



## **Information, advice and support services for people with dementia and their families in the London borough of Barnet**

**A useful guide to services in Barnet. Helping you live well with dementia.**

1. Alzheimer's Society National and Local Services
2. Other National Organisations
3. Activities and Day Centres
4. Advice and Support Services
5. Useful Websites/Links

**Please contact the Barnet Dementia Hub for more information  
0203 725 3001    [Barnet@alzheimers.org.uk](mailto:Barnet@alzheimers.org.uk)**

# 1. Alzheimer's Society National and Local Services

Alzheimer's Society is the only UK charity that campaigns for change, funds research to find a cure and support people living with dementia today. We offer practical information advice and support locally and nationally on living well with dementia.

## National Services

### National Dementia Helpline

Our helpline advisors can provide information, advice and emotional support to anyone affected by dementia. Open 7 days a week, 9am-8pm Mon-Wed, 9am-5pm Thu-Fri, 10am-4pm Sat-Sun.

Tel: 0300 222 1122

### Talking Point

Our online community is a place where you can ask questions, share experiences and get information and practical tips on living with dementia. It's free to use, open 24 hours a day and all you need is an internet connection.

Web: <https://www.alzheimers.org.uk/get-support/talking-point-our-online-community>

### Dementia Connect Online Directory

Our comprehensive directory allows you to find advice and information support services. Simply enter your postcode or location to find support near you on our

Web: <https://www.alzheimers.org.uk/>

### Information and support

Our wide range of publications and information online will help you to understand dementia and plan for the future. We'll help you to live well with dementia by providing the right information- focused on practical advice and support- at the right time. Order online or over the phone.

Tel: 0300 303 5933

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

## Local Services

### Singing for the Brain

Our free Singing for the Brain sessions use singing to bring people with dementia and their carers together in a friendly and stimulating activity. No booking required.

When: Every Thursday- 12 week terms

Address: The Eversfield Centre, 11 Eversfield Gardens, Mill Hill NW7 2AE

Tel: 0203 725 3001

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

### **Dementia Advisors**

Dementia advisors provide free information, support and advice to people with dementia, their families and carers. We offer practical guidance to help understand dementia, cope with day to day challenges and prepare for the future. Support can be given over the phone, in writing and face to face including home visits. Please contact us to make a referral.

When: Mon-Fri 9am-5pm

Tel: 0203 725 3001

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

### **Day Centre**

The Marillac at Barnet Dementia Hub is a day service offering a range of activities; cognitive, physical and social for people with a diagnosis of dementia, in a safe welcoming and supportive environment with trained staff and volunteers. Please contact us to make a referral.

When: Mon-Fri 10am-3:30pm

Address: Barnet Dementia Hub, 1-5 Brampton Grove, Hendon, NW4 4AE

Tel: 0203 725 3001

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

### **Focus on Dementia Network**

A review panel made up of a small group of people with dementia meeting once a month to discuss a range of topics appropriate to improving the lives of people affected by dementia. The review panel help the society to improve our work by ensuring that it reflects the views of people with dementia.

When: Second Wednesday of the month

Address: Barnet Dementia Hub, 1-5 Brampton Grove, Hendon, NW4 4AE

Tel: 0203 725 3001

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

## **2. Other National Organisations**

### **Information, Advice and Support**

#### **Action on Elder Abuse**

Action on elder abuse works to protect and prevent the abuse of vulnerable older adults.

Tel: 0808 808 8141

Web: [www.elderabuse.org.uk](http://www.elderabuse.org.uk)

### **Admiral Nurse Dementia Helpline**

A helpline provided by experienced Admiral Nurses offering practical advice and emotional support to people affected by dementia.

Tel: 0800 888 6678 (Mon to Fri 9am-9pm, Sat & Sun 9am-5pm)

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

Web: [www.dementiauk.org/get-support/dementia-helpline-alzheimers-helpline/](http://www.dementiauk.org/get-support/dementia-helpline-alzheimers-helpline/)

### **Age UK**

Free information and advice on topics as diverse as claiming benefits to care homes. Also, offer free publications and helpline.

Tel: 0800 678 1174

Web: [www.ageuk.org.uk](http://www.ageuk.org.uk)

### **At Dementia**

Provides information and advice on assistive technologies for people with dementia. A UK-based charity funded with help from the department of health. Also provides information on dementia consultancy and education for all dementia support groups and individuals.

Web: [www.atdementia.org.uk](http://www.atdementia.org.uk)

### **Dementia UK**

A national charity committed to improving quality of life for all people affected by dementia.

Tel: 0800 888 66 78

Email: [direct@dementiauk.org](mailto:direct@dementiauk.org)

### **Disabled Living Foundation**

National charity providing impartial information and advice on the huge range of aids and equipment/assistive technology which can help disabled people remain independent and support the carer.

Tel: 0300 999 0004

Web: [www.dlf.org.uk](http://www.dlf.org.uk)

### **Independent Age**

Work with older people, their families and carers to get the best available care and support. Get advice on a range of community care issues including finding and paying for care, welfare benefits and hospital discharge.

