

This leaflet has been compiled by  
Warwickshire County Council's  
Locality Working Team in Rugby

[rugby@warwickshire.gov.uk](mailto:rugby@warwickshire.gov.uk)

07775220821

[www.facebook.com/rugbycommunities](https://www.facebook.com/rugbycommunities)

@RB\_Communities

*Do you know about any other services or activities for people living with dementia in Rugby Borough?*

*Please email [rugby@warwickshire.gov.uk](mailto:rugby@warwickshire.gov.uk) or call 07775220821 with any changes.*

*This leaflet along with all others produced by the team are available to download from: [www.warwickshire.gov.uk/rugbyareainformation](http://www.warwickshire.gov.uk/rugbyareainformation)*

***Note: We provide the information for you in good faith and make every effort to keep it accurate and up to date but we cannot guarantee this and so it is your responsibility to check the accuracy of the information before use. Some of the information may be provided by a third party or have links to external sites. We are not responsible for this content and, again, you need to satisfy yourself that the information is correct.***

OFFICIAL

# Activities and support for people living with dementia



in Rugby Borough

July 2025

## Dementia Support and Services across Warwickshire:

There are two key services that enable people to access all other post diagnosis dementia support:

### Dementia Connect

A personalised service for anyone affected by dementia:

- Telephone support
- Online support
- Face-to-face support

Contact: Alzheimer's Society

Call: 0333 150 3456

Monday to Wednesday: 9am – 8pm

Thursday and Friday: 9am – 5pm

Saturday and Sunday: 10am – 4pm

Email: [dementia.connect@alzheimers.org.uk](mailto:dementia.connect@alzheimers.org.uk)

Website: [www.alzheimers.org.uk/dementiaconnect](http://www.alzheimers.org.uk/dementiaconnect)

### Warwickshire's Living Well with Dementia website



An online service providing a full range of information about dementia and the support and services available locally in Rugby and across Warwickshire:

[www.warwickshire.gov.uk/dementia](http://www.warwickshire.gov.uk/dementia)



## USEFUL CONTACTS

Living well with Dementia: [www.warwickshire.gov.uk/dementia](http://www.warwickshire.gov.uk/dementia)

Alzheimer's Society: [www.alzheimers.org.uk/](http://www.alzheimers.org.uk/)

National Dementia Helpline: 0300 222 11 22

Dementia UK: [www.dementiauk.org](http://www.dementiauk.org)

Dementia UK Helpline: 0800 888 6678

Dementia Action Alliance: [www.dementiaaction.org.uk/](http://www.dementiaaction.org.uk/)

Dementia Friends: [www.dementiafriends.org.uk/](http://www.dementiafriends.org.uk/)

Rugby Dementia Support: <https://www.rugbydementiasupport.org/>  
01788 576854

Age UK Warwickshire: [www.ageuk.org.uk/warwickshire/](http://www.ageuk.org.uk/warwickshire/)

Dementia Connect <https://dementia.warwickshire.gov.uk/dementia-friendly-communities-2/services-support/1>



## Activities and Support

### Rugby Borough Council Lifeline Home Alarm Service

Lifeline provides a computerised link between your home and the council's 24-hr control centre. You can raise the alarm by activating the Lifeline unit or pressing the light-weight alarm trigger. You can wear this trigger around your neck or wrist or attach it to your clothing. Our operator has your name and address and check how you are, call for help or arrange an immediate visit if necessary.

[www.rugby.gov.uk/info/20071/supported\\_and\\_sheltered\\_housing/168/lifeline\\_home\\_alarm\\_service](http://www.rugby.gov.uk/info/20071/supported_and_sheltered_housing/168/lifeline_home_alarm_service)



### Assistive Technology

Assistive technology is used to describe a wide range of equipment and services that can help people to stay safe, maximise their independence and provide support to carers.

Please visit the Warwickshire County Council website for further information and advice about assistive technology at: [www.warwickshire.gov.uk/assistentechology](http://www.warwickshire.gov.uk/assistentechology)

It can help you and those you care for:

- Live at home safely with as much independence as possible.
- Stay connected with family, friends, and carers.
- Feel confident about getting out and about.

