



Haringey Resource: Memory loss and confusion

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

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

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

Caring for someone with dementia

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

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

Help with understanding what is in this leaflet

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

Dementia Activities

For information on local activities for people with dementia happening across **Haringey** please see the dementia activities information sheet.

To access a copy of the dementia activities information sheet please email DementiaFriendly@haringey.gov.uk

Haringey Carers support and dementia

Carer meet ups

Monthly Information Café, Wood Green	<p>Peer support opportunity for carers of people with dementia to come together and have a chat with people who understand. Refreshments are provided.</p> <p>The group is for carers, but their 'cared for' are welcome to attend. Activities are set up for them in the Day Centre to keep them entertained and give the carer some respite.</p> <p>Carer Support Advisors are on hand to offer information, and advice. A guest speaker usually joins the café.</p>	<p>Where: Cypriot Centre, Earlham Grove, Wood Green, N22 5HJ</p> <p>When: First Tuesday of every month, 10.30am to 12pm</p> <p>Cost: Free</p> <p>How to join: All carers are welcome and there is no need to book in advance.</p> <p>Contact: If you have any questions, please contact either:</p> <ul style="list-style-type: none"> • the Cypriot Centre on • ☎ 0208 881 2329 • email cccdayservices@gmail.com <ul style="list-style-type: none"> • Carers First on • ☎ 0300 303 1555 • email wf@carersfirst.org.uk
All Carers - Virtual Peer Support Coffee Morning Break	<p>Join the peer support group, share information and feel connected to other carers who understand the caring journey.</p>	<p>When: Every Friday 10-11am</p> <p>Where: Online</p> <p>Cost: Free</p> <p>How to join: To book a place:</p> <ul style="list-style-type: none"> • email Carers First on wf@carersfirst.org.uk or • call Carers First on • ☎ 0300 303 1555 <p>Webpage: https://www.carersfirst.org.uk/haringey/groups-and-events/</p>

Where to get advice quickly if you need it

Dementia UK Admiral Nurse Direct

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

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

☎ 0800 888 6678

Email: helpline@dementiauk.org

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

Haringey Carers support and dementia

Carer meet ups

Carers monthly meeting, Tottenham

Opportunity to catch up with other carers and carer news whilst getting interesting and valuable information from a guest speaker each month. Refreshments are provided.

Open to all carers, including carers of people with dementia.

Where: The Engine Room
Unit A, Eagle Heights
Lebus Street
London N17 9FU

When: Second Wednesday of every month, 1:30-3:30pm.

Cost: Free

How to join: To book a place:

- **email** Carers First on wf@carersfirst.org.uk or
- **call** Carers First on
- ☎ 0300 303 1555

Webpage:

<https://www.carersfirst.org.uk/haringey/groups-and-events/monthly-meeting/>

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Haringey Carers support and dementia

Carer meet ups

Haynes Support Group

Do you support or care for someone living with Dementia? Come along and join our monthly Support Group at the Haynes to talk with people who understand.

You are also welcome to bring along the person with dementia that you care for as they can also take part in an activity at the Haynes whilst you attend the group.

Light refreshments are provided and there is also the opportunity to stay and purchase lunch for £5.

Where: Haynes Dementia Hub, 151 Park Road, Hornsey N8 8JD

When: Second Thursday of every month, 11.30am– 12.30pm (no meeting in August)

Cost: Free

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

For further information please see contact details below.

Contact ☎ 020 8489 5925

Email:
Dementiafriendly@haringey.gov.uk

Webpage:
<https://haringey.gov.uk/adult-social-care/day-care-services-adults/haynes-dementia-hub>

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Haringey Carers support and dementia

Carer meet ups

Kick off with a Verse

Kick off with a Verse is a series of weekly 90-minute sessions to support care partners of those living with dementia. It is a space where we stretch and relax a little and then use poems to start a conversation about the experiences of being a carer and tap into creative parts of ourselves we may have long forgotten.

Sessions are run in parallel with [Together in Time](#), Park Theatre's singing sessions for people living with dementia and their carers. Both groups run in the same building at the same time. Each session includes time to relax and chat together over tea, coffee, biscuits and sandwiches.

Where: Park Theatre, Clifton Terrace, Finsbury Park, N4 3JP

When: Wednesday Mornings (during term time)

Cost: Free

How to join: To sign up, please email

engagement@parktheatre.co.uk

Or call Park Theatre on

Contact: ☎ 0203 372 0725

Webpage:

[Kick Off With a Verse - Park Theatre](#)

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Haringey Carers support and dementia

Carer meet ups

Unpaid Carer Shanty Crew

The Unpaid Carer Shanty Crew (North London)

We are a small Crew of unpaid carers, past and present, who change the words of sea shanties, sailor work songs and other popular songs, to reflect the work of the unpaid carer.

