

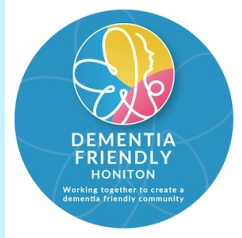


Dementia

My eyes do see. My ears do hear.
I am still Me. so let's be clear.
My memory may fade. My walk may slow
I am Me inside. don't let Me go.

Honiton

Individuals living with Dementia in Honiton are well supported by a range of services.



Dementia friendly Honiton are a fantastic volunteer organisation that run Memory Café's, film afternoons, ambling groups, and help to promote, support and educate the local community in a variety of ways.

To find out more:

<https://www.dementiahoniton.org.uk/>



Honiton 55+ club offers a relaxed and friendly environment for people over the age of 55 to come and socialise.

To find out more:

<https://e-voice.org.uk/honiton55pluscentre/>



Alzheimer's Society and Dementia UK offer a wide range of support and resources.

Find out more at:

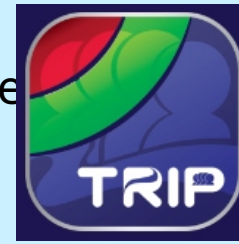
<https://www.alzheimers.org.uk/>

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



The FILO project supports individuals who are experiencing memory loss. Each day (10am-4pm) is provided by a host, and is situated in the intimate setting of the host's own home.

To find out more: <https://www.thefiloproject.co.uk/>



TRIP can provide transport to a range of Dementia services' support groups. They offer a range of disability equipment. Alongside this they also provide a befriending service and run a passenger club which takes people out to local attractions.

Find out more: <https://www.tripcta.org/>



Admiral Nurses are specialist nurses that work with family members and those caring for someone living with dementia. Please contact your GP for a referral to the Honiton Admiral Nurse.



Devon carers offer a range of carers support services from preventative advice and information to carers assessments and support planning under the Care Act 2014

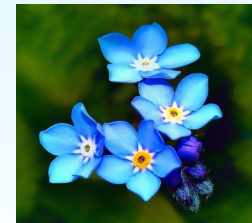
To find out more: <https://devoncarers.org.uk/>



Age UK Devon offer a wide range of support including information and advice, CST and training.

To find out more:

<https://www.ageuk.org.uk/devon/our-services/>



HOSMS Dementia Service (including Linden day services) run group sessions in Honiton .

To find out more:

<https://services.pinpointdevon.co.uk/kb5/devon/services/service.page?id=L8TX53m783s>

Dementia Friendly Honiton

They are a volunteer organisation based in Honiton whose aim is to bring about a community-wide response to dementia through raising awareness about what it is like to live with dementia and to positively encourage inclusivity in all aspects of community life. At the same time, the organisation offers valuable social support to those living with dementia and their carers.



Dementia Friendly Honiton: Services and achievements

- Run a successful and well attended fortnightly Memory Café.
- Run a monthly, dementia friendly Nostalgic Cinema film show.
- Organised a regular Ambling Group for those with dementia and their carers.
- Built positive relationships and worked closely with local health and care services and the town, district and county councils.
- Garnered the active and continuing support of over 40 local businesses and organisations in the Honiton area; given the size and population of the area this is a notable achievement.
- Engaged closely with schools and youth groups to educate and inform the next generation and to engender inclusiveness and acceptance by the young of all those affected by dementia, directly or indirectly.
- Liaised with the local police to set-up the Herbert Protocol which helps the police in any search for a missing person. In this they are a leader in the field.
- Through working with Dementia UK and Dementia Friendly Honiton, raised the funds to appoint an Admiral Nurse for Honiton whose skills are specific to dementia and family support. The funds raised currently allow for six years' costs for the nurse and Fundraising is ongoing to cover further years.
- Honiton Dementia Action Alliance was named "Dementia Friendly Rural Community of the Year" in 2016 and in 2019 was honoured to receive the highly prestigious "Queens Award for Voluntary Organisations".

Dementia Friendly Honiton



Click on image to play video

<https://vimeo.com/826235797/0286f4f605?share=copy>

TRIP- Honiton

- TRIP provide transport (including wheelchair accessible vehicles) to medical appointments and various groups including the memory café and Linden group sessions.
- TRIP offer a ring & ride service for regular shopping trips and day-outings to local attractions. Anyone can join for a small annual membership fee.
- TRIP also provide a befriending service to reduce isolation



Ottery St. Mary Individuals living with Dementia in Ottery St. Mary are well supported by a range of services.



