

THE DEBENHAM PROJECT

Dementia - Caring for the Carers



Carers' Directory of services and support



A Dementia Friendly Community

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Introduction

Welcome to The Debenham Project Carers' Directory of services and support.

This booklet aims to be a carer-friendly booklet that contains a range of information and guidance tailored to your needs. It has been designed to be made available via the Debenham Project website, given out by your GP, by the Memory Assessment Clinic, local charities, etc. following (or even prior to) a diagnosis. Aimed at Debenham and the surrounding villages, it focuses on the support that is locally available, steps to take, who to call.

You can find more detailed information about the Debenham Project Activities in our other booklet. [The Debenham Project – Dementia – Caring for the Carers \(the-debenham-project.org.uk\)](https://the-debenham-project.org.uk)

In addition, there is a huge amount of information about wider support and services via the Suffolk Care Services Directory which can be found at [Suffolk-2024-Ebook.pdf \(carechoices.co.uk\)](https://carechoices.co.uk) and further dementia guidance at www.dementiaguidance.co.uk

We hope you find this booklet useful as you start on your journey. We aim to keep this booklet as accurate and as up to date as we can.

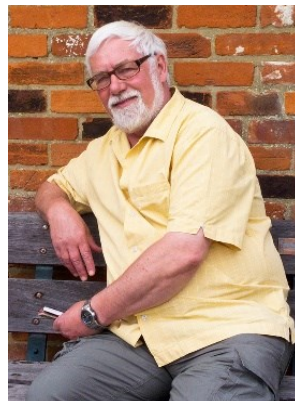
If you find anything that is out of date or you can suggest new services and support that we should consider including, please contact Carol Garrett on 07768 960368 or email chgarrett53@yahoo.co.uk

Thank you,



Lynden Jackson

Chair of The Debenham Project



Post Diagnosis Service

Consulting a GP about symptoms of memory loss or changes in behaviour, of yourself, or of someone for whom you are caring requires great courage. The fear that they might be associated with dementia can be overwhelming.



Our experienced team of local retired health and social care professionals is on hand to support you, to offer information and advice, be someone who knows, and to be a friend for as long as it takes. This is a personal and confidential service.

Contact: Dr. Paddy Fielder –

01728 685518

Planning for the Future

When you are thinking about your future care and financial situation, it is important to discuss your wishes with family, friends and health and social care professionals - Benefits, Allowance, Assessments, Powers of Attorney, Wills, DNRs, etc.

Having someone who can help you through this process can lift a heavy burden and save a lot of worry.

The Debenham Project provides one-to-one assistance.

Contact: Mary Hunt

07770395716

mary@mhvideos.co.uk



Carers' Clubs and Information Cafes

Debenham

Debenham Dementia Project Carers' Club and Information Café

Dove Cottage, 39 High Street, Debenham. A regular social occasion when you and the person you care for can relax, chat and make friends. With refreshments.



The Club meets on the 2nd and 4th Tuesdays of each month at 2pm – 4pm.

Contact: Lynden Jackson:
01728 862003, email
lynden.jackson@the-debenham-project.org.uk

Talking, Listening and Caring (TLC) with the Debenham Project, Dove Cottage, 39 High Street, Debenham. Chat and share your problems with others who have been there too and know how things really are.

It usually meets on the 3rd Friday of the month at 2.30pm.

Contact: Caroline Manning – **01473 892134**

Bedfield

Bedfield and Monk Soham Sports Hut, Long Green Bedfield, IP13 7JE. Coffee morning for carers and cared for where you'll be able to relax, have a couple of hours off duty and find support and understanding.

Meeting every 3rd Monday of the month 10:30am – 1pm

Contact Jenny Hinchey on 01728 627134 or 07710 218957

Harleston

Forget -me-not Café and support group

St John's church, Broad Street, Harleston, IP20 9AZ.

Every second Thursday 10.30am-12.30pm.



Eye

- **The Michael Burke Centre**, Hartismere Hospital, Eye, Suffolk, IP23 7DD
Hospital League of Friends coffee, cake and chat.

Second Friday of each month 10am -12 noon and 1- 3pm

Afternoon session includes puzzles and games.

