

## Dementia

This factsheet provides links to national websites for general information about dementia and details of local statutory and voluntary sector services which may be able to help in Harrow.

### **Quick Reference Phone Numbers**

Alzheimer's Society / National Dementia Helpline

9am - 8pm Monday to Wednesday

9am - 5pm on Thursday and Friday

10am - 4pm on Saturday and Sunday

**0300 222 1122**

### **National Information Resources**

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#### **Alzheimer's Society - Facts about Dementia**

For facts about dementia, diagnosis, what happens after diagnosis, caring for people with dementia, working with people with dementia and the 'Talking Point' discussion forum.

[www.alzheimers.org.uk/Facts\\_about\\_dementia/index.htm](http://www.alzheimers.org.uk/Facts_about_dementia/index.htm)

#### **Dementia UK**

For information about dementia and help on how improve quality of life for all people affected by dementia.

[www.dementiauk.org/information-support/questions-and-answers/](http://www.dementiauk.org/information-support/questions-and-answers/)

#### **Mental Health Foundation**

An introduction to dementia, its causes, whether there is a cure and caring for someone with dementia.

[www.mentalhealth.org.uk/help-information/mental-health-a-z/D/dementia/](http://www.mentalhealth.org.uk/help-information/mental-health-a-z/D/dementia/)

#### **The National Institute for Clinical Excellence (NICE)**

NICE provides advice on how people who have dementia should be treated and cared for. The guidelines can be viewed at [www.nice.org.uk/cg42](http://www.nice.org.uk/cg42)

The guidance explains what individuals can expect from professionals who tend to them, as well as advising professionals on how to best treat individuals.

### **Help from your GP**

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Your GP would be the first person to approach for an assessment if you or your family/friends are worried. Depending on their own view of the situation and what a person may be suffering from, the GP may refer them on to a specialist such as a Neurologist or a Psychiatrist. In the case of an older person, the most appropriate specialist might be a Psychogeriatrician – a doctor who specialises in mental health problems in older people. Psychogeriatricians have specialist knowledge of dementia.

The statutory and voluntary organisations described below are potential avenues for further help following a diagnosis of dementia.

## STATUTORY SERVICES IN HARROW

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### **The Harrow Older People Community Mental Health Team**

The team has three key functions:

- To give advice on the management of mental health problems by other professionals – in particular, providing advice to primary care, such as GP surgeries, and making sure appropriate referrals are made.
- Providing treatment and care for those with short-term mental health issues who can benefit from specialist interventions.
- Providing treatment and care for those with more complex needs.

Fairfields House, Roe Green, Kingsbury, London NW9 0PS

Tel: 020 8424 7728

Web: [www.cnwl.nhs.uk/service/harrow-older-people-community-mental-health-team](http://www.cnwl.nhs.uk/service/harrow-older-people-community-mental-health-team)

### **Harrow Memory Services**

Harrow Memory Services provide assessment and diagnosis of dementia and provide ongoing support and information to people with memory problems and their carers. Memory services offer a comprehensive assessment of an individual's memory, ensuring that if dementia is an issue a diagnosis is given as soon as possible. Once the diagnosis is given the services can help to support individuals in coming to terms with their diagnosis and provide useful strategies and treatments to help people minimise their memory difficulties. The service aims to help people live independently and safely.

Fairfields House, Roe Green, Kingsbury, London NW9 0PS

Telephone: 020 8424 7728

[www.cnwl.nhs.uk/service/harrow-memory-services](http://www.cnwl.nhs.uk/service/harrow-memory-services)

## VOLUNTARY SECTOR SERVICES IN HARROW

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### **Alzheimer's Society - Harrow & Hillingdon – Templeton Day Centre**

The centre provides high quality day care, promoting the well being of those with dementia and their carers; support and information; outreach work; carers' groups; link-lines and befriending.

Templeton Day Centre, United Reformed Church, Joel Street, Northwood Hills, HA6 1NL.

Tel: 01923 823 999

Email: [harrowandhillington@alzheimers.org.uk](mailto:harrowandhillington@alzheimers.org.uk)

Web: [www.alzheimers.org.uk/site/custom\\_scripts/branch.php?branch=true&branchCode=13537](http://www.alzheimers.org.uk/site/custom_scripts/branch.php?branch=true&branchCode=13537)

**Harrow & Hillingdon Dementia Café** on Tuesdays from 10.00 to 1.00 at Templeton Day Centre Joel Street, Northwood Hills, HA6 1NL.

Tel: 01923 823 999 Email: [harrowandhillington@alzheimers.org.uk](mailto:harrowandhillington@alzheimers.org.uk)

**Brent Dementia Café** on Wednesdays from 2.00 to 4.00 at Kingsbury Resource Centre, 364B Stag Lane, NW9 9AE

Tel: 01923 824 329 Email: [brent@alzheimers.org.uk](mailto:brent@alzheimers.org.uk)

**Hayes and Harlington Dementia Café** on Fridays 10.00 to 1.00 at Hayes and Harlington Community Association, Albert Road, Hayes, UB3 4HR

Tel: 01923 823 999 Email: [harrowandhillington@alzheimers.org.uk](mailto:harrowandhillington@alzheimers.org.uk)

### **Annie's Place**

Annie's Place is Harrow Council's drop-in service offering advice and support for people who have been recently diagnosed with dementia and their carers. The service is free (including tea and coffee) and often includes talks for the carers and activities for the cared-for such as music and physiotherapy. The service runs every Thursday from 10am to 12pm at Milmans Resource Centre, Pinner, HA5 5PF.

Tel: 020 8736 6600

Web: [www.harrow.gov.uk/info/200050/help\\_for\\_adults/1083/annie\\_s\\_place](http://www.harrow.gov.uk/info/200050/help_for_adults/1083/annie_s_place)

**Culture Dementia UK**

Culture Dementia UK was set up to support carers and sufferers of dementia among the African/Caribbean community and is the only charity of its kind in the UK. It offers respite for carers, home care, a carers support group, a weekly drop-in service and education about dementia.

Tel: 0800 014 8682 (respite team/crisis helpline/other inquiries), 0800 0048 8686 (home care)

Web: [www.culturedementiauk.org](http://www.culturedementiauk.org)

**Navjivan Vadil Kendra**

Navjivan Vadil Kendra is a charity set up to serve the needs of elderly, lonely and retired people. It meets weekly at the Sattavis Patidar Centre in Wembley and also organises trips and other outings.

Email: [nvkendra@gmail.com](mailto:nvkendra@gmail.com)

Web: [www.nvk.org.uk](http://www.nvk.org.uk)

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Registered charity number 1067480