

Living Well *with Dementia*

2026-2027 Edition



A guide to healthy living after diagnosis

- ✓ Information about Dementia
- ✓ Information for carers
- ✓ Dementia Friendly services
- ✓ Timetable of Dementia Friendly Activities in Chorley
- ✓ Support available in Chorley

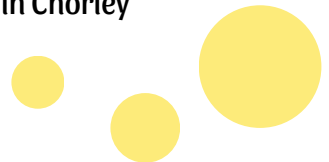


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This guide provides information for people affected by Dementia. The aim is to help anyone living with Dementia or caring for someone with Dementia to access support, find activities, therapies, and continue to live life well.

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Chorley Dementia Action Group

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 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!

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

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



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



chorleydag01@gmail.com



www.chorley.gov.uk/cdag

SCAN ME!



Chorley Dementia Action Group

Chorley Dementia Hub

in partnership with



The Information Hub and Memory Meets social group is for people living with dementia, their carers, family and friends.

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

Third Wednesday of every month

10:30-12:30



ST LAURENCE'S CHURCH

Union Street, Chorley PR7 1EB

No booking needed!



2026/2027 Dates:

Wednesday 15th April

Wednesday 21st October

Wednesday 20th May

Wednesday 18th November

Wednesday 17th June

Wednesday 16th December

Wednesday 15th July

Wednesday 20th January

Wednesday 19th August

Wednesday 17th February

Wednesday 16th September

Wednesday 17th March



Chorley Dementia Action Group

Dementia Action Week 2025

In May 2025 members of the Chorley Dementia Action Group hosted a variety of events, from tea dances to training sessions, 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.

The next Dementia Action Week will take place Monday 18th May - Sunday 24th May 2026.

This years Dementia Action Week will be just as exciting, with more tea dances, information events and training sessions!

If you want to get involved, attend any events, or help us host future events, get in touch and follow the Chorley Dementia Action Group on Facebook to stay up to date!



Chorley Flower Show 2025

In July Chorley Dementia Action Group were at Chorley Flower Show. Members of the group worked hard to put together our Garden which attracted a lot of attention and won us a Gold award!

Thank you to everybody who helped make this happen and to all who interacted with us over that weekend!

Chorley Dementia Action Group attend Chorley Flower Show annually. The dates for Chorley Flower Show 2026 are Friday 24th July - Sunday 26th July.

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



Chorley Dementia Action Group

Our Charter

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.

Member Responsibilities:

- Adhere to the charter
- Support the group's goals

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

Educating the community

Promoting inclusion

Improving lives

Advocating for change

Benefits:

As a result of joining the charter your organisation or business will be included within our directory of Dementia Friendly Organisations.

Interested in joining?

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

Or follow the link below:
chorley.gov.uk/dementiacharter

SCAN ME!

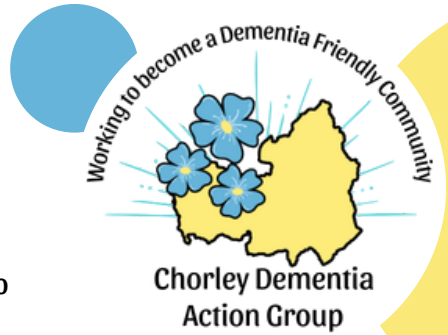


Dementia Friendly Organisations

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: Dementia Friendly Organisations

Businesses, charities, and organisations that are Dementia Friendly.

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

2 Level 2: Steering Group Members

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

Completed level 1 requirements, attends regular meetings, actively contribute to the group's goals, and regularly join the Dementia Hub.

If your business or organisation would like to get involved and join the Chorley Dementia Action Group, follow the link or scan the QR code on page 5 to find out more!

All information was correct at the time of printing. To view the most up-to-date version of our members list, visit our website to access the digital version of this booklet.

