



## Ways you can support us

Our running costs are approximately £470,000 per annum. We therefore rely on the support and generosity of the public and the business community. All money raised in Jersey is spent in Jersey.

### Donate Online

Alternatively you may like to make a donation online via:

[www.dementia.je](http://www.dementia.je)

### Donate by cheque

Please make cheques payable to 'Dementia Jersey' and send to our office, address below.

### Volunteer

Consider volunteering at our events, for more information please contact Susie Kelly email [susie@dementia.je](mailto:susie@dementia.je)

## Contact us

**Telephone** 01534 723519

**Email** [info@dementia.je](mailto:info@dementia.je)

**Web** [www.dementia.je](http://www.dementia.je)

**Post** Dementia Jersey, Hilgrove Street, St Helier, Jersey

# A Guide to our services

**A local guide to the services  
available to people with dementia  
and their families**

## Dementia Advice and Counselling

Dementia Advice is a service provided by Dementia Jersey which gives people the chance to talk with a trained professional about any subject related to dementia. This can be with or without the person with dementia being present and can be for just a brief chat or for support over a much longer time.

Meetings with a Dementia Advisor can be in our offices or by phone, zoom or email and can either be one to one or include your whole family, including the person with dementia, if this is helpful. Whilst our Dementia Advisors can't tell you what to do, they are knowledgeable about all aspects of dementia, health services, Social Security benefits, the Long Term Care Scheme, Powers of Attorney, Capacity and much more, so can provide you with useful information and point you in the right direction for other help you may need. Counselling support is also available if you need it.

### Our team

**Dr Sian Wareing-Jones** is a qualified and experienced counsellor with a special interest in working with people with dementia and their families. She has been working for our charity since 2010. Her MA research focused on family carers' experiences of caring for a relative with dementia and for her PhD she researched person-centred care for people with dementia.

### Dementia Friends

Dan is a Dementia Champion trained to deliver our Dementia Friends Jersey awareness programme.

Dementia Friends aims to change the way people think, act and talk about dementia.

Each session includes 5 key messages on dementia as well as activities to enhance people's understanding of dementia.

If you would like a talk on Dementia or to book a Dementia Friends session, please call or email Dan du Heaume.



### Drop in

Open Monday to Friday 10.00am – 2.00pm

Here you will find someone to speak to about your issues of concern and who will be able to signpost you to other appropriate sources of help and support. We also have factsheets, leaflets and a small library of books.

## The Meeting Place Project

Monday 10.00am - 12.30pm, Salvation Army Hall

Friday 10.00am - 12.30pm, Samares Methodist Church

Free + Refreshments

The project offers varied sessions that provide an opportunity to share experiences and talk with other people in similar situations. We also explore ways to stimulate memory and thinking skills, build self-esteem and keep our bodies healthy.

If you have a recent diagnosis of dementia and are interested in taking part, please get in touch with Dan for an informal discussion.

Dan Du Heaume 07829 772204 email dan@dementia.je

## Training & Education

Dan Du Heaume, Education and Meeting Place Co-ordinator, works across the island to raise awareness and understanding about dementia. He works with many different groups of people, of all ages, in schools and colleges, businesses, care homes and care agencies, in order to provide specialist training on dementia.

All our sessions are free of charge however if you would like to make a donation to support the work of Dementia Jersey, this would be gratefully received.

For further information or to book a date, please contact Dan du Heaume.

**Rachel O'Brien** has a background in education and most recently co-ran a specialist language group with Speech and Language Therapists. She has also worked in the field of ergonomics, building and furniture design. She has several years lived experience as a carer, as well as experience of running support groups. Rachel joined the team in July 2020.

**Clare Ponter** has lived in Jersey for 30 years and has developed her knowledge about dementia from various roles at Jersey Hospice Care, The Stroke Association and as a nurse. Clare joined our team in November 2021.

Appointments are usually in our centre in Hilgrove Street, St Helier, but if this is difficult, please don't worry, we can always hold the meeting in your home, at the hospital or in a care home if that is easier.

## Carers Support Sessions

Free + Refreshments

We hold regular sessions both in person and on zoom. For further information and to book please contact us. Our new carer's information and support programme provides up to date information in a friendly group environment. Guest speakers will share their expert knowledge on a range of subjects relevant to the role of caring and the group offers an opportunity for current informal care givers to meet with others in a similar position.

## Our Activities

### Splashchat

Tuesday 10.30 - 11.30am, AquaSplash, St Helier

Free

Splashchat is a weekly social swimming group jointly run by the Occupational Therapists, the Memory Clinic, Dementia Jersey and the AquaSplash. A 30 minute swim is followed by the opportunity for join the Coffee and Connect group at the Radisson Hotel.

### Coffee and Connect

Tuesday 11.00am - 12.30pm, Radisson Hotel

Thursday 2.00 - 3.30pm, Radisson Hotel

Free + £3 Refreshments

Join us every Tuesday or Thursday for a cuppa and an opportunity to talk with other clients, carers and our volunteers.

Coffee & Connect provides a great setting for those living with dementia and those caring for someone with dementia, to take a break and connect with others who are going through the same journey. Share stories or just listen, perhaps share some laughter.

It really is good to talk.

### Arts Exploration

Wednesday 10.30am - 12.00pm, Philadelphie Messy Centre, St Peter

Free + Refreshments

This art therapy programme is specifically designated for people with dementia and members of their families and care providers.

There is free parking. Join us and explore your creativity!

### Musical Memories

Friday 3.30 - 5.00pm, St Andrew's Church Hall

Free + Refreshments

Musical Memories is a weekly singing group for people with dementia and their carers. Join us as we sing well loved songs, play musical instruments and engage in musical activities.

Most of all we have fun and share laughter with an aim to:

- ◇ Stimulate memory
- ◇ Increase communication
- ◇ Encourage social networks. Rusty voices welcome!

### Musical Monday

First Monday monthly, 2.15 - 3.30pm St Martin's Public Hall

Free + Refreshments

Musical Memories is a monthly singing group for people with dementia and their carers. Join us as we sing well loved songs, play musical instruments and engage in musical activities.

For further information on any of our activities, please contact Susie Kelly, Volunteer and Activities Co-ordinator, email [susie@dementia.je](mailto:susie@dementia.je)