We sing with scripts, and minimal rehearsal, wherever invited.
e.g. At dementia team events, as well as seasonal parties.

Our aim is to encourage a network of Unpaid carer shanty crews across the UK who can constantly renew the words to reflect their own experiences.
Nothing like dreaming big!

Where: Contact Karin De Novellis for details on times and venues for rehearsals.

Cost: Free

How to join: Please email Karin at


Email: karindenovellis@gmail.com

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Haringey Carers support and dementia

Dementia Awareness and Support

Turkish Women's Philanthropic Association

'Dementia Awareness and Support Group'

Each week we have a group discussion people talk about their worries and concerns. We talk about diets, and we also do gentle exercises. We also practice cognitive skills.

The group is open to all, including carers and people living with dementia.

The sessions are delivered in both Turkish and English.

When: Weekly every Tuesday 10:30am to 12pm (closed over Christmas, Easter and the month of August)

Where: TWPA Centre, 4 Willoughby Road, Hornsey, London, N8 OHR

Cost: Free

How to join: Bookings are not required just turn up on the day.

Contact: ☎ 0208 340 1600

Email: info@twpa.co.uk

Website: www.twpa.co.uk

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Haringey Carers support and dementia

Young Onset Dementia Carer Support

YOYO

Our YOYO group has been in and around Crouch End for the last ten years. We're a self-supporting, self-led group of people with a range of young onset dementias and our carers (chiefly, but not solely, partners).

We meet weekly. Currently we alternate between a Wednesday early evening drop-in pub meet up, open to both carers and people living with dementia. The alternate week meet up is generally for carers, via a meal in a local restaurant, on a weekday evening. All activities are self-funded.

In addition to meeting up we offer each other informal support and knowledge about other resources, drawn from wide experience across the group.

Where: Contact on email for details on dates and location for weekly meetings.

Cost: Free

How to join: To attend meetings:

Email


Yoyoyoungonset@gmail.com

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Haringey Carers support and dementia

Resident Involvement

Carers Reference Group, Public Voice

The Carers Reference Group is for anyone who is a carer in Haringey.

The Carers Reference Group will give you the opportunity to make your views and ideas known to commissioners and policy makers in Haringey.

Where: Meetings are held in person and online.

In person meeting location:
Tottenham Town Hall, Town Hall Approach Rd, London N15 4RY

Please contact Rachel Sanders for meeting dates and further information.

When: Quarterly

Cost: Free

How to join: To attend meetings, please email Rachel Sanders at


Email rachel.sanders@publicvoice.london

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

Haringey Carers support and dementia

Carer's respite

'Tom's Club', Hornsey, Tottenham

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

Where and When:

- First Wednesday of the month, 1.30-3pm: The Haynes Day Centre, 151 Park Road, Hornsey N8 8JD.
- Second Wednesday of the month, 1.30-3pm: Chestnuts Community Centre, Chestnuts Park, 280 St Ann's Road, London, N15 5DN
- Fourth Wednesday of the month, 1.30-3pm: The Haynes Day Centre, 151 Park Road, Hornsey, N8 8JD.

Cost: Free

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

Contact: ☎ 0208 702 6300

Email:

beht.victoriareceptioninbox@nhs.uk

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Haringey Carers support and dementia

Carer's respite

'The Haynes' Dementia Hub, Hornsey

The Haynes Centre is a specialist dementia hub that provides different levels of support to those diagnosed with dementia.

Day Service Provision: offered via social worker referrals to adults with a moderate or severe dementia diagnosis

The Day Opportunities Hub is open to everyone with a dementia diagnosis, including those who can support themselves and those who need to bring someone to support them, such as a personal assistant or a family member. The Hub offers preventative and delaying activities, including client led four weekly activity rotas.

The *Information hub* is open to everyone in Haringey seeking a support network, information and guidance around dementia.

When: Monday to Friday 10am to 3pm

Where: 151 Park Road, Hornsey, N8 8JD

Cost: Contact the general enquiries line for cost details for the Day Service Provision or the Day Opportunities Hub.

How to join:

- *Day Service Provision:* offered via social worker referral to adults with a moderate or severe dementia. If you do not have a social worker, ask for a needs assessment. Find out about needs assessments at <https://www.haringey.gov.uk/social-care-and-health/social-care-policy-and-practice/care-act-2014/assessments-under-care-act>
- *Day Opportunities Hub* is open to everyone with a dementia diagnosis. You can access the hub yourself or by family, GP or social worker referral. This is also offered on a pay-as-you-go basis.

