USEFUL CONTACT NUMBERS:

Bolsover  01246 827901
Moorfield Day Hospital  01246 562156

Walton Hospital  01246 515151
Lea Hurst – Susan (Secretary)  01246 515576
Nurses 01246 515915

Alzheimer’s Society – 01332 208845
Helpline – 0845 300 0336

North Derbyshire Doctors – 0843 258 0573

Citizens Advice – 01246 209164

Call Derbyshire - 08456 058 058

NHS Direct – 0845 4647

Chesterfield Community Mental Health Team – 01246 216522

North East Derbyshire Community Mental Health Team – 01246 216522

Age UK – 01246 273333
Chesterfield & District Shopmobility – 01246 559331
Chesterfield Community Transport – 0800 019 5513

DYNAH (Do You Need A Hand) 01246 241108

Derbyshire Carers Association (Bolsover, Chesterfield & North East) 01246 222373

Hasland Resource Centre - 01629 537505

Staveley Centre 01629 533040

Older people mental health Day Services Outreach
Lea Hurst Day Unit
Walton Hospital 01246 515458
01246 515711

Living Well Programme
Welcome to the Living Well Programme

The Living Well Programme is offered to all people with a recent diagnosis of dementia and who are in the early stages of the condition. Its aim is to help and support you in coming to terms with the diagnosis and to offer some practical advice on living well with dementia.

Two groups run in tandem to provide you and your carer the chance to gain any information you feel might help you.

Living Well Programme

**WEEK 1:** Both groups together. Introductions & discussion of proposed programme. What would you like to know?

**WEEK 2:** How your memory works. What is memory and how can we use aids to help us with our memory problems. Explanation of different strategies.

**WEEK 3:** “Coping with change” Discussing skills and strategies to assist coping with your changing circumstances.

**WEEK 4:** Healthy Lifestyles. Looking at the benefits of a healthy lifestyle and how this impacts on our mental wellbeing.

**WEEK 5:** “The benefits of reminiscence” Not just looking at old photos!

**WEEK 6:** “Memory and Mood” How your mood and memory affects you, how they impact on each other.

Carers Programme

**WEEK 1:** Both groups together. Introductions & discussion of proposed programme. What would you like to know?

**WEEK 2:** With a Dr and Nurse present. An explanation of the types of memory problems, understanding medical terminology, tests and examinations.

**WEEK 3:** The role of various health professionals. Reasons for attending day hospitals and other community support services.

**WEEK 4:** “Coping with stress”, a professional looks at how we manage our stress. Rounded of by a lovely relaxation session that can be practised at home.

**WEEK 5:** Finances, benefits and tips on form filling.

**WEEK 6:** The role of the OT and how aids and adaptations in your home can help, eg telecare

**WEEK 7:** Voluntary organisations: the Alzheimer’s Society. Review and evaluation of the six weeks. Planning for the future.