The Ottery Help Scheme provide support to many people living locally; from befriending, to transport, to exercise classes and memory cafés.

To find out more:

<https://www.otteryhelpscheme.org.uk/>



Ottery St. Mary Men's Sheds provide the opportunity to design, make, collaborate and connect with others locally to improve your sense of wellbeing.

To find out more:

<https://mensshedottery.co.uk/>



Age UK Devon offer a wide range of support including information and advice, CST and training.

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Ottery Admiral Nurse

Admiral Nurses are specialist nurses that work with family members and those caring for someone living with dementia. Please contact your GP for a referral to the Ottery Admiral Nurse.



HOSMS Dementia Service (including Linden day services) run group sessions in Ottery on Mondays and Thursdays.

To find out more:

<https://services.pinpointdevon.co.uk/kb5/devon/service/s/service.page?id=L8TX53m783s>



Devon carers offer a range of carers support services from preventative advice and information to carers assessments and support planning under the Care Act 2014

To find out more: <https://devoncarers.org.uk/>



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Find out more at:

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



Our community car scheme allows our **volunteer drivers** to take clients to and from hospital and doctor's appointments, visit friends and relatives in hospital or residential homes, and any other appointments related to



We run a **befriending** service to help those who are looking for company and companionship. Our volunteers are happy to visit people in their own homes and have a chat over a cup of tea. It may be that you have problems getting out and about and would just like someone to visit you in the comfort and security of your own home.

Our **'Time for You'** service is aimed at giving Carers some time to themselves – whether to go shopping, read a book, or attend a weekly activity group - the choice is yours! Our trained volunteers are able to sit with those who need care for an hour or two a week, providing companionship for



Our **Memory Café** is a place where those affected by memory loss can go, together with their Carers, to meet others and socialise. Very often activities will take place aimed at stimulating the mind and memory



Men's Shed

21% of men over 65 claimed they would socialise more if they had a group they could go to and learn a new skill.

81% said they would prefer to socialise around a common interest.

39% would feel more comfortable in a group with other men.

Build, talk and connect with others in a safe space with expertise and facilities to pursue hobbies, crafts and other creative activities whether they be individual or community based projects.

Sheds help men to maintain and strengthen social links and support them to remain integral and useful members of their growing local community in changing circumstances.



Sidmouth

Individuals living with Dementia in Sidmouth are well supported by a range of services.



Sidmouth Voluntary Services is a registered charity and has been providing services, care and friendship for the elderly & disabled in the Sid Valley area for 60 years.

To find out more: <https://www.sidmouthvs.org.uk/>



Sid Valley Help run strength and balance classes, offer befriending, and support vulnerable individuals with tasks such as shopping.

To find out more:

<https://www.sidvalleyhelp.co.uk/what-we-do>



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Sidmouth
Admiral
Nurse

Admiral Nurses are specialist nurses that work with family members and those caring for someone living with dementia. Please contact your GP for a referral to the Sidmouth Admiral Nurse.



Sidmouth Hospice at Home support with volunteer transport, befriending and sitting services.

To find out more:

<https://www.sidmouthhospiceathome.org.uk/our-care/volunteer-support>



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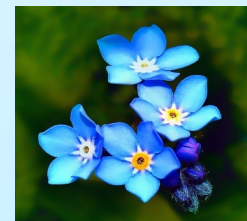
To find out more: <https://devoncarers.org.uk/>



Age UK Devon offer a wide range of support including information and advice, CST and training.

To find out more:

<https://www.ageuk.org.uk/devon/our-service>



HOSMS Dementia Service (including Linden day services) run group sessions at the Sidford Hospice at home building on Tuesdays and Thursdays.

To find out more:

<https://services.pinpointdevon.co.uk/kb5/devon/services/service.page?id=L8TX53m783s>

Sidmouth Voluntary Services:



- Offer a range of support for people living in Sidmouth.
- Starting a social group on Monday afternoons.
- Meet alternate weeks; Week 1 walking group. Week 3 music therapy.
- Meet Tuesday morning for group coffee and chat at the Fort cafe.
- Meet Wednesday afternoon at Sidmouth memory café at Twyford House.
- Friday morning Men's group at the Anchor Inn. Carers also join separately for a chat.
- A Carers group meet monthly on a Wednesday.
- Sidmouth Memory Café will be at the library on Monday 15th May, for dementia awareness and action week – **please come and see us!**
- Sidmouth Memory Café Chairman is currently working with the team and Sidmouth town to get Dementia Friendly Sidmouth off the ground!