For details or to book call **01379 873186**

- **The Michael Burke Centre** at Hartismere Hospital, Eye. **Communities Together** weekly social and activity groups.

For details or to book call **01449 707030**



- **Hartismere Hospital**, Eye, Suffolk, IP23 7DD
Free Relaxation treatment session and wellbeing café for carers and their loved ones.

Held every first Tuesday of the month from 10.30 am-12 noon.

Contact Angela **07583128357** or email angela.hodge@careuk.com

Stowmarket

The Stowmarket Dementia Action Alliance

A range of dementia friendly activities and events. Contact Fiona Palmer **07561053164** or dementiacommunitygroup@redgables.org.uk

[Communities Together East Anglia](#) provides The Stowmarket Rickshaw Project. The 'tri-shaw' is available to book free of charge for individuals and community visits. Call **01449 614271**



[The Regal Cinema in Stowmarket](#) hosts dementia friendly film screenings. (referred to as 'Relaxed screenings')

01449 612825 regal@stowmarket.org

Horham

Coffee and chat at Horham Baptist Church, Chapel Lane, Eye IP215ES

A friendly place to come and enjoy a mug of coffee or tea and cake.

Meets every Monday 10am-12noon

Contact: Alan on **01379 388330** email alanhawes@suffolkonline.net

or visit www.horhambaptist.org.uk/cconnect/coffee-chat

Diss

- **Time with Friends – Dementia Café**

The Corn Hall, St. Nicholas Street, IP22 4LB, Diss

Second Monday of every month 10am -1pm

Main hall at the Corn Hall. Friendship and support for people with a dementia diagnosis and their carers.

Includes refreshments and a light lunch. Free.

email: operations@thecornhall.co.uk for more details

- **Dove Dementia Café** - Diss United Reformed Church

First Wednesday of every month 10am-1pm

Free. Diss United Reformed Church, Mere Street, Diss.

rthbridges@gmail.com or **01379 309062**

- **Diss Carers Group**

First Thursday of every month 2pm- 4pm.

For Carers only at St Mary's Church, Mount St, Diss, IP22 4QQ

Jacqueline Smyth **01379 741087** susan.rookyard@nhs.net



Ipswich

John Lewis and Waitrose, Crane Boulevard, Ipswich, IP3 9SQ.

A dementia group for carers and people living with dementia. You can leave your loved ones in the expert hands of **Home Instead**, while you enjoy shopping in John Lewis and Waitrose. Please call to book a place.

Contact: Wendy Chard

Dementia Support Group, **01473 272301**

Email: ipswich@homeinstead.co.uk



ActivLives

ActivFriends Hub, Whitehouse Baptist Church, Waterford Road, Ipswich IP1 5NW. **Every Friday 10.30am – 2pm**

For over 55's. A friendly community hub for Carers and people they care for. Social, tea, coffee and biscuits and a fun activity.

Then stay for a lovely hot two course lunch. Only £6 for the day.

Please contact Alison on **01473 345350** or email alison@activlives.org.uk

Framlingham

Hour Community's Forget Me Not Club

The Castle Community Rooms,
Church Street Framlingham, IP13 9BQ.

A dementia friendly lunch club run by some fantastic volunteers who provide a whole host of activities and entertainment to over 30 people each month.

The Forget Me Not Club is a place to come and meet new people, socialise, eat, and enjoy activities with others, in a safe and welcoming environment. For details on dates and times, and further information on what we do, please contact Stuart, 01728 440511



Halesworth

Memory Cafe

New Community Room at the Co-op,
Saxons Way, Halesworth, IP19 8LU.

Every Tuesday 2pm - 3.30pm

Carers support group

New Community Room at the Co-op,
Saxons Way, Halesworth, IP19 8LU.

Every Friday 2pm – 3.30pm

info@halesworthdementia.co.uk



Various

Rural Coffee Caravan

Visits various village locations including Mendlesham, Redlingfield,
Finningham, Wingfield



**Usually from 10am -12am
or 2 - 4pm.**

Contact 01379 855338

Lunch Clubs

Debenham Project has two lunch clubs:

The Cross Green Lunch Club

Cross Green, Debenham IP14 6RW. Contact stevechappell29@hotmail.com

Meets on the first Tuesday of the month.