There are lots of different suppliers of assistive technology equipment.

Warwickshire County Council works with Millbrook Healthcare (<http://www.millbrook-healthcare.co.uk/>) to provide an equipment shop and demonstration area in Warwickshire called Mi-life, which is open to everyone. [warwickshirecontactus@millbrookhealthcare.co.uk](mailto:warwickshirecontactus@millbrookhealthcare.co.uk)  
**0333 321 8986**

At Mi-life you can view and find out more about how the equipment works and how it might help you. They also offer a home assessment service.

**Mi-life  
Binley Industrial Estate  
Progress Close (Progress  
Way), Binley, CV3 2TF**

## Activities and Support

### Rugby Dementia Support

Rugby  
Dementia  
Support



A small voluntary group providing help to those with dementia and those who care for them. Currently run (at no or minimal charge)

**First Friday Together:** For people living with dementia and those who support or care for them to meet, share experiences and gain information. There is time for those living with dementia and their carers/supporters to meet in separate groups. • **Session 1** – For those caring for someone now in residential care: 1130hrs-1300hrs • **Session 2** – For those Carers for someone living with Dementia at home: 1330hrs-1500hrs.

**Music Singalong:** These singing sessions are for people living with dementia, and those who support are care for them. These are usually run on the second and fourth Fridays of the month from 1330-1500hrs.

**Bereaved Support Group:** This group is for people who have been bereaved following caring for a person close to them who had dementia and would like support, an opportunity to share experiences and for companionship. This group meets on a Thursday each month from 1100-1230hrs.

**Social Get Together and Games:** A social setting for people living with dementia, their family, friends, and carers. These are held on a Friday of the third or fourth week of the month. Some refreshments will be provided. Two sessions are generally run. • **Session 1** - Friday, 1230-1400hrs – bring a picnic/lunch • **Session 2** - Friday, 1430-1600 hrs.

**Get Together for those with Young Onset Dementia:** A social setting for those young members who have been diagnosed with early onset dementia and those who support them. Held on a Friday of the third or fourth week of the month from 1230- 1400hrs – bring a picnic/lunch.

**Caring for a Parent Living with Dementia:** This session aims to support those who are caring for a Parent Living with Dementia. The group meets on the second or fourth Friday of the month from 1330-1500hrs in parallel with a music session. **Note: All of the above sessions are held at The Friends Meeting House, 28 Regent Pl, Rugby CV21 2PN**

## Activities and Support

### Rugby Dementia Support continued...

#### Other Services

##### Pub Lunches:

Each month we arrange to have lunch together on the second Thursday of the month in a local Rugby pub. (Subsidised by Rugby Dementia Support, Cost £2.50)

##### Understanding Dementia:

This session for all who are interested in understanding more about dementia and how to support people affected by it. Friends Meeting House, 28 Regent Place, Rugby, CV21

**Information & Advice** with applications for Attendance Allowance, Carer's Allowance, Blue Badge application or guidance on legal power of attorney. Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN Note: Please book this session with Ray Pickering Ray Pickering (01788 551416) [r\\_pickering@sky.com](mailto:r_pickering@sky.com) (Details below)

For more information, please visit:

[www.rugbydementiasupport.org.uk](http://www.rugbydementiasupport.org.uk)

or contact Jane on 01788 576854

### The Community Hub & Cafe

**The Royal British Legion Care Home, Galanos House, Banbury Road, CV47 2BL, Southam**

Who's it for?

Anyone living in the community, but mainly people with dementia and their carers.

The Royal British Legion operate a dementia cafe from The Community Hub & Cafe at Galanos House Care Home for people living with dementia and their loved ones to meet for coffee, singing, dancing and peer support.

