



Memory Cafes

Trefoil Lodge, Buddle Lane

Starting 21st April, then on the 3rd Friday of each month 2.30–4pm. Call St Thomas Health Centre for more information **01392 676 676**

Transport

Wave Taxis 01392 252525
(Wheelchair only)

Freedomwheels 01392 464206
(wheelchair - £20 first 6 miles, £2 mile after that)

Shopmobility 01392 494001
(hire of wheelchair or scooter for the day)

Equipment to support memory

- Independent Living Centre.org.uk 01392 380181
- Alzproducts.co.uk
- Liftedcare.com/shop

Other useful contacts:

- memorymatters.org.uk (support / resources)
- exeterdementia.org.uk (charity raising awareness)

Dementia support services



Age UK Exeter 01392 202 092
The Sycamores, Mount Pleasant Road, EX4 7AE



Dementia Support Service:

- Budding friends (allotment)
- Carer support
- Fortnightly meals (Thursday–Sycamores)
- Benefits and advice service (free)
- Time for you Sitting service (small fee)
- Volunteer service (telephone or in person (free))
- Cleaning / gardening / handy person £30 ph
- Seated exercise /tai chi (Sycamores–small fee)
- Home support & enabling £25 ph (unable to support with personal care or medication)
- Day care service (Sycamores)

Tuesday and Friday	10–3.30	£80
	12.30–3.30	£50

Westbank 01392 824752

- Daycare service
- Cognitive stimulation Therapy
- Respite breaks
- One to one support
- Lunch groups

Dementia UK Helpline www.dementiauk.org
To speak to an Admiral Nurse 0800 888 6678

Alzheimer's Society 0333 150 3456



Email : devon@alzheimers.org.uk

Dementia support line Mon–Wed 9am–8pm, Thurs & Friday 9am–5pm Sat and Sun 10am–4pm

- Companion call service (befriending)
- Power of Attorney form filling service
- Benefits advice Service
- Emotional Support

Mental Health

Talkworks (Exeter) – 0300 55 53344

- Struggling to cope
- Feeling low
- Struggling with a long term condition (Talking Health Team)

Filo Project 0333 939 8225

Day care within the hosts own home, small groups only

Care Direct 0345 155 1007

Provide assessments for social care funding, including direct payments)

Carer Support Devon Carers 03456 434 435

Singing group St Thomas Parish Church
Tuesdays 2–3.30 Call Barbara Buller 01392 217538