Contact Joy Walton 01728 860007 joyw@btinternet.com



A delicious lunch cooked by someone else and enjoyed with friends is such a pleasure.

The Coopersfield Lunch Club

Coopersfield, Aspull Road, Debenham IP14 6QE

Meets on the last Wednesday of the month.



Exercise

Exercise the Debenham Way

Chair based exercise with fun, laughter and copious refreshments.

The Exercise Club meets in Dove Cottage, 39 High Street, Debenham.

Meeting weekly on the 1st, 3rd, and 5th Tuesday and 2nd and 4th Thursdays afternoons.

Contact: Lynden Jackson:

01728 862003, email

lynden.jackson@the-debenham-project.org.uk
or visit Exercise Club – The Debenham Project (the debenhamproject.org.uk)



Exercise at home

Explore the exercise segment of The Debenham Project online resources page at **Exercise -The Debenham Project (the-debenham-project.org.uk)**

Debenham Movers

Debenham Sports and Leisure Centre, Gracechurch Street, Debenham,

Meets on Thursdays 10.30am -11.30am

The class aims to make dance and movement more accessible by pairing the activity with the chance to meet new people in a friendly and relaxed environment. Led by a team of professional dance artists, Debenham Movers gives the opportunity to socialise and get moving in a fun and relaxed environment.

Followed by a 'cuppa and chat' (included in the price). Classes are £5 and normally paid 4 weeks in advance.

Carers are welcome free of charge.

chrisie.moore@danceeast.co.uk or community-dance@hotmail.com

Stowmarket

Forever Fit Exercise Class

Mid Suffolk Leisure Centre, Gainsborough Road, Stowmarket IP14 1LH

Wednesday 2.15pm and Friday 12noon

The Living Well classes are aimed at people who are 60+.

Dementia-Friendly.

The sessions can be enjoyed either as chair-based or standing.

Included is time for socialising and a fun element too.

First session is free, then £3.95.

Contact Bob Halls **01449 674980**

bobhalls@talk21.com



Halesworth

Seated Movement to Music.

Holton Village Hall. Lodge Road, Holton, Halesworth, IP19 8RZ.

Every Monday 11am – 12.15pm



Seated tap dancing

New Community Room at the Co-op, Saxons Way, Halesworth, IP19 8LU.

Every Friday 12.30pm – 1.30pm

For information on either group please email:

info@halesworthdementia.co.uk



In partnership with the
The Pear Tree Fund

Music

Sing Along with The Debenham Project Songbook

Stephen Mackie has, in his own inimitable style, recorded an extended concert of all the songs we love to sing. *"A Mellifluent Old Time Music Hall Extravaganza for your Delectation."*



Music – The Debenham Project (the-debenham-project.org.uk)

Debenham Project singing group

'Songs for Sharing' meets in the lounge of Coopersfield, Aspall Road, Debenham. Come and have a lovely time singing along to the songs of yesteryear, old times, 50's, 60's and 70's. Led by Karen Walsh. Tea and biscuits etc. **Every 1st and 3rd Thursday of the month at 10am.** No charge
Tel: 01728 862003 email: lynden.jackson@the-debenham-project.org.uk



'Songs for Sharing'

...the fulfilling and rewarding powers of music bring about positive change.

Support for someone with dementia and those that care for them comes in many forms but music leads the way – the songs of our teenage years, our 20's, our 30's, and our 40's open our hearts. We can remember them as if it were only yesterday.

Music for memories and friendship. Well-known local musicians to entertain you and lead a sing-a-long.

Sights, sounds & songs of nature *from the Debenham Project*

There is joy in just being in our local countryside, listening to the songs of nature, and being connected to nature in all its glory and simplicity. So, we are making our countryside available on-line.

[‘Sights, Sounds and Songs of Nature’ - \(the-debenham-project.org.uk\)](http://the-debenham-project.org.uk)

Framlingham

Swell Music CIC

Meets at United Free Church, Framlingham, IP13 9DX

Fortnightly on Tuesdays, 2pm - 3.30pm.

Free, fun and friendly singing sessions.

These sessions are dementia accessible.

