

Dementia Day Activities



An overview for people living with **Dementia (65s and Over)** and their family members, supporters and unpaid carers.

- Do you have Dementia or memory loss?
- Are you aged 65 or over?
- Do you live in Sheffield?



If you are living with Dementia, are you looking for:

- A Dementia-friendly place to spend the whole day on a regular basis?
- Enjoyable activities based on your interests and what you like to do?



If you are a family member, supporter or unpaid carer, are you looking for:

- A regular break from your caring role during the day, to give you time to catch up on things you need to do, or an opportunity to recharge your batteries?
- Reassurance that your loved one with Dementia is safe, well cared for, and enjoying themselves?



At Dementia Day Activities (usually 10am-3pm, but varies by venue), you can enjoy...



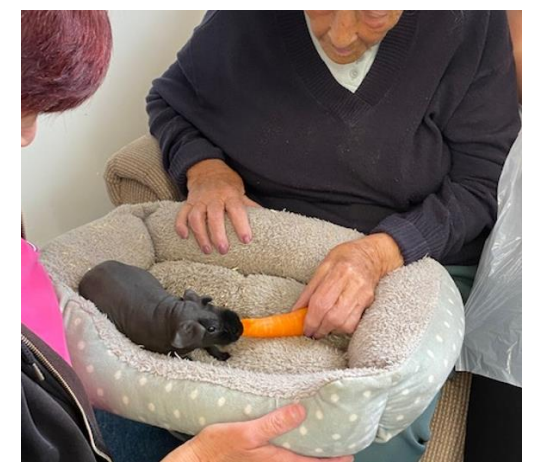
Baking, crafts and daily living skills



Reminiscence and cognitive stimulation



Physical activities and gentle exercise



Animal therapy



Music, dancing and celebrations



Theme days and trips out



Games and quizzes



Pampering and relaxation



Gardening and outdoor activities

And much more! You can even ask to try out a session to see whether you like it. People are often hesitant initially; but after they've been once, they usually really enjoy the sessions.



Age: 65s and Over with Dementia

Who to contact if you'd like to join Dementia Day Activities

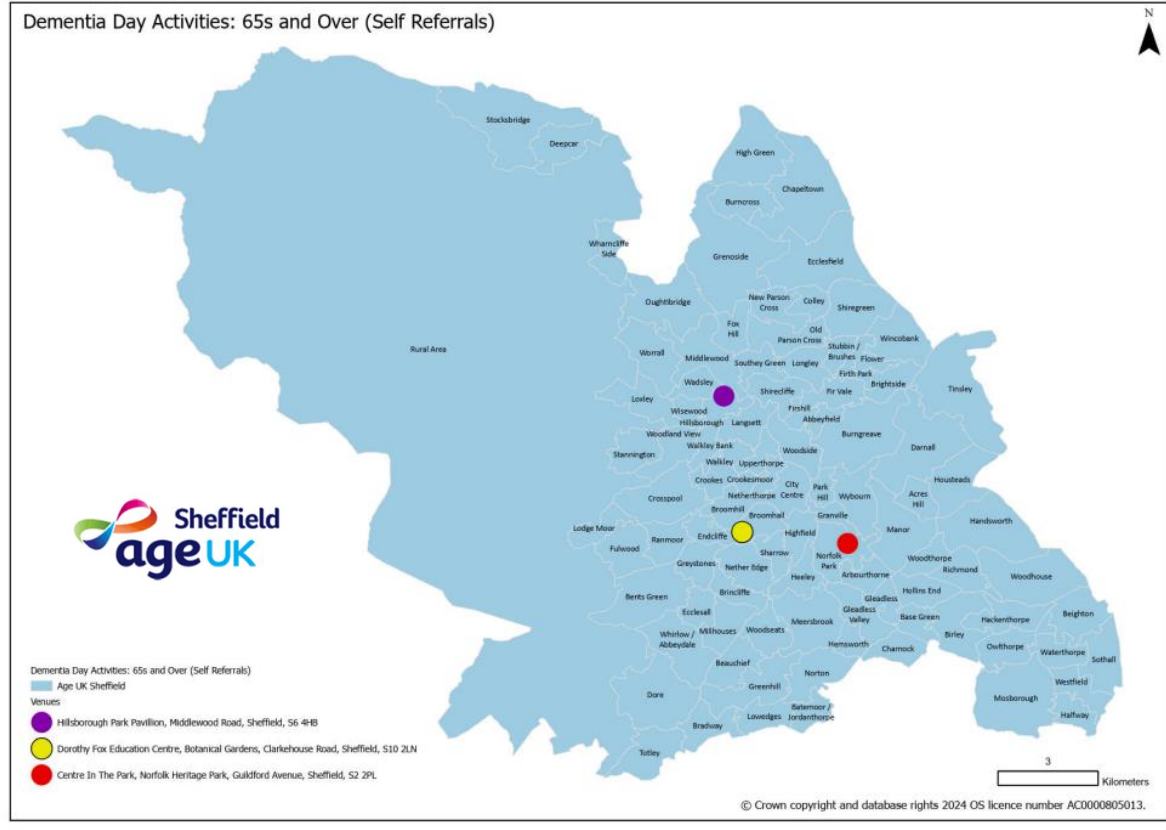
Do you have an existing care and support package with Sheffield City Council social work teams?
 or
 Do you need help with your care or support?
 (Eg carrying out daily tasks, eating meals, managing toileting needs – see www.sheffield.gov.uk/social-care/getting-long-term-care-support for further details)