Dementia Friendly Organisations

Age UK Lancashire

2

At Age UK Lancashire we are committed to improving the lives of people living with dementia in our County. We offer a range of support that empowers those with the condition to live well, for as long as possible.

Cognitive Stimulation Therapy (CST)

A FREE 14-week programme for people with mild to moderate dementia, designed with the aim of maintaining/improving an individual's cognitive function (memory and thinking) as well as boost mood and improve social connections.

CST is the only non-clinical intervention that is recommended by the National Institute for Health and Care Excellence (NICE) as being effective in the management of dementia, irrespective of drug treatments received.

Other Support:

- Dementia Hubs
- Referrals to Alzheimer's Society Dementia Navigator Service
- Wrap around support from other Age UK Lancashire Services
- Dementia Awareness Training

To find out more, contact Age UK Lancashire:

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



advice@ageuklancs.org.uk



[0300 303 1234](tel:03003031234)



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



Dementia Friendly Organisations

The Lancashire Carers Service

2

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.

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.
- Support for emergency contingency planning.
- A huge range of digital resources.

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 find out more, contact The Lancashire Carers Service:



[@lancscarers](#)



enquiries@lancscarers.co.uk



[0345 688 7113](tel:03456887113)



n-compass.org.uk/get-support/carers



Dementia Friendly Organisations

Alzheimer's Society Central Lancashire

2

Lancashire and South Cumbria NHS's post diagnostic support provider, Alzheimer's Society Dementia Navigator Service is here for anyone with any form of dementia.

Services available in Chorley and throughout Central Lancashire include:

- Answering questions about dementia, future planning, and what's available to you (access & 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
- Singing for the Brain and Dementia café groups
- Carers information and support programme
- Partnered with Age UK Lancashire who deliver for Cognitive Stimulation Therapy and Dementia Hubs across Lancashire

You can find a wide range of resources and factsheets produced by Alzheimer's Society at www.alzheimers.org.uk/get-support/publications-factsheets or by calling the local team.

To find out more, contact the Alzheimer's Society Central Lancashire:

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



centrallancashire@alzheimers.org.uk



[01772 788 700](tel:01772788700)



alzheimers.org.uk



**Alzheimer's
Society**

Dementia Friendly Organisations

Healthwatch Lancashire

2

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.

Support available includes:

- 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
- 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 find out more, contact Healthwatch Lancashire:



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



info@healthwatchlancashire.co.uk



[01524 239 100](tel:01524239100)



wearepeoplefirst.co.uk/healthwatch-lancashire/

healthwatch
Lancashire



Dementia Friendly Organisations

Chorley Community Friendship Group

2

Chorley FC Community Foundation supports individuals with dementia, their carers, and older adults through engaging activities aimed at reducing isolation and enhancing well-being. They offer two weekly sessions:

- **Wednesday Friendship Group:** Every Wednesday from 1:30pm to 3:00pm at the Chorley FC stadium, this group encourages connection through themed activities like games, music sessions, and guest speakers in a friendly atmosphere.
- **Silver Spirit:** Every Monday from 10:00am to 12:00pm, this peer support group for older adults fosters social connections and emotional well-being, providing a safe space for conversation and light activities, especially for those facing memory-related challenges.



For more information, contact the Chorley Community Friendship Group:

facebook.com/ChorleyFCCF



v.thomson@chorleyfoundation.co.uk



[01257 230 007](tel:01257230007)



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



Dementia Friendly Organisations

Home Instead West Lancashire & Chorley

2

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.

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

- Home Help, Companionship, Personal Care, Nail Care
- Dementia Care (City&Guilds accredited)
- End-of-Life Care (City&Guilds accredited)
- Respite Care
- Free Community Events
- Free Dementia Awareness and Scam Awareness Training

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.

To find out more, contact Home Instead:



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



community@homeinsteadwlc.co.uk



[01257 429 156](tel:01257429156)



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



Dementia Friendly Organisations

Chorley Council

2

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:** Active hosting and support of the Chorley Dementia Action Group meetings and hubs.
- **Providing Vital Support:** Chorley Council supports the group to run essential events, develop effective advertising campaigns, and expand the outreach of available support services.
- **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.