No experience necessary and everyone is welcome to join our music for well-being afternoons. **Contact Jo on 07881 957449**



Ipswich

Music in our bones

Meets at Rushmere Village Hall, Humberdoucy Lane, Ipswich, IP4 3PD

No singing confidence required!

Second Friday of the month, 1.30pm - 3pm

Contact: 07757 809297 Email: musicinourbones@gmail.com



Otley

Singing for Health & Happiness

Sessions at Nettus Barn, Moat Farm, Otley, IP6
9PE

Every Monday 2 pm - 3.15pm

These weekly dementia-friendly wellbeing singing sessions in the beautiful barn at Moat Farm cover songs from the 50's onwards, with a break for tea, biscuits and chat. Relaxed and welcoming. Lyrics provided.

£3 suggested donation. **Contact: Yula on 07788 585441**

Email: sing@popchorus.co.uk or visit www.popchorus.co.uk



Diss

Dove Song at Diss United Reformed Church

Mere Street, IP22 4AD Diss. Music therapy for those with Parkinson's or dementia and their carers, free.

Third Monday of every month 1.30pm - 3pm

Contact: rthbridges@gmail.com 01379 309062

Dove Song Plus!



Diss United Reformed Church, Mere Street, Diss.
(Opposite Aldi)

Every third Wednesday of the month - 2.30pm - 4pm

A singing group for those with complex needs and their carers. Led by a qualified musician, we sing songs of choice and have a great time, followed by refreshments and chat. Free of charge.

Contact Ruth Bridges 01379 309062

Email: rthbridges@gmail.com

or visit Diss URC website (dissurc.org.uk)

Halesworth

Singing with Friends

Holton Village Hall, Lodge Road, Holton, Halesworth, IP19 8RZ.

Purely Social

Debenham Project Garden Party

This annual event is a highlight of the year. Carers and the people for whom they care are invited along with all our volunteers and supporters. There is always a musical accompaniment to get everyone in the mood. Contact:

Lynden Jackson: 01728 862003

Email: lynden.jackson@the-debenham-project.org.uk



...friends, music, food and drink all
in a beautiful garden



'A Day at the Seaside'

A lunch club trip to the seaside is organized for the summer.

Enjoying refreshments and a fish and chip lunch and then chat and chill!

Rickshaw rides are also available.

Contact: Joy Walton 01728 860007 joyw@btinternet.com



The view of the sea and the company and support of friends made a really special day



Art and crafts

Halesworth - Conquest Art

Meets at United Reformed Church, Quay Street, Halesworth, IP19 8ER.

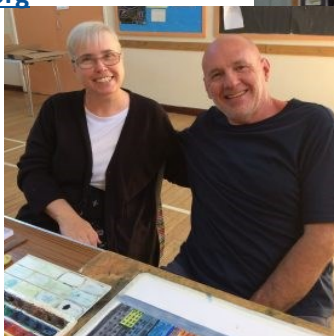
Every Wednesday From 1:30pm to 3:30pm

For anyone over 16 no matter what their disability. Everyone is encouraged to create artwork from their imagination and develop their own style in their own time. No artistic talent or previous experience is necessary and all materials are provided.

Contact: Tel: 02083937707

Email: enquiries@conquestart.org

or visit www.conquestart.org



Online - Arts 4 Dementia

Every Wednesday from 2pm – 3pm via Zoom.

For anyone with early-stage dementia, mild cognitive impairment or memory challenges and their carers/companions. **Art Wednesdays** is an opportunity for people with memory challenges and their companions to socialise, engage creatively, learn new art techniques, discover fascinating art and heritage collections and improve their brain health in a friendly online video workshop via Zoom. These sessions are fun and relaxed and enable people to share ideas and creations. All activities are designed so people can take part using simple materials that they have at home.

Contact Emily on 020 3633 9954

Email: info@arts4dementia.org.uk



Transport

Transport services provided by The Debenham Project

Worried about how to get to any medically related appointment and/or cannot/should not drive? The Project has created a small network of volunteer drivers who are more than happy to help out and, not only take someone to and from the appointment, but also be there as a friend/companion throughout the visit – no one will be left alone. Contact **01728 862003** for help with transport.



