there – and in this booklet – to problem solve around challenges. There are plenty of things things you can do yourself, including comfortable exercise, wellbeing thoughts, lifestyle choices, and staying active around the home and your community.

## Exercise

Exercise is beneficial for physical and mental health and may improve the quality of life for people in all stages of the condition. Physical activities are sometimes defined as those activities that increase your heart rate and cause you to breathe more deeply. This includes everyday activities such as chair based exercises, walking, gardening or dancing, as well as sports and exercises with the specific aim of improving fitness. For which examples can be found on the NHS web site or from your GP.



Exercise may bring many specific benefits for people with living with Dementia. Some of these are:

- Improving the health of the heart and blood vessels, which can reduce the risk of high blood pressure and heart disease
- Improving physical fitness - maintaining strong muscles and flexible joints can help people maintain independence for longer and reduce the risk of falls
- Helping to keep bones strong and reducing the risk of osteoporosis
- Improving cognition
- Improving sleep
- Providing opportunities for social interaction and reducing the feeling of isolation
- Improving confidence, mood, and self-esteem

# Living Well *with* Dementia

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## Diet

Sometimes common symptoms of dementia (such as memory loss and difficulty thinking or planning ahead) can make it difficult to eat and drink well, such as having routine balanced meals. The most important thing is to keep your body fuelled - eating plenty is just as important as eating well.

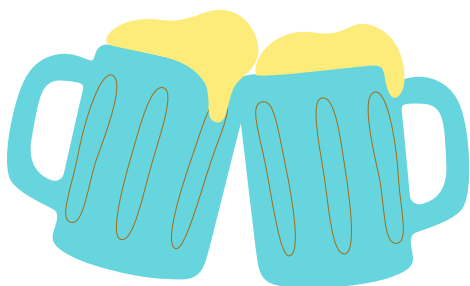


- Salt - Too much can contribute to the risk of increasing our blood pressure, which in turn can increase the risk of stroke and vascular Dementia
- Fats and oils - A high saturated fat intake has been implicated, along with other dietary factors, as increasing the risk of Dementia.
- Omega 3 - Omega 3 essential fatty acids have an important part to play in the structure of our brain cells, helping to maintain the health and functioning of our brain.
- Antioxidants - It is generally considered that a diet rich in fruit and vegetables will provide us with a valuable source of antioxidants and be more beneficial than taking supplements alone.
- Folic Acid - A lack in folic acid, vitamin's B6 and B12 can cause an amino acid in our body, called homocysteine, to rise. Higher than normal levels are a risk factor for Dementia and are thought to contribute to poor cognition.

If you're worried about your diet please contact your GP or Alzheimer's Society for advice.

## Alcohol

While having a drink in company can help some to relax, people with Dementia can become more confused after consuming alcohol and may need to limit the amount they have. People who have Dementia related to past alcohol use should not drink alcohol. Also, certain medicines don't mix well with alcohol. If in doubt, ask your GP for advice.

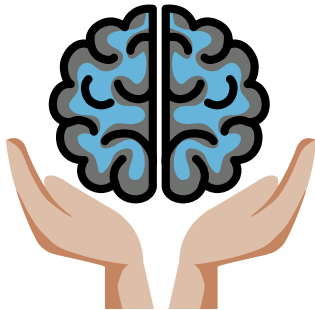


If someone with Dementia seems to be drinking too much because they've forgotten how much they've had, or if they are drinking inappropriately, you may choose to keep alcohol out of reach and out of sight. You might also decide to provide low alcohol or non-alcoholic substitutes or watered down alcoholic drinks.

# Living Well *with* Dementia

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## 5 Steps to Wellbeing



1. Connect – Connect with people around you
2. Be Active – Find the activity you enjoy
3. Take Notice – Be aware of the present moment
4. Learn – Always learn new skills
5. Give – Even the smallest acts count, like a smile or a thank you

## Therapy

Continuing hobbies, social life, home and community activities are part of living well and part of being you. They'll help your wellbeing and help to keep skills working. Organisations like Age UK, Chorley Community Friendship Group, Alzheimer's Society and many more can help you with this.

A study showed that 40 sessions (8 weeks) of cognitive stimulation treatment resulted in a significant improvement of cognitive and behavioural symptoms in patients with mild and moderate Dementia. After 8 weeks of cognitive stimulation treatment, the patients showed a significant decrease in dementia severity, a better performance in memory, abstraction, planning, and visuospatial ability, and a significant decrease in behavioural symptoms.

## Smoking

Some people living with Dementia have been known to simply forget about smoking if cigarettes and ashtrays are removed from sight. Some people seek to stop their loved ones living with Dementia from smoking. However, if the person stops smoking, they may become tense and irritable. There are also ethical considerations around the person's right to continue to enjoy something that they have enjoyed in the past, even if it is bad for them.