## Activities and Support

### Support for Carers

[www.warwickshire.gov.uk/carers](http://www.warwickshire.gov.uk/carers)

#### Warwickshire Carer Wellbeing Service

This service aims to ensure that carers are supported in every way possible in their caring role, while maintaining their own wellbeing, including:

 [Where can I get advice on my caring role?](#)

 [How do I arrange time off from my caring responsibilities?](#)

 [How do I get a carer's assessment?](#)

 [How do I access carer training courses?](#)

 [Where can I get Benefits advice?](#)

 [What support is there for young carers?](#)

Please contact:

Tel: 024 7663 2972 – option 2

Email: [carerssupport@carerstrusthoft.org.uk](mailto:carerssupport@carerstrusthoft.org.uk)

Website: [www.carerstrusthoft.org.uk](http://www.carerstrusthoft.org.uk)



## Activities and Support

### Uplift Arts



Arts and Dementia Warwickshire is an arts programme for people living with dementia and their carers living in Warwickshire in the community, in In Patient wards and also in care homes. It has been commissioned by Warwickshire County Council. It is a varied programme for 2 years including singing, performance poetry, arts and crafts, dance/movement, storytelling, and reminiscence therapy. Alongside this there is some training for care staff as well.

People can be referred by a health professional or can self-refer. They will need to fill out a referral form before they start which will be online and can be posted. They do not need a diagnosis of dementia. users. For more information contact

**Jenny Davis**

**jenny@artsuplift.co.uk 07946 585978**

**<https://www.artsuplift.co.uk/arts-for-dementia-warwickshire/>**

### Recovery & Wellbeing Academy

The Recovery and Wellbeing Academy offers a learning approach to recovery and wellbeing that compliments existing services provided by Coventry and Warwickshire Partnership NHS Trust and Coventry and Warwickshire Mind in the county. The academy offers a wide range of FREE courses and workshops designed to empower people in recognising their skills, abilities and resources and learning to become experts in their own recovery and wellbeing. Courses have included Coping with Caring, Understanding Personal Independence Payments and Bereavement. A large number of local partnership organisations have come together to deliver various free courses and workshops across a number of venues. Open to over 18s. Enrol at <https://www.recoveryandwellbeing.co.uk/> Call 0300 303 2626. [Recovery.Academy@covwarkpt.nhs.uk](mailto:Recovery.Academy@covwarkpt.nhs.uk)

## Activities and Support

### Rugby Art Gallery & Museum



### Good Times Project

The Good Times project is a mix of dementia friendly craft sessions for people living with dementia and their carers, which run at the Art Gallery and Museum on the third Thursday of the month. These are free, therefore please book your place on: 01788 533201. <https://www.ragm.co.uk/good-times>

### Anya Court

#### Friendship Café

Come along for friendship, coffee, chat, music, and cake! 1st Wednesday every month and 3rd Saturday every month, between 2-4pm.

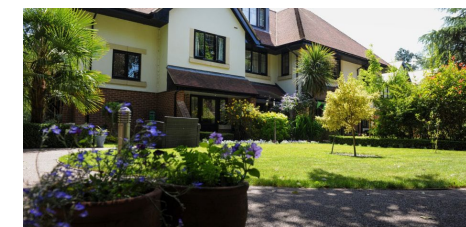
#### Cinema Afternoon

Dementia friendly cinema on the last Tuesday of every month, starting at 2:30 pm. Free and open to all.

**Anya Court Care Home, 286 Dunchurch Rd, Rugby CV22 6JA**

01788 462616

<https://www.hallmarkcarehomes.co.uk/care-homes/warwickshire/anya-court-care-home/>



## Activities and Support

### Overslade House

#### Dementia Café

Overslade House, at 12 Overslade Lane, Rugby, CV22 6DY runs a dementia café on first Tuesday of the month between 1-2pm from January 2024

#### Overslade House Care Home

12 Overslade Lane, Rugby, CV22 6DY  
<tel:01788649087>

<https://www.barchester.com/home/overslade-house-care-home>



### Age UK Warwickshire



#### Dementia Day Opportunities

For anyone with a dementia diagnosis and able to participate in activities and interact with fellow group members. Activities include reminiscence therapy, music and movement, arts and crafts and runs Mondays to Thursdays 9.00am – 3.00pm (£10 for those financially assisted by Warwickshire County Council).