Alternatively
 Search for private 'Dementia Day Care' on **Sheffield Directory**.
www.sheffielddirectory.org.uk

No → **Age UK Sheffield Wellbeing Centres**
 (0114) 250 2850
www.ageuk.org.uk/sheffield/our-services/wbc

Yes → See page 3

Where the sessions take place

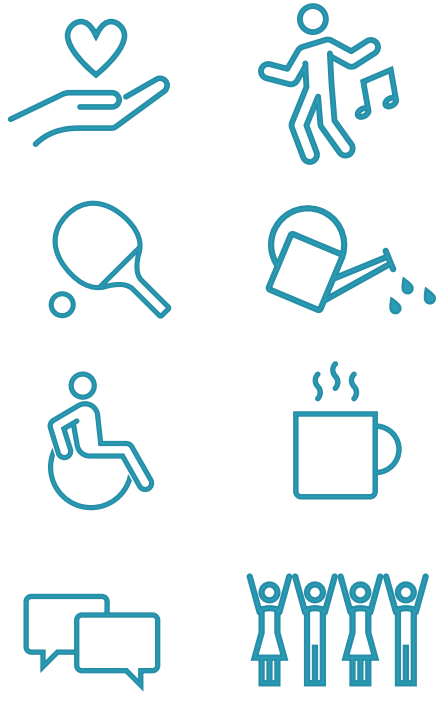


Age UK Sheffield

- Hillsborough Park Pavilion, Hillsborough Park, S6 4HB
- Dorothy Fox Centre, Botanical Gardens, Thompson Road, S10 2NQ
- Centre in the Park, Norfolk Park, Guildford Avenue, S2 2PL

What you can expect

- Compassionate and experienced Dementia-trained staff.
- Support and information to find suitable transport to the venue.
- A range of interesting and enjoyable activities designed around what you like to do.
- Venues which are welcoming, stimulating, wheelchair-friendly and equipped with accessible facilities and outdoor space.
- Support to ensure your wellbeing needs are met.
- Hot/cold drinks, a meal and light refreshments.
- Feedback to, and support for, your family members and unpaid carers.
- Support to help you move to other services if you develop care and support needs.



What it will cost

The session is free to attend.

- But you will be asked to pay for:
- Transport to and from the session (or you can arrange your own transport)
 - Meals
 - Optional one-off activities eg day trips.



