



Birmingham and Solihull
Clinical Commissioning Group

Support if you are living with, or caring for a person with dementia in Birmingham and Solihull



Dementia Connect in Birmingham and Solihull - Provided by Alzheimer's Society

A personalised support service for anyone with dementia, their carers, family and friends. The service connects you with free support and advice available by telephone and online. Dementia Connect can offer practical and emotional support, a listening ear, suggestions on coping through these difficult times and advice about other services that might also be able to help.

T: [0333 150 3456](tel:03331503456) (Calls charged at standard local rate)

Monday to Wednesday: 9:00am to 8:00pm,

Thursday and Friday: 9:00am to 5:00pm,

Saturday and Sunday: 10:00am to 4:00pm.

E: dementia.connect@alzheimers.org.uk

W: alzheimers.org.uk/dementiaconnect

You can also use **Dementia Talking Point:** Alzheimer's Society 24/7 online community where people affected by dementia can receive support from people in similar situations.



Support for caring for someone living with Dementia in Birmingham - Birmingham Carers Support

Forward Carers offers a range of services to support carers including:

Birmingham Carers Hub (In partnership with Age Concern Birmingham)

This service provides practical information and advice to support you in your caring role including carers assessments.

T: 0333 006 9711

E: info@birminghamcarershub.org.uk

W: forwardcarers.org.uk/local-services/birmingham/

Carer Emergency Back-Up Service - CERS (In partnership with Midland Mencap)

CERS offers up to 48 hours back-up support for registered carers in emergencies where the carer is unable to provide support. CERS also provides a sitting service for important medical appointments.

T: 0121 442 2960

E: info@cers.org.uk

W: forwardcarers.org.uk/local-services/birmingham/cers/

Caring for Carers Dementia Support Groups (In partnership with Crossroads)

Support groups specifically for carers of people with memory problems or dementia living in Birmingham.

The groups provide emotional support, advice and information.

T: 0121 803 1065

W: www.sandwellcrossroads.org

FB: facebook.com/CrossroadsCaringforCarers/

Next Steps/Dementia Change Action Network

Next Steps has been created by the Dementia Change Action Network (DCAN), a collaboration between Alzheimer's Society, NHS England & Improvement, and the Coalition for Personalised Care. They work in partnership with people with dementia, their families and carers, and professionals, bringing together the worlds of dementia and personalisation.

T: 020 8036 5400

E: info@dementiauk.org

W: <https://www.nextsteps.org.uk/>

Social Care and Health

Social care, community services, day care, respite, long term care, occupational therapy, safeguarding

T: 0121 303 1234

E: acap@birmingham.gov.uk

W: www.birmingham.gov.uk/

Birmingham City Council's social care, education and family services information and advice website

W: www.mycareinbirmingham.co.uk

Learning Disability & Dementia Support Service (In partnership with Midland Mencap)

A dedicated worker providing information, advice, care navigation and wellbeing support to families who have a relative with a learning disability living with dementia.

T: 0121 442 2944 (ask for Family Carers 'Duty Worker')

E: families@midlandmencap.org.uk

Please note, due to the current coronavirus (covid-19) pandemic, the face-to-face activities such carer support groups are suspended until further notice.

Support if you Caring for someone living with Dementia in Solihull - Solihull carers support

Solihull Council have some local information and advice including shielding, money advice and help with food that can be found here <https://www.solihull.gov.uk/Resident/socialservicesandhealth/>

All events and activities, group support work, peer mentoring and befriending, well-being groups and carers groups have been suspended for the foreseeable future pending government guidelines. We will not be delivering any face to face work at the moment.

Solihull Social Care and Health

This is where you can find out about help, advice and services available to help you

T: 0121 704 8007 (One Front Door)

T: 0121 605 6060 (out of hours)

W: <http://solihull.mylifeportal.co.uk/home/>

Solihull Connect (Council Services)

Information about Council services

T: 0121 704 8001/6000

W: <http://www.solihull.gov.uk/connect>

Solihull Independent Living (adaptations aids)

Information about adaptations if you have mobility issues at home

T: 0121 717 1517/ 0121 717 1515 (assistive technology)

Solihull Carers Centre

Emotional support, carer's assessments, practical information, advice, social activities, events can be found via the website below or please email or phone using the details below

T: 0121 788 1143

E: centre@solihullcarers.org

W: <https://carers.org/partner/carers-trust-solihull>

You can also call NHS for guidance on the [111 number](#).

How to reduce the risk of catching COVID-19?

Please click on the link below for a summary of information explaining how to reduce the risk of catching COVID-19.

W: <https://www.solihullcarers.org/how-can-i-reduce-my-risk-of-getting-coronavirus/>

Birmingham and Solihull

Every Mind Matters

To access the Every Mind Matters digital platform, including expert-led videos, and create your own action plan to help look after your mental health, visit the website below:

W: <https://www.nhs.uk/oneyou/every-mind-matters/>

Admiral Nurse Service – provided by Birmingham and Solihull Mental Health Trust

T: 0121 301 5830

Information advice and support in caring or supporting a person with dementia, Monday to Friday 9am -5pm

E: bsmhft.admiralnursingservice@nhs.net

W: <http://www.bsmhft.nhs.uk/>

Outside of the above hours the Admiral Nurse Dementia Helpline

- Provided by Dementia UK

You can telephone the National Admiral Nurse Dementia Helpline for free:

T: [0800 888 6678 \(free phone number\)](tel:08008886678)

Monday – Friday 9am – 9pm

Sunday 9am – 5pm

Learning Disability & Dementia Support Service

A dedicated worker providing information, advice, care navigation and wellbeing support to families who have a relative with a learning disability living with dementia.

T: 0121 442 2944 (ask for Family Carers 'Duty Worker')

E: families@midlandmencap.org.uk

Birmingham and Solihull Specialist Older People's Mental Health Service

Support and information for mental health and wellbeing, feeling low, anxious or stressed, coping with caring for someone, socially isolated and, referrals to the Single Point of Access.

T: 0121 301 4000, Monday to Friday 9am - 5pm

T: 0121 301 5500, Crisis contact (outside of the hours above)

Care Companion

A free online resource developed by carers for carers.

W: www.carecompanion.org.uk