[www.ageuk.org.uk/warwickshire/our-services/dementia-day-opportunities/](http://www.ageuk.org.uk/warwickshire/our-services/dementia-day-opportunities/)  
01788 552543



### Live Music Memories Club

For people with Dementia and their carers, family and friends 12noon to 2.00pm on the second Friday of each month Entertainment from a range of different live musicians. Entry is free.

Dunchurch Social Club The Sq, Dunchurch, Rugby CV22 6NU  
[01788 811177](tel:01788811177)



## Activities and Support

### Coventry and Rugby Admiral Nurse Service

This service is available to people living in Coventry and Rugby who are providing care and support for a person with a diagnosis or likely diagnosis of dementia. To access the service, you must be registered with a Coventry or Rugby GP. Referrals will be accepted from GPs and Arden Memory Services or people can self-refer.

Please contact Coventry and Rugby Admiral Nurse Service on: Telephone: 0800 888 6678  
Email: [helpline@dementiauk.org](mailto:helpline@dementiauk.org)  
Opening Times: Monday to Friday – 9am to 9pm Saturday to Sunday – 9am to 5pm

[Admiral Nurse Service - Coventry and Rugby GP Alliance \(coventryrugbygpalliance.nhs.uk\)](http://www.coventryrugbygpalliance.nhs.uk)

The Royal British Legion Admiral Nurses offer specialist support, information, and advice to the family carers of people living with dementia within the Armed Forces community. The service prioritises carers who are supporting people with complex needs, or who are having difficulty coping with their caring role.

Visit: [www.britishlegion.org.uk/get-support/care-and-independent-living](http://www.britishlegion.org.uk/get-support/care-and-independent-living) or call **0808 802 8080**.

### Coventry and Warwickshire Partnership NHS Trust



Coventry and Warwickshire Partnership NHS Trust

#### Community Dementia Service

Specialist support for people who have a diagnosis of dementia and their families and carers.

#### Memory Assessment Services

Provides assessments for the identification of memory problems and post diagnosis support. Assessments are carried out in clinics where possible but those who have difficulty accessing clinics may have assessments in their own home.

For more information, please call: 01788 513700 or visit:

[www.covwarkpt.nhs.uk](http://www.covwarkpt.nhs.uk)

The Rugby base is Brunel House, The Railings, Rugby, CV21 2AW (sat nav postcode CV21 2NP). [Service Detail Coventry and Warwickshire Partnership NHS Trust \(covwarkpt.nhs.uk\)](http://www.covwarkpt.nhs.uk)

## Activities and Support

### Alzheimer's Society

[www.alzheimers.org.uk/](http://www.alzheimers.org.uk/)

### Warwickshire Dementia Navigators Service

Single point of access to information and advice for anyone diagnosed with dementia, people seeking a diagnosis, and their families in Warwickshire. This is provided by the Alzheimer's Society Warwickshire and is open Monday to Friday, 9am to 5pm. Tel: 01926 888899 or email: [southwarks@alzheimers.org.uk](mailto:southwarks@alzheimers.org.uk)



### Dementia Friends

Aims to give people a better understanding of dementia and the small things we can all do to make a difference to the lives of people affected by dementia. [www.dementiafriends.org.uk/](http://www.dementiafriends.org.uk/)



### Dementia UK

Dementia UK provides specialist dementia support for families through its Admiral Nurse Service.

[www.dementiauk.org](http://www.dementiauk.org)

### Dementia UK Helpline

**0800 888 6678**

Open weekdays: 9am – 9pm

Weekends: 9am – 5pm

[helpline@dementiauk.org](mailto:helpline@dementiauk.org)



### Coventry and Warwickshire Dementia Action Alliance

The Coventry and Warwickshire Dementia Action Alliance (DDA) is made up of organisations in Coventry and Warwickshire which are working towards creating dementia friendly communities to improve the lives of people living with dementia and their carers. [www.dementiaaction.org.uk/local\\_alliances/](http://www.dementiaaction.org.uk/local_alliances/)

## Activities and Support

### Queen's Diamond Jubilee Leisure Centre

#### Better Get Together.

A social sports session on a Tuesday, 12:15-14:15

This is a drop-in session. The session includes refreshments, lots of talking, darts, dominoes, bowls, badminton, cards, and table tennis.