To find out more, contact Chorley Council:

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



communities@chorley.gov.uk



[01257 515 151](tel:01257515151)



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



Chorley
Council

Dementia Friendly Organisations

Dementia UK

2

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.

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?'
- Admiral Nurses run face-to-face clinics at Nationwide Building Society Branches, appointments can be booked via the website or helpline.

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 find out more, contact Dementia UK:



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



helpline@dementiauk.org



[0800 888 6678](tel:08008886678)



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



Dementia Friendly Organisations

Genesis Care (Northwest) Ltd

2

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 and other disabilities. There is a dedicated team of qualified staff, with a wealth of experience in supporting individuals with differing degrees of disability. We also offer personal care when needed.

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/card games; Gentle exercises; Crafts; Discussions & Quizzes; Events; Clubs & Groups; Live music, and any other activity that service users suggest!

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.

To find out more, contact Genesis Care Northwest:

Genesis Care NW Ltd



genesiscare@btinternet.com



07845 969 442 / 01257 249 105



genesiscarenw.co.uk



GENESIS CARE (NORTH WEST) LTD

Dementia Friendly Organisations

Millfields Day Centre

Established in 2020, Millfields Care Services is a small, independent specialist day centre and residential home care based in Chorley. We cater to all stages of dementia, offering personalised care services designed to improve the quality of life for both residents and their families. Our aim is to help individuals maintain their home life for as long as possible. With experienced carers and a qualified nurse on site, we offer ongoing support and work closely with local GP surgeries and other professional agencies to ensure all assessment requirements are met.

The centre is fully wheelchair accessible, ensuring a comfortable and safe environment for everyone. To ensure the most suitable care for your loved one, we offer consultations where we can discuss your specific requirements and develop a care plan.

For more information, contact Millfields Care:



[facebook.com/profile.php?id=61567624756828](https://www.facebook.com/profile.php?id=61567624756828)



info@millfieldsdayservices.co.uk



[07455693130](tel:07455693130)



www.millfieldscareervices.co.uk/



Millfields
Care Services Ltd



Dementia Friendly Organisations

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 tailored hair experience, our team ensures every client leaves us looking and feeling gorgeous.

To find out more, contact Revive Hair Design Chorley Ltd:



facebook.com/Revivehairdesignchorley



info@revivehairdesignchorley.co.uk



[01257 275 001](tel:01257275001)



revivehairdesignchorley.co.uk/



Promedica 24

1

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.

To find out more, contact Promedica 24:



facebook.com/promedica24.uk



g.derbyshire@promedica24.co.uk



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



promedica24.co.uk



Dementia Friendly Organisations

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.

To find out more, contact Chorley Library:

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



chorley.library@lancashire.gov.uk



[0300 123 6703](tel:03001236703)



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



Chorley Buddies

1

At Chorley Buddies, we provide vital support to those in need in our local community.

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.

To find out more, contact Chorley Buddies:

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



chorleybuddies@svp.org.uk



[01257 542 367](tel:01257542367)



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



Dementia Friendly Organisations

Aspect Mortgages

1

At Aspect Mortgages, we specialise in Lifetime Mortgages (also called Equity Release Mortgages), offering tailored advice to suit your needs. We are based on St. Thomas's Road in Chorley, and we can guide you from your first home to later life plans. Contact Aspect Mortgages to find out more.

To find out more, contact Aspect Mortgages:



facebook.com/AspectMortgages



enquiries@aspectmortgages.co.uk



[01257 812345](tel:01257812345)



aspectmortgages.co.uk



Being Supported

1

We are Being Supported, a family run business providing services in Adlington, Lancashire and surrounding areas. With our expert and lived experience, we have you covered.