Blue Badge

A Blue Badge is for the benefit of someone with severe mobility difficulties or severe non-visible disabilities to enable them to park closer to their destination.

Contact: 0800 090 2911
or visit
Parking and Blue Badge -
Suffolk County Council



Blue Badge Application Form

Please complete all relevant sections of the application form and supply the appropriate documents to confirm your address, identity and evidence of eligibility. When completing this form you may find the accompanying guidance notes are helpful. We only advise to issue a badge if you do not provide adequate evidence that you meet the eligibility criteria.

Section 1 - Information about the applicant

If you are completing the form on behalf of an applicant who is under 16 or who is unable to complete the form themselves, please provide their details in appropriate sections and sign this form on their behalf.

If you are applying on behalf of an applicant who cannot see and transports disabled people then please do not complete Section 1. You only need to complete sections 2 and 3.

Further guidance on completing this section can be found in Section 1 of the accompanying guidance note.

Title: (Mr, Mrs, Miss, Ms, other)

First names: (in full)

Surname:

Home or birth:

Gender: (Male ☐ Female ☐

Date of birth: (DD/MM/YYYY)

Home: ☐ **Electricity:** ☐

National Insurance Number:

Postcode:

Address:

Postcode:

Travel Vouchers

There are seven categories of disabled person identified as eligible for concessionary bus travel in the 2000 Act. This includes when a person is no longer able to use the bus pass.

Contact: Suffolk County Council

0345 6000 0659

or Apply for a free travel bus pass

or travel vouchers - Suffolk County Council



Connecting Communities

Connecting Communities is a transport service provided by Suffolk County Council designed to help people travel around the county of Suffolk who might not have access to a regular bus service. Connecting Communities fares are based on average bus fare costs for journeys of the same or equivalent distance. For further information on

Connecting Communities rural transport- www.suffolkonboard.com



Advice and Information

The Debenham Project

Information, contacts, resources, details of activities and much more!



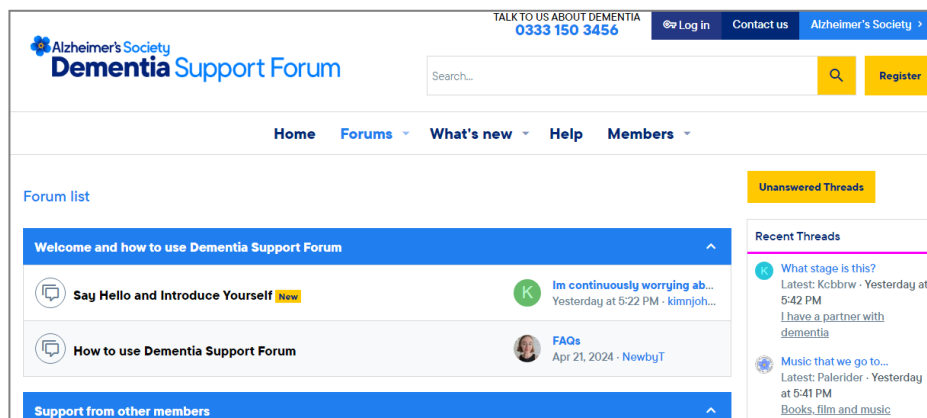
The Debenham Project – Dementia – Caring for the Carers

the-debenham-project.org.uk Telephone **01728 862003**

Dementia Support Forum

Dementia Support Forum is an online support community for people with dementia, carers, family and friends to discuss all aspects of dementia. It's open 24-7, and is a safe place to ask questions, share your experiences and receive advice and support.

Range of support materials and information.



Suffolk Family Carers

For general support and to arrange a Carer's Assessment.