#### Chair Based Exercise

The class is on a Monday at 11:45am – 12:30.

This class is ideal for those who can't take in part activities such as walking or high intensity exercise classes.

### Compassionate Communities Coventry & Rugby

Compassionate Communities aims to facilitate support for the dying and bereaved, people living with long term health conditions and people who are socially isolated from within the community itself.

**Contact: 024 7696 5131 or 07500 782 658**

**Email-**

[compassionatecw@uhcw.nhs.uk](mailto:compassionatecw@uhcw.nhs.uk)

**For Further Information**

<https://compassionatecw.co.uk/>

### Warwickshire Libraries

#### Books on Prescription (BOP)

Books on Prescription can help you manage your health and wellbeing with self-help books, eBooks, and CDs. Reading Well BOP Dementia has titles for people who have dementia, are caring for someone with dementia or want to find out more information about dementia. If you are already a library member, BOP books are available to borrow without a prescription. If you are not a library member, health and social care professionals can prescribe the BOP service:

There are 3 libraries in Rugby:

- Rugby Library and Information Centre
- Dunchurch Community Library
- Wolston Library and Information Centre

For more information, please visit:

[www.warwickshire.gov.uk/booksonprescription](http://www.warwickshire.gov.uk/booksonprescription)



## Tips for Living Well with Dementia

### Tips for Living Well with Dementia

- ✓ Eat a healthy, mixed diet
- ✓ Keep active – physically, mentally and socially
- ✓ Enjoy positive social contacts and meaningful activity



Being physically active can improve your wellbeing at all stages of dementia. The benefits of physical activity may include:

- Keeping your independence
- Improved strength and mobility
- Helping to keep bones strong
- Reducing the risk of falls
- Reducing feelings of isolation
- Increased confidence
- Improved mood and sense of wellbeing

### Tips when supporting people living with dementia

- ✓ Take time, adjust your pace and expectations.
- ✓ Try to see the world from a different point of view.
  - ✓ Listen carefully.
  - ✓ Be welcoming – smile.

### Playlist for Life

Playlist for Life is a music and dementia charity, who want everyone with dementia to have a unique, personalised playlist and everyone who loves or cares for them to know how to use it. Listening to a personalised playlist can improve the lives of those living with dementia.

Email: [info@playlistforlife.org.uk](mailto:info@playlistforlife.org.uk)

Phone: 0141 404 0683

<https://www.playlistforlife.org.uk/>



### Fitter Futures Warwickshire Physical Activity / Healthy Lifestyles on Referral Service

Being physically active can help you to maintain independence and live well with dementia. If you have a diagnosis of dementia (in the early-mid stage) you can benefit from the Physical Activity/ Healthy Lifestyles on Referral Service.

- The service offers a 12-week programme of physical activity at various venues across Warwickshire.
- You can choose from a combination of activities at a variety of settings:
  - sessions at a local leisure facility
  - personalised sessions at home or in a community venue
  - group activities in your local community e.g., walking groups.
- You will be supported by a Physical Activity Specialist who will develop the programme for you and offer support and encouragement to help you become more active.
- There is a cost to the programme which is discounted where possible.
- You can come along to sessions by yourself or with a carer. Carers may also be able to participate - please ask the person who refers you for more details

For more information about the Physical Activity/ Healthy Lifestyles on Referral Service please contact Fitter Futures Warwickshire:  
Telephone: 02476 400 594 E-mail: [fitterfutures@nbleisuretrust.org](mailto:fitterfutures@nbleisuretrust.org)  
Website: [www.fitterfutureswarwickshire.co.uk](http://www.fitterfutureswarwickshire.co.uk)

Please ask your GP practice, pharmacy, healthcare, or social care professional to refer you to the service.