Our befriending service supports people to continue getting out doing the things they love.

To find out more, contact Being Supported:



facebook.com/beingsupported



info@beingsupported.co.uk



[01204 292 545](tel:01204292545)



beingsupported.co.uk/



Dementia Friendly Organisations

Calico Lounge

1

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.

To find out more, contact The Calico Lounge:



facebook.com/CalicoLounge



calico@thelounges.co.uk



[01257 267 743](tel:01257267743)



thelounges.co.uk/calico/



St Laurence's Church

1

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.

To find out more, contact St Laurence's Church:



facebook.com/stlaurencechorley



office@stlaurencechorley.co.uk



[01257 231 360](tel:01257231360)



www.stlaurencechorley.co.uk/



Dementia Friendly Organisations

The Hollinshead Centre

1

The Centre in Hollinshead Street in Chorley has been a hub for community activity for over 75 years, helping the most vulnerable people in our community; including older people, people experiencing isolation and loneliness, people with learning disabilities, LGBTQ+ folk, those affected by drug/alcohol abuse and people sleeping on the streets.

To find out more, contact The Hollinshead Centre:



facebook.com/thehollinsheadcentre



hello@hollinsheadcentre.org



[01257 760 066](tel:01257760066)



aspectmortgages.co.uk



NW Brick Community

1

North West Brick Community CIC specialises in providing engaging LEGO®-based activities to promote health and wellbeing across the North West UK.

We host LEGO® workshops adults & families at multiple public venues each month, where LEGO® sets are used as a personal and self-directed therapy tool.

To find out more, contact NW Brick Community:



facebook.com/NWBrickCommunity



hello@nwbrickcommunity.org.uk



[07933 704 539](tel:07933704539)



www.nwbrickcommunity.org.uk/



Dementia Friendly Organisations

Birchall Blackburn Law

1

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.

To find out more, contact Birchall Blackburn Law:

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



enquiries@birchallblackburn.co.uk



[0800 614 722](tel:0800614722)



www.birchallblackburn.co.uk/



Golf Fore The Ages

1

Discover the joy of golf, no matter your age or experience!

Whether you're looking to reignite your passion for the sport, adapt your game due to health challenges, or simply want to embark on a new, low-impact adventure, we've got you covered.

To find out more, contact Golf Fore The Ages:

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



gfta2025@googlegroups.com



Golf Fore The Ages is a golf and social group for anyone over 50 years old or living with a disability or long term health condition.

Dementia Friendly Organisations

Rays of Sunlight

1

At Rays of Sunlight, our experienced team specialises in supporting people living with dementia, helping them stay connected to their community and continue enjoying the activities that matter to them.

Whether it's a walk, a trip out, help getting to appointments, or simply good company at home, our focus is always on putting clients first and making each visit meaningful.

To find out more, contact Rays of Sunlight:



facebook.com/raysofsunlight



chris@raysofsunlight.co.uk



[07739 331308/01772 929636](tel:0773933130801772929636)



raysofsunlight.co.uk



Coppull Helping Hands

1

Here at Coppull Helping Hands we always put the individual needs, preferences and goals first.

We also take an holistic approach that promotes dignity, independence, and wellbeing by involving the person, their family.

Care is tailored to the individuals needs.

To find out more, contact Coppull Helping Hands:



facebook.com/people/Coppull-Helping-Hands/61562760345926/



Coppullhelpinghands@gmail.com



[07706 212644](tel:07706212644)



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.

