

Information and support for people with dementia in South Norfolk

Alzheimer's Society

The Norfolk "Information Advice and Advocacy" Service. This is a good starting point and can put you in touch with other agencies including the local dementia cafés in your area. Tel: **01603 763556 (9am-5pm)** [Alzheimer's Society](#)

Age UK Tel: **01603 787111 (10am – 4pm)** [Age UK Norfolk](#)

General advice about staying well, advises about driving in later life, welfare, benefits and Money Matters. Age UK runs local dementia cafés in some areas.

Admiral Nursing Service for South Norfolk – You may need to be referred to the South Norfolk Admiral Nursing service. **Talk to your GP** or to a member of the memory assessment team who can arrange this if they feel it will be helpful to you.

The nurses offer support for people with dementia and their carers in facing crises or in a complex situation. They also offer support to people with dementia at the end of life.

Admiral Nurse Direct (Dementia UK): 0800 888 6678 [Dementia UK](#)

Helpline offers practical advice and information for anyone affected by dementia.

British Red Cross – Wymondham Office Tel: 01953 609533

- Equipment Loans
- Older People's Outreach support service
- Home from Hospital (Settling in service)

Carers Agency Partnership (CAP) – Carers Helpline: 0808 808 9876 – will put you in touch with local services and support, carers wellbeing assessments, short breaks and guidance on carers rights and benefits. Can provide training in "Confidence to Care and Care Coaching. Also visit carersagencypartnership.org.uk

Dementia Friendly Norfolk – <http://www.dementiafriendlynorfolk.com/>

If you're living with dementia, caring for someone who has dementia, or if you're a health professional, this website is here to help to you. You'll find answers to a lot of questions about dementia. You'll find the right people to give you help and guidance. A lot of people, from across Norfolk and beyond, have contributed their knowledge and experience to create this resource. **This website lets you know that you're not alone.**

District Councils –

Local Councils offer practical advice and financial help with housing, home repairs, adaptations and improvements.

- **Breckland District Council Tel: 01362 656 870**
- **South Norfolk District Council Tel: 01508 522 633**

Forget-Me-Not Grants are available to support people with dementia. For more Information contact SN Council for whole CCG area contact South Norfolk Council, Independent Living Team **01508 533705**

Local Hospices – Offer support for people with life limiting illnesses including dementia. Hospices serving South Norfolk are:-

- Priscilla Bacon Lodge – Norwich Tel: 01603 255720
- St Elizabeths Hospice – Ditchingham Tel: 01473 727776
- St Nicholas Hospice – Bury St Edmunds Tel: 01284 766133

Norfolk County Council - Tel: 0344 800 8020 - Monday to Friday 9am - 5pm

Information on all County Council services including social care and support, emergency duty team and Swifts.

The Norfolk website including the Norfolk Directory - [Norfolk County Council](#)
Norfolk “where I live” website. [Where I Live](#)

N-ABLE – Norfolk Community Alarms and Telecare equipment
Contact through Norfolk County Council 0344 800 8020

Norfolk Community Transport Association – Tel: 07415 789554

Information about Community Transport schemes and services available in the area where you live. [Norfolk Community Transport](#)

Norfolk & Suffolk Dementia Alliance - On-line resources and training
No phone number) [Norfolk & Suffolk Dementia Alliance](#)

Be Ready for It! – Useful online resource of helpful information, lists and reminders to help you plan and share your end of life wishes. No phone number.

[Be Ready For It](#)

More detailed information with additional resources and contact details can be found on the South Norfolk CCG website in the “Your Health” section.