This is something that should be discussed with the person living with Dementia, if possible, or with friends and family before a final decision is made.

If someone living with Dementia does smoke, those around them should try to make it as safe as possible, for example, by replacing matches with disposable lighters.



# Where can I learn more?

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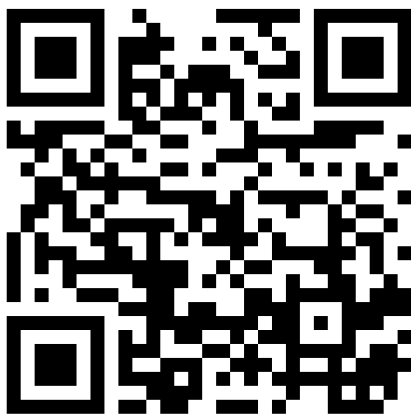
The Alzheimer's Society's Dementia Friends programme is the biggest ever initiative to change people's perceptions of dementia. It aims to transform the way the nation thinks, acts and talks about the condition.

A Dementia Friend is somebody that learns about dementia so they can help their community.



Too many people affected by dementia feel that society fails to understand the condition they live with. Dementia Friends help by raising awareness and understanding, so that people living with dementia can continue to live in the way they want. Dementia Friends can also get involved with things like volunteering, campaigning or wearing a badge to raise awareness.

## Who can be a Dementia Friend?



Dementia Friends is open to anyone who wants to help people with dementia in their community.

It's really easy to become a Dementia Friend. Our volunteer Ambassadors are running in-person and virtual Information Sessions that you can book on.

Visit the website

<https://www.dementiafriends.org.uk/> or scan the QR Code now!

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## Further Information

For much more information on these topics, and a wider range of Living Well subjects, visit [www.nhs.uk/conditions/dementia](http://www.nhs.uk/conditions/dementia).

You can also find out more from the organisations listed in this guide, or by coming to the monthly Chorley Dementia Action Group Dementia Hub on the last Wednesday of every month 13:00-14:00 at Chorley Bus Station (see page 3 for more information about the Hub).

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# Advice and Support for Carers

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## Who are Carers?

A carer is someone who without payment provides help and support to another person who would struggle to manage without that help and support. The care provided may be for a few hours a day, or around the clock and can be for a variety of reasons, including Dementia.



You may not think of yourself as a Carer, particularly if the person living with Dementia is a partner, parent or close friend. Despite this, both you and the person living with Dementia will need support to cope with the symptoms and changes in behaviour.

## What support can Carers get?

There are plenty of services out there that can provide help and support to Carers through peer support groups and respite care, many of which have been listed in this magazine. You can also register as a Carer with your GP surgery, as many will provide benefits such as flexible appointment times, flu vaccinations, and annual health checks to support you as a Carer. It is also recommended to register as a Carer with your local Carers Service and ask for a Carers Assessment.

## What is a Carers Assessment?

A Carers Assessment is an opportunity to record the impact caring has on a Carer's life and what support or services they may need. Sometimes carers think this is about how well they look after their loved one, but this isn't the case. Most Carers have a legal right to a Carers Assessment, which can be completed either over the phone or in person, in the carers home or a location of their choice such as a library or a café.

A Carers Assessment will look at all the needs identified by the Carer, including physical, emotional and mental health needs, and put a range of support in place, such as recommending peer support groups, offering mental health support, referrals for respite care, referrals to other services that may be able to help, and much more.

To register as a Carer and get a Carers Assessment, contact The Lancashire Carers Service:



**0345 688 7113**



**[enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk)**



**n|compass**  
towards a **brighter** future

# Further Support and Information

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## Help with appointments and stays at Chorley Hospital

Chorley and South Ribble Hospital has support available to help people with dementia and carers with appointments or stays.

These include:

- Fast Track which where possible and appropriate a patient can be seen more quickly at a clinic and additional support made available via the hospital's Dementia Champions. It's available to both people with dementia and carers. To access, please contact the PALS team three days before the clinic appointment on 07591 988962 or email [PALS@lthtr.nhs.uk](mailto:PALS@lthtr.nhs.uk)
- Carers Charter welcoming and valuing the important support carers provide for their loved ones. They encourage open visiting for people it can make a big difference too and especially where more contact from someone a patient knows can help with accepting food/drink/medications and generally having a more comfortable hospital stay

They will also ask you bring information in such as a hospital passport or Alzheimer's Society This Is Me booklet, or complete a Forget Me Not document at the hospital to help staff know about things that matter to you and your preferences. This can stay with you and really helps hospital staff to have that person centred approach during a time someone might be finding it hard to communicate.

This support is also available at Royal Preston Hospital.



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## Dementia Research

Dementia affects around a million people in the UK. Research offers hope. Only through research can we understand what causes dementia diseases, develop effective treatments and improve the care of those living with dementia. But for research to make progress we need more people with and without dementia to take part in vital studies.