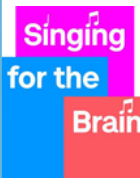
The Sea View, Preston Road, Whittle-
Le-Woods, PR6 7HH at 14:30 till
16:00.
*'Moving on Club' for those who were
bereaved a while ago but still enjoy
the support.*

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

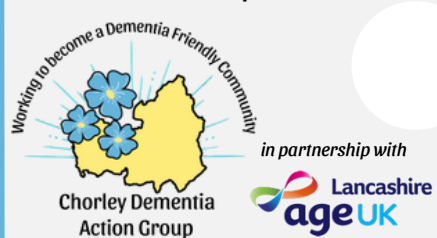
Dementia Hub/Memory Meets

3rd Wednesday of Each Month
10:30 - 12:30



ST LAURENCE'S CHURCH

Union Street, Chorley PR7 1EB



Genesis Care Carer Café

Every 4th Wednesday - 13:00 - 15:00
9 West Bank, Chorley, PR7 1JF

Chorley Community Friendship Group

Chorley FC, Duke Street, PR7 3DU
Weekly - 13:30 - 15:00

What's On in Chorley?

Thursdays

Alzheimer's Society Dementia Café

Every 2nd Thursday - 13:00 - 15:00
Chorley Theatre, Dole Lane, Chorley
PR7 2RL

Fridays

Golf Fore The Ages

Duxbury Golf Course, Chorley, PR7
4AT
Weekly - 11:00 - 13:00

Other Regular Events

Talkin Tables

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

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

The Taste Café

Taste Café is a volunteer led 'pay what you can café'.
Open on Tuesday, Thursday & Friday
11.00am-1.30pm
St Laurence's Church, PR7 1EB

Genesis Care Welcome Space

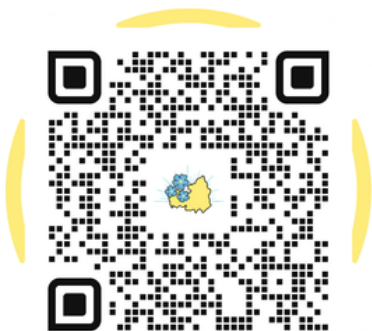
Monday, Tuesday, Thursday & Friday
11:30 - 14:30
9 West Bank, Chorley, PR7 1JF

Do you run a group or activity that you would like advertised in this booklet?

Join the Chorley Dementia Action Group today!

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



SCAN ME!

Already a member? Get in touch with the details of your group or activity:



chorleydag01@gmail.com



www.chorley.gov.uk/cdag

What is Dementia?

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.

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.

How common is Dementia?

Research shows that around a million people in the UK live with Dementia. 1 in 11 people over the age of 65 have 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.

How does Lancashire compare?

Currently, the annual cost of Dementia in Lancashire was £870 million in 2019, and is predicted to rise to £1,105 million by 2030.

There are an estimated 24,322 people over the age of 65 living with Dementia in Lancashire & South Cumbria, and the Dementia diagnosis rate for Lancashire is 69.1%, higher than the national average.

The number of people living with Dementia is increasing because people are living longer.

Did you know: There are over 70,000 people living with Young Onset Dementia, where symptoms develop before the age of 65.

Advice and Support for Carers

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.

It is also recommended to register as a Carer with your local Carers Service and ask for a Carers Assessment. To register as a Carer and get a Carers Assessment, contact The Lancashire Carers Service:

See page 8 for more information about N-Compass/The Lancashire Carers Service.



[0345 688 7113](tel:03456887113)



enquiries@lancscarers.co.uk

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.

Useful Information

Help available 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:** where possible and appropriate a patient can be seen quicker at a clinic and additional support made available via the hospital's Dementia Champions. To access, please contact the PALS team three days before the clinic appointment on [07591 988962](tel:07591988962) or email 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.



Young Dementia Network



This is an online influencing community working collaboratively to improve lives. The Network is hosted by Dementia UK.

People living with young onset dementia and their families are at its heart. Find out more at: www.youngdementianetwork.org

Useful Information

Dementia Research

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



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.

Find out more at: www.herbertprotocol.com/



Powered by MedicAlert

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.

Visit carechoices.co.uk/ for more information and to start your search!

Useful Information

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 and support people living with dementia can continue to live in the way they want.



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!

SCAN ME!