Contact: Suffolk Family Carers

www.suffolkfamilycarers.org



Attendance Allowance

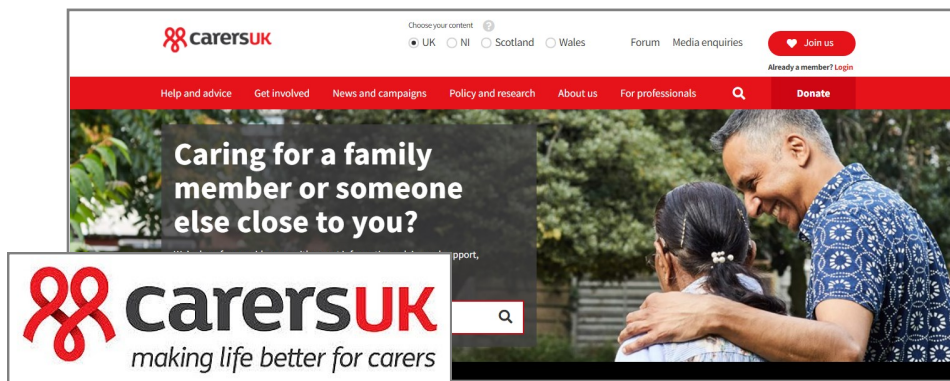
Attendance Allowance is a UK benefit available to people of pensionable age who need help with daily living tasks/personal care due to a physical or mental health condition. It is not means-tested, so you can claim it whatever your income or savings. There are two different weekly rates, and the amount you get depends on how much help you need.

Attendance Allowance: Overview - GOV.UK (www.gov.uk)

Council Tax reduction

Once you are on Attendance Allowance.

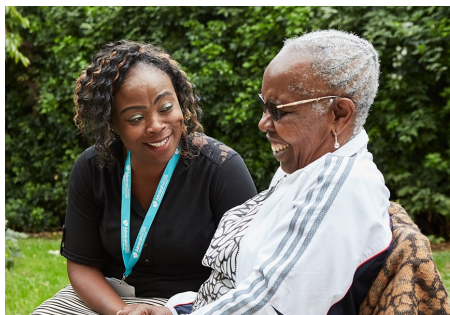
Contact: Help with Council Tax www.carersuk.org/help-and-advice



Dementia UK

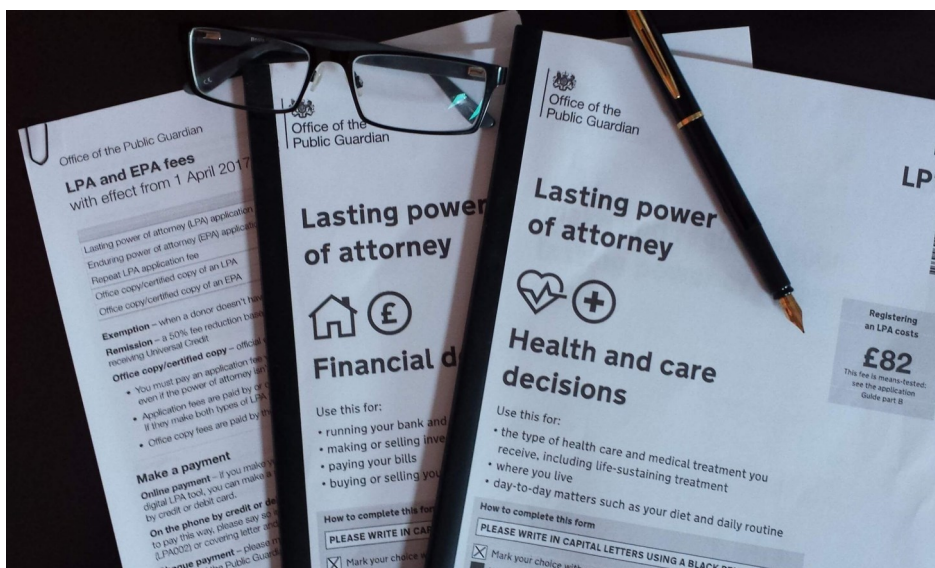
A specialist dementia nursing charity that is available for the whole family. Their nurses, known as Admiral Nurses, provide free, life changing support and advice to anyone affected by dementia.

Contact: www.dementiauk.org



Lasting Power of Attorney

For people with Dementia and their carers, family and friends. Help for people affected by dementia who do not have access to the internet or a computer or are not able to use the online form. We create a Lasting Power of Attorney by using the online tool created by the Office of the Public Guardian and support through to the registration.



Day Care

Eye

Hartismere Place Castleton Way, Eye IP23 7DD.

Offering half and full day care. Our day club is great for those living in the community who seek companionship and fun activities. You'll also be able to enjoy a hearty meal as well as personal care. Every member of the club is made to feel as welcome as a resident would.

