

Havant and Waterlooville Primary Care Network

Dementia health and wellbeing coaches:

- Providing memory assessment and peri diagnostic support
- Post diagnostic support and education
- Education to understand and live with dementia
- Guide and teach carers to manage dementia
- Future care planning
- Work with families to reduce avoidable hospital admissions

One-to-one ongoing support linked with the GP:

- Coordinate care with other agencies to deliver personalised care
- Enable end of life conversations to take place
- Ensure appropriate care is delivered in a timely fashion in the most appropriate place

Access to group activities:

- Virtual support for carers in collaboration with Portsmouth Hospital University NHS Trust
- Cognitive stimulation therapy in collaboration with Andover Mind
- Exercise groups

Memory cafes:

- Denmead – second Wednesday of a month, 11am to 12.30pm
- Havant – third Thursday of the month, 11am to 12.30pm
- Waterlooville - first and third Monday of the month, 2pm to 3pm, in collaboration with The Strawberry Primary Care Network (The Vine Medical group and Havant Health Centre)

Referrals: Havant and Waterlooville Primary Care Network accept self-referral as well as from health and social care professionals



07552 591 447



kim.badcock@nhs.net

Older Persons Mental Health – Southern Health NHS Foundation Trust

Provide assessment, care and treatment of older adults living in the community and residential care homes who are experiencing a range of mental health issues, including dementia.

Opening hours: Monday to Friday, 9am to 5pm.

Referrals: access to Older Persons Mental Health community services is via referral from healthcare professionals only. Please speak to your GP.



0300 123 3923 (crisis team can be reached out of hours via the same number)

Day centres

- Sunshine - Waterlooville
- Malmsbury - Havant
- Locks Wood - Fareham
- Gosport Discovery Centre

Take a Break Adult Services

This is a service available through Hampshire Adult Social Services.



Portsmouth Hospitals
University
NHS Trust

Accessing dementia services in Portsmouth

Working together To drive excellence in care for our patients and communities

Portsmouth Hospitals University NHS Trust

Patients with dementia and their carers have access to:

- Admiral Nurse Service that supports families affected by dementia during and after their admission
- Dementia case workers who support people with dementia during their admission
- Palliative Care team who provide end of life and palliative care during admissions
- Dementia champions within each division who provide enhanced support to people with dementia
- Virtual veteran and dementia carer's café – last Tuesday of every month, 1pm to 3pm
- Virtual carers of people with dementia support group – every Tuesday, 11am to 11.45am
- Virtual Young Onset Dementia Carers support group – fourth Thursday of every month, 7pm to 8pm

Referrals: referrals are made by health professionals within the Trust via email



02392 286000



dementiateam@porthosp.nhs.uk



<https://www.porthosp.nhs.uk/departments/dementia-services.htm>

Portsmouth

Remind

Dementia clinical nurse specialists and intensive engagement support workers:

- Providing peri-diagnostic and diagnostic support
- Post diagnostic support and education

- Education to understand and live with dementia
- Guide and teach carers to manage dementia
- Future care planning and end of life support
- Bereavement support
- Work with families to reduce avoidable hospital admissions

Access to group activities:

- Activity groups for person with dementia and carers (St Swithuns Church, Waverly Road PO5 2PL, every Monday, 10am to 11.30am and Cosham Baptist Church, 1pm to 2.30pm)
- Cognitive stimulation therapy
- Rowans Living Well Centre - information, signposting and a timetable of activities for enjoyment, relaxation, stimulation for both patients and carers 02392 248011
- Access to Meerkats Service providing support to children up to the age of 18

Memory cafes:

- Access to "Dementia Dames". A support group for working women who have a husband or partner with dementia. Runs on a Saturday morning at Hertfordshire Company Coffee Shop, Cosham PO6 3AZ from 9am to 12pm. Run by Emma Hanson, clinical nurse specialist, 07824430882

Referrals: Remind accepts self-referral as well as from health and social care professionals



03303324030



remind@solentmind.org.uk

Older Persons Mental Health team – Southern Health NHS Trust

Provide assessment, care and treatment of older adults living in the community and residential care homes who are experiencing a range of mental health issues, including dementia.



Gosport and Fareham: 02392 681000
Petersfield and Bordon: 01420 483844
Havant and Waterlooville: 02392 344616

Referrals: access to Older Persons Mental Health community services is via referral from healthcare professionals only. Please speak to your GP.

Day centres

- Royal Albert Day Centre
- Cedar House
- The Lodge

Hampshire

Andover Mind - Carer Support and Dementia Advice Service

- Single Point Access for referrals from Professionals and Self Referrals
- Support for people worried about their memory
- One to one support for both the person with dementia and their carers/family/friends
- Support for all carers caring for another adult
- Access to various Peer Support groups including virtual groups
- Support to navigate local services including signposting to other organisations
- Support to make referrals to local services
- Support to access Tele Care for a person living with dementia

Referrals: self referrals via email or telephone



01264 332297



enquiries@andovermind.org.uk



www.andovermind.org.uk