For much more information on these topics, and a wider range of Living Well subjects, visit 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 third Wednesday of every month 10:30-12:30 at St Laurence's Church (see page 3 for more information about the Hub).

Thank You

The Chorley Dementia Action Group would like to thank our partner organisations, people living with dementia, and their carers for working with us to help make Chorley a Dementia Friendly Town.

Family Fortunes Activity

100 people completed a survey on general knowledge. Can you guess which answer was given the most? Circle your guess! - Answers are on page 33.

1. Name a Film or TV series set on a ship or boat

Titanic

Speed 2

Love Boat

The Cruise

2. Name something people shake

Bottle of Milk

Hands

Salt & Pepper

Cocktail

3. Name something you put into a salad

Onions

Tomatos

Dressing

Lettuce

4. Name something that's black and white

Zebra Crossing

Newspaper

Barcode

Penguin

5. Name something for which you need a ticket

Bus

Cinema

Football Match

Train

6. Name a yellow fruit

Banana

Lemon

Melon

Grapefruit

Family Fortunes Activity

7. Name something people get more of as they get older

Wrinkles	Aches/Pains	Fat	Grey Hair
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8. Name a green vegetable

Green Beans	Peas	Broccoli	Spinach
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9. Name something that is usually bought as a wedding present

Kettle	Toaster	Cutlery Set	Iron
--------	---------	-------------	------

10. Name something you see in the sky

Sun	Birds	Clouds	Stars
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11. Name something you might do when you can't sleep

Watch TV	Count Sheep	Eat	Read
----------	-------------	-----	------

12. Name something that is spread on toast on a morning

Jam	Butter	Marmalade	Marmite
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How many top answers did you get?
Check your answers on the next page!

Family Fortunes Answers

Bonus Activity:
Match the pictures to the correct words!

1

Titanic



2

Hands



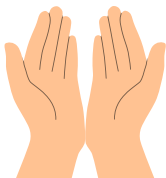
3

Lettuce



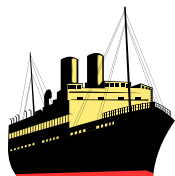
4

Newspaper



5

Train



6

Banana



7

Grey Hair



8

Peas



9

Toaster



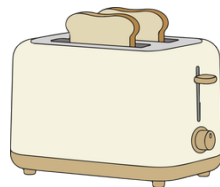
10

Clouds



11

Read



12

Jam



Useful Contacts



Disability Living Allowance

(if you born on or after 8th April 1948)

Helpline 0800 121 4600

Text phone 0800 121 4523

Attendance Allowance

Helpline 0800 731 0122

Text phone 0800 731 0317

Blue Badge Applications

0300 123 6736

Social Care (24-hour service)

0300 123 6720

Care Navigators

(Booking Respite)

0300 123 6720

Carers Allowance Unit

0800 731 0297

Text phone 0800 731 0317

PIP Enquiries

0800 917 2222

Text phone 0800 917 7777

Job Centre Chorley

0800 169 0190

Welfare Rights

0300 123 6739

Lancashire Advocacy Hub

0330 002 2200

Carers UK Advice Line

0808 808 7777

The Lancashire Carers Service

0345 688 7113 *(Option 2)*

Independent Community Advocacy

Network North (ICANN)

01772 746 061

Alzheimer's Society National

Dementia Helpline

0333 150 3456

Age UK Lancashire

0300 303 1234

Chorley Council

01257 515 151

Citizens Advice Chorley

0808 278 7880

Healthwatch Lancashire

01524 239 100

Preston Care & Repair Handyman Service

01772 204096

Home Instead West Lancashire & Chorley

01257 429 156

NHS Talking Therapies Chorley and South Ribble

01772 643 168

Wellbeing & Mental Health Helpline

0800 915 4640

Text 'Hello' to 07860 022 846

Carers Direct Helpline

0300 123 1053

Chorley Hospital PALS

07591 988 962



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
Web: www.chorley.gov.uk/dementia