Contact:

- General enquiries
- **Contact:** ☎ 020 8489 5895
- Key workers and hub bookings
- **Contact:** ☎ 020 8489 5925
- **Email:** thehaynes@haringey.gov.uk

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Email: helpline@dementiauk.org

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

Haringey Carers support and dementia

Carer's respite

'Grace Organisation', Tottenham	<p>Provides day care services to older people with long-term physical and mental health issues, including dementia.</p>	<p>When: Monday to Friday, 9am to 5pm.</p> <p>Where: Pretoria Road Community Centre, Pretoria Road, Tottenham, N17 8DX</p> <p>Cost: For cost information contact the Grace at the below contact details.</p> <p>How to join: You can access the Grace directly yourself or via social worker referral.</p> <p>If you do not currently have a social worker, ask for a needs assessment. You can find out about needs assessments at https://www.haringey.gov.uk/social-care-and-health/social-care-policy-and-practice/care-act-2014/assessments-under-care-act</p> <p>Contact: ☎ 020 8808 0718</p> <p>Email: mailfrom@graceorganisation.co.uk</p> <p>Webpage: https://www.graceorganisation.co.uk</p>
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Haringey Carers support and dementia

Carer's respite

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

Health and wellbeing

Carers Gentle Morning Exercise, online	<p>Morning exercise class to improve your reflexes. Wear comfortable clothing, and shoes, and be on a non-slip floor for the exercise.</p> <p>Also, get a scarf, or tie, ready for gentle movements, and at the end, you relax with soothing meditation that rejuvenates your whole body.</p>	<p>When and where: The 1st Thursday of the month, 9.30 – 10.30am. Where: online. Cost: Free How to join: Call Carers First ☎ on 0300 303 1555 or email on WF@carersfirst.org.uk to register for the class. A link will be sent via email with login details.</p>
Online facial reflexology	<p>Focuses on pressure points in the face to alleviate stress, achieve relaxation and improve circulation. For the session it is suggested you have a face oil or oil moisturizer, water to drink, and hair off face.</p>	<p>When: Monthly sessions, Monday 5.30pm - 6pm and Thursday 9:30am -10:30am Where: online. Cost: Free How to join: Call Carers First ☎ on 0300 303 1555 or email WF@carersfirst.org.uk to register for the class. A link will be sent via email with login details.</p>

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

Haringey Carers support and dementia

Health and wellbeing

'Haringey Walks', Weekly Wellbeing Walks

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

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

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

<https://new.haringey.gov.uk/events?category=632&combine=walks>

Cost: Free

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

For more information:

- **Website:**

<https://new.haringey.gov.uk/events?category=632&combine=walks>

- **Email:**

get.active@haringey.gov.uk

- **Contact:** ☎ 07971 113 463

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

Haringey Carers support and dementia

Health and wellbeing

‘Carers First’ Online activities	<p>Carers First run a number of online sessions to support wellbeing, the sessions offered are regularly updated, but have included Pilates, and Yoga.</p>	<p>Where: Held via Zoom (see website link below for further detail) Cost: Free How to join: Please check the Carers First website https://www.carersfirst.org.uk/haringey/groups-and-events/#groups+and+events or call the helpline on ☎ 0300 303 1555</p>
‘Haringey Talking Therapies’, Haringey wide	<p>Haringey Talking Therapies is a free NHS, psychological therapy service offering support for a range of common mental health difficulties such as depression and anxiety, OCD, PTSD and more.</p> <p>The service is for anyone over the age of 16 who lives or is registered with a GP in the London Borough of Haringey.</p>	<p>Where: The service is based in Crouch End Health Centre. However, the service works and offers treatment in various community sites across the East and West of Haringey. When: Open Monday to Friday, 8am to 5pm (closed bank holidays) Cost: Free How to access: You can self-refer online at https://www.whittington.nhs.uk/default.asp?c=44171 For further information contact the team at ☎ 0203 074 2280 or email haringey.talkingtherapies@nhs.net</p>

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Haringey Carers support and dementia

Carer's support

'Mobilise'	<p>Mobilise offers carers a seven day a week access to online support, including tools, guides and resources, virtual cuppas, one-to-one support and a coaching programme for carers.</p> <p>Residents can also access the Mobilise Hub, with online local conversation spaces and live events.</p>	<p>Mobilise is free for Haringey residents and can be accessed via the webpage.</p> <p>Webpage: https://www.mobiliseonline.co.uk/haringey </p>
'Haringey Carers First'	<p>Provides online help and advice, as well as practical and emotional support for carers supporting someone in Haringey.</p>	<p>Contact: ☎ 0300 303 1555</p> <p>Email: hello@carersfirst.org.uk</p> <p>Webpage: https://www.carersfirst.org.uk/haringey/welcome/ </p>

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Haringey Carers support and dementia

Carer's support

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

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