

24 hour Support

- **Alzheimer's Society** - www.alzheimers.org.uk
- **Talking Point** - is a helpful online community where anyone who is affected by dementia can receive valuable support. It's free, open day or night, and can be accessed online www.alzheimers.org.uk/get-support/talking-point-our-online-community
- **National Dementia Helpline** – Mon to Wed – 9am to 8pm, Thurs and Fri – 9am to 5pm, Sat and Sun – 10am to 4pm - 03002221122
- **Silver Line** – National helpline for older people 24hrs a day 7 days a week – 08004708090
- **Samaritans** - 24hrs a day 7 days a week Telephone - 116 123, jo@samaritans.org or write Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING, FK8 2SA
- **Single Point of Access** – (SPA) A single number to call to talk about your or the person you care for health and well-being needs – 01472 256256
- **CARELINK** - Reassurance around the clock using technology - 01472 312312

Support with Daily Living

- **Single Point of Access** - 01472 256256 (24hrs 7 days a week)

Specialist Advice

- **Dementia Advisors** - contact for local tailored information, advice and support - 01472 359247
- **Dementia UK** - Providing specialist support for families facing dementia - 0800 888 6698 helpline@dementiauk.org
- **Young Dementia UK** - Young Dementia UK, PO Box 315, Witney, Oxfordshire, OX28 1ZN or www.youngdementiauk.org/contact-us
- **Friendship at Home** - Practical & Emotional support for people experiencing dementia & their families - 01472 602500 or admin@friendshipathome.org.uk

Support for Carers

- **The Carers Support Service** – Support and advice for carers 01472 242277 emailinginfo.nel@carerssupportcentre.com or call in 1 Town Hall Square, Grimsby DN31 1HY
- **Carers Information and Support Programme** - 01472 359247, 01472 808500
- **NELLES** – Support group for carers caring for people with dementia - 01472 359247
- **Admiral Nurse Service** - provide the specialist dementia support that families need 01472 808500

Social Activities

- **Lincs Inspire** – offering Reading well for Dementia, A Trip Down Memory Lane illustrated talks, Pictures to Share, Memory Lane Groups and the Home Library Service - 01472 323615
- **Side by Side Service** – Volunteers to support you to enjoy your interests – 01472 359247
- **Dementia Cafes** - 01472 359247
- **Singing for the Brain sessions** – 01472 359247
- **Wellbeing Service** – addressing the barriers that prevent you from living a healthy and happy life and support to identify your wellbeing goals – 01472 325500
- **Silver Line** – Information, friendship and advice – Telephone friendship, Silver letters, Silver Circles and Silver Line Connects - 08004708090
- **Friendship at Home** – Dementia befriending combating isolation & loneliness in North East Lincolnshire - 01472 602500 admin@friendshipathome.org.uk
- **Services4Me** - Online resources - services4.me.uk

Work, Money, Legal & Benefits

- **GOV.UK** – on line benefits advice www.gov.uk/browse/benefits
- **Citizens Advice** - Free online advice www.citizensadvice.org.uk/benefits/
- **Acas** - Free & impartial advice within the workplace - Helpline 0300 123 1100 or www.acas.org.uk
- **Services4Me** - Online resources - services4.me.uk

Supporting your Journey to Living with Dementia in North East Lincolnshire



Dementia Road Map