You can review your study matches once you register and then it's your decision whether to take part. Taking part means you will make a real difference to the future of dementia care, diagnosis and treatment.

Find out more at: [www.joindementiaresearch.nihr.ac.uk](http://www.joindementiaresearch.nihr.ac.uk)



# Further Support and Information

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## Herbert Protocol

The Herbert Protocol is a national scheme used by police forces and emergency services across the UK to support people living with dementia who might be at risk of becoming lost or reported as missing.

The scheme enables carers, family and friends to compile a detailed profile containing important information about the individual that should they go missing, can be quickly provided to the police to help in their search and rescue operations.

Preparation can help maintain independence and confidence.

- 70% of people with dementia will go missing at least once.
- 40,000 people in the UK are reported missing for the first time every year.
- The Herbert Protocol initiative is named after George Herbert, a war veteran of the Normandy landings, who had dementia and tragically died while he was missing on his way to his childhood home.

Find out more at: [www.herbertprotocol.com/](http://www.herbertprotocol.com/)

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## Young Dementia Network



The Young Dementia Network is an online influencing community working collaboratively to improve lives. Launched in 2016 and driven by first-hand expertise and experience, the Network is now hosted by Dementia UK. People living with young onset dementia and their families are at its heart.

Find out more at: [www.youngdementianetwork.org](http://www.youngdementianetwork.org)

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## Care Homes and Day Care Centres

With hundreds of care providers to choose from, it's difficult to know where to start. That's why Care Choices have made their 'Search for Care' tool as easy as possible to use. Find the right care home, nursing home, home care or live-in care provider, day service and more in your chosen location, fast. Details of care services on our website come straight from the sector's regulator, the Care Quality Commission. Visit [carechoices.co.uk/](http://carechoices.co.uk/) for more information and to start your search!

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# Useful Contacts

<b><u>Benefits and Financial</u></b>	<b><u>Alzheimer's Society National Dementia Helpline</u></b>
<b><u>Disability Living Allowance</u></b> <i>(if you born on or after 8th April 1948)</i> Helpline 0800 121 4600 Text phone 0800 121 4523	0333 150 3456 <b><u>Chorley Council</u></b> 01257 515 151
<b><u>Attendance Allowance</u></b> Helpline 0800 731 0122 Text phone 0800 731 0317	<b><u>Age UK Lancashire</u></b> 0300 303 1234 <b><u>The Lancashire Carers Service</u></b> 0345 688 7113 <i>(Option 2)</i>
<b><u>Blue Badge Applications</u></b> 0300 123 6736	<b><u>Citizens Advice Chorley</u></b> 0808 278 7880
<b><u>Social Care (24-hour service)</u></b> 0300 123 6720	<b><u>Healthwatch Lancashire</u></b> 01524 239 100
<b><u>Care Navigators</u></b> <i>(Booking Respite)</i> 0300 123 6720	<b><u>Practical Support</u></b>
<b><u>Carers Allowance Unit</u></b> 0800 731 0297 Text phone 0800 731 0317	<b><u>Preston Care &amp; Repair Handyman Service</u></b> 01772 204096
<b><u>Personal Independent Payment Enquiries</u></b> 0800 917 2222 Text phone 0800 917 7777	<b><u>Home Instead West Lancashire &amp; Chorley</u></b> 01257 429 156
<b><u>Job Centre Chorley</u></b> 0800 169 0190	<b><u>NHS Support</u></b>
<b><u>Advisory Support</u></b>	<b><u>NHS 111 Service for non-emergencies</u></b> 111
<b><u>Welfare Rights</u></b> 0300 123 6739	<b><u>Wellbeing &amp; Mental Health Helpline (NHS)</u></b> 0800 915 4640 Text 'Hello' to 07860 022 846
<b><u>Lancashire Advocacy Hub</u></b> 0330 002 2200	<b><u>NHS Carers Direct Helpline</u></b> 0300 123 1053
<b><u>Carers UK Advice Line</u></b> 0808 808 7777	<b><u>Chorley Hospital PALS</u></b> 07591 988 962
<b><u>Independent Community Advocacy Network North (ICANN)</u></b> 01772 746 061	<b><u>NHS Talking Therapies Chorley and South Ribble</u></b> 01772 643 168





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Council

Disclaimer: While we make every effort to ensure the material in the guide is accurate and up to date, such material does in no way constitute the provision of professional advice or endorsement of particular services.

The guide contains hypertext links or pointers to information created and maintained by other public and private organisations.

These links and pointers are provided for user's convenience.

Email: [communities@chorley.gov.uk](mailto:communities@chorley.gov.uk)

Web: [www.chorley.gov.uk/dementia](http://www.chorley.gov.uk/dementia)