Contact Angela **07583128357** or email angela.hodge@careuk.com

Types of Care/Hartismere Place/Care UK



care UK 



Framlingham

Mills Meadow Care Home

Fore Street, Framlingham
IP13 9DF.

Contact Pauline Mortimer 03333
211983, Email

carehomes@careuk.com

Website: [www.careuk.com/
care-homes/the-mills-meadow-
club](http://www.careuk.com/care-homes/the-mills-meadow-club)

Respite Care

Ipswich

The Prince George House Care Home 102 Mansbrook Boulevard, Ipswich
Prince George House support residents to live each day in the way they choose. Whether a loved one joins for permanent or respite residential, nursing or dementia care, we find out all we can about them and tailor the care they receive to their needs. Prince George House has an array of facilities, including a café with freshly baked cakes, a hair and beauty salon, a cinema room and a 40/50s themed lounge. There are also group and one-to-one activities. **Contact: 01473 3855690**
or visit Prince George House at www.careuk.com/care-homes



care UK 



Eye

Hartismere Place, Castleton Way, Eye IP23 7DD.

Hartismere Place offers short-term respite care, which we know can be a lifeline for those who are caring for someone. Whether that's for a fortnight or several weeks, our team will look after your loved one, giving you chance to relax and recharge for all the hard work you do.

Residents who come for respite at Hartismere Place enjoy the chance to meet new people and try out new things; residents often call it their holiday too!

Website: Hartismere Place at www.careuk.com/care-homes

Contact: **0333 321198**



Halesworth

Respite care from 2 hours a week, so carers can have a much needed break. Care is provided by local organisations who provide trained carers who have had additional dementia awareness training.

Email respite@halesworthdementia.co.uk for more information.



Dementia Friendly Holidays

Dementia Adventure

Dementia Adventure believe that with the right support -whether practical, emotional, or financial - anything is possible. That's why we offer small-group holidays and individually-tailored breaks for people living with dementia and the people who care for them, enabling you to get away together and enjoy some time off.

Website: dementiaadventure.org



A more active and fulfilled life for everyone [living with dementia](#)

Limitless travel

Limitless wheelchair friendly holidays with tailored care and support. At Limitless Travel, we're proud to offer disabled friendly holidays in the UK, Europe and around the world. With care packages tailored to offer various degrees of support and special assistance, we aim to give everyone the chance to take a break - whether that's on a disabled friendly UK coach tour or fully wheelchair accessible holidays abroad. Contact: Dementia Holidays/Holidays for People With Dementia UK limitlesstravel.org

We are making this wonderful world accessible to everyone

Hints and Tips

These hints and tips are provided **for** carers **by** carers.

I used to use the forum on Alzheimer's UK site to read about other experiences and ask questions. It made a huge difference.

I found labelling the kitchen cupboards helped to encourage independence

I used to avoid eye contact and say very little when my husband was confused as to who I was.

Avoid getting into an argument - just agree or say something to distract them.

Create a fiddle box of familiar articles for 'sorting', for example a camera, simple tools, keys'

When out, have a wallet or purse with a small amount of money to pay for a coffee.

Talking to other carers was a great help.

If you're going out, leaving your loved one at home, write a note to remind him/her where you've gone and when you will return.

I found keeping to a routine helpful.

The Debenham Project is always there to advise and support



Useful Contacts

Organisation	Contact Number
The Debenham Project (Advice and Information)	01728 862003
The Debenham GP Surgery	01728 860248
Earl Soham Surgery	01728 685325
Mendlesham Surgery	01449 767722
Debenham Pharmacy	01728 860421
Alzheimer's Society	0333 150 3456
Suffolk County Council Social Services (Customer First)	0808 8004005
Mid Suffolk District Council	0300 1234000
Debenham Library	01728 861940
Coopersfield – Debenham	01728 860135
Dementia Connect	0808 168 8000
Sue Ryder	01952 913113
Suffolk Family Carers	01473 835477

Disclaimer

The Debenham Project does not endorse or recommend any of the activities contained in this directory. However, every effort has been made to evaluate each activity and source contained in this directory and, also, to ensure that information is up to date.