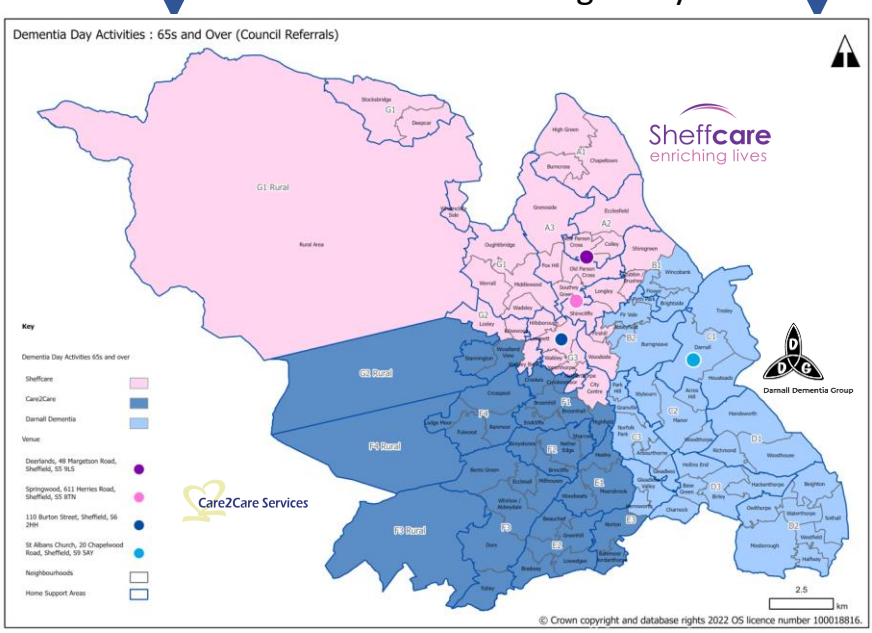


Age: 65s and Over with Dementia



Who to contact if you'd like to join Dementia Day Activities

Where the sessions take place and which organisation will support you



- **Sheffcare**
Deerlands, 48 Margeston Road, S5 9LS
- **Sheffcare**
Springwood, 611 Herries Road, S5 8TN
- **Care2Care**
110 Burton Street, S6 2HH
- **Darnall Dementia Group**
St Albans Church, 20 Chapelwood Road, S9 5AY

What you can expect at the sessions listed on the map

- Compassionate and experienced Dementia-trained staff.
- A range of interesting and enjoyable activities designed around what you like to do.
- Venues which are welcoming, stimulating, wheelchair-friendly and equipped with accessible facilities and outdoor space.
- Support to ensure your physical and wellbeing needs are met.
- Hot/cold drinks, light refreshments and a meal.
- Feedback to, and support for, your family members and unpaid carers.



Plus

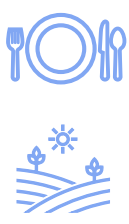
- Suitable transport arranged to and from the venue.
- Help to eat, drink and take your medication.
- Support with your mobility, toileting and continence management.
- Personal care delivered according to your individual care plan.



What it will cost

£ The amount (if anything) you pay for the **session** (which **includes transport**) will depend on a **Financial Assessment** but *will not* be more than you can afford. <https://www.sheffield.gov.uk/social-care/cost-of-care>

- You will also be asked to pay for:
- Meals.
 - Optional one-off activities eg day trips.
 - Non-attendance unless a valid reason or reasonable notice is given.



What people with Dementia have said...



All the staff are very friendly, I like the activities and getting to talk to people.

I'm too old to be having this much fun!

It has helped me to feel better about myself and now I don't feel sad as I have something to look forward to.



As soon as I step into the room I know I'm going to have a happy time.

I enjoy coming as we do something different every time.

My son was right, even though I don't want to admit it - I really like coming! I like to be busy.

It's lovely here; everyone understands and it brings back memories.

The difference it makes to family members...



My husband and I had become exhausted proving 24/7 care and were without doubt at breaking point. We cannot thank the staff enough for the care given to mum and support shown to us.

Mum really enjoys attending the centre. Since she has been attending we have noticed that when she comes home, we spend time chatting about what she has been doing, which is great as before it was difficult to find things to talk about. Attending the centre on community transport helps mum to still feel independent, which is very important to her, and us.

What the organisations say...

*We believe that memory loss shouldn't be a barrier to **fun, friendship and stimulation for the mind**. We're passionate about creating a **safe, loving and welcoming** environment for our members. We **sing**. We **dance**. We **play**. We **make things**. And above all else, we **laugh**.*



*We strive to create a **relaxed, informal setting** where people with Dementia have a **sense of identity** and of **belonging**. By building a **strong community** people can develop **significant friendships**. **Laughter and having a good time** are important to us. We want everyone to go home with an **increased sense of well-being**.*