Tel: 0845 262 1863

Email: [advice@independentage.org](mailto:advice@independentage.org)

Web: <http://www.independentage.org>

## Support and Advice for Carers

### Carers UK

Carer's UK can provide information, advice, support, guidance to carers, as well as signposting to other helpful organisations.

Tel: 0808 808 777

Web: [www.carersuk.org](http://www.carersuk.org)

### Carers Trust

National carers charity, also offers a range of information.

Web: <https://carers.org/>

## Money and Benefits

### Disability benefits helpline

A helpline providing advice and information for disabled people and carers, on the range of benefits available.

Tel: 0845 712 3456

Text phone: 0845 722 4433

Email: [dcpu.customer-services@dwp.gsi.gov.uk](mailto:dcpu.customer-services@dwp.gsi.gov.uk)

Web: [www.gov.uk/disability-benefits-helpline](http://www.gov.uk/disability-benefits-helpline)

### The Money Advice Service

Provides advice about money and benefit online and also have a helpline open Monday to Friday 9am-5pm.

Tel: 0800 138 7777

Web: <https://www.moneyadviceservice.org.uk/en>

## Health and wellbeing

### NHS choices

A helpful website, packed full of information on dementia and other conditions, treatments, local services and healthy living.

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

### NHS 111 Service

A free helpline when you need medical help fast but is not a 999 emergency. Speak to a trained advisor who can connect you to a nurse, emergency dentist and out of hours GP service.

Tel: 111

### **Parkinson's UK**

Helpful advice on the two forms of dementia associated with Parkinson's disease, Parkinson's Dementia & Dementia with Lewy Bodies.

Tel: 0808 800 0303

Web: [www.parkinsons.org.uk/dementia](http://www.parkinsons.org.uk/dementia)

### **Stroke Association**

Provides information, support and advice for stroke survivors, helping to make the best recovery.

Tel: 0303 3033 100

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

### **The Keep fit Association**

Information and advice about fitness classes in your area

Tel: 01403 266000

Web: [www.keepfit.org.uk](http://www.keepfit.org.uk)

## **3. Activities and Day Centres**

### **Activities**

#### **Age UK Dementia Café**

Dementia Cafes are for people with dementia, or those who are caring for someone with dementia.

When: Third Monday of Every Month 2-4pm

Address: Friends Meeting House, 55 Leicester Road, New Barnet, EN5 5EL

Tel: 020 8203 5040

#### **Dementia Club UK**

Dementia Club UK runs sessions for people with dementia and their carers, friends and families. Each session provides professional advice, information and different fun activities ranging from gentle exercise to in a social atmosphere with refreshments.

- Finchley Memorial hospital Granville Road N12 0JE- Wednesdays 2-4pm
- Sha'arei Tsedek, 120 Oakleigh Road North, Whetstone, London N20 9EZ- First Monday of every Month 2-4pm
- Hendon Town Hall, The Burroughs, London, NW4 4AX- Last Thursday of every month 2-4pm
- Stephens House and Gardens, 17 East End Road, Finchley, London N3 3QE, Second Monday of every month – 2-4pm
- The Venue Leisure Centre, Elstree Way, Borehamwood WD6 1JY Third Monday of every Month 1-3pm

- Greek Cypriot Britannia Centre, 2 Britannia Road, North Finchley, N12 9RU  
Last Monday of every Month 2-4pm
- The Baden-Powell Centre, John Keble Church, Deans Lane, Edgware HA8 9NT First Tuesday of every month 2:30-4:30pm
- St Johns United Reformed Church, corner of Somerset and Mowbray Roads, New Barnet, EN5 1RH, Last Tuesday of every month 2-4pm
- Barnet Copthall Leisure Centre, Champions Way, Hendon, London NW4 1PX
- Hendon town Hall, The Burroughs, Hendon NW4 4AX Last Thursday of every month 2-4pm.
- Eversfield Centre, 11 Eversfield Gardens, Mill Hill, NW7 2AE last Friday of every month 1-3pm
- St Johns Parish Centre, Friern Barnet Road, N11 3EQ Second Tuesday of every Month 2-4pm

Tel: 0795 685 8913

Email: [lisa.rutter@dementiaclubuk.org.uk](mailto:lisa.rutter@dementiaclubuk.org.uk)

Web: [www.dementiaclubuk.org.uk/](http://www.dementiaclubuk.org.uk/)

### **Dementia Friendly Swimming**

Better in Partnership with Barnet Council and the ASA have Dementia Friendly Swim Sessions. These sessions cost £2.80 for the individual with Dementia with Carers coming for free.

When: Tuesdays 10:30-11:30am

Tel: 0208 457 9900

Address: Barnet Copthall Leisure Centre, Champions Way, Hendon, NW4 1PX

Web: <https://www.better.org.uk/leisure-centre/london/barnet/barnet-copthall-leisure-centre>

### **Dementia Friendly Tea Dance**

An afternoon of music, dance and light refreshments, bringing people with dementia and their carers together in a fun, friendly and social environment. There is a £2 charge per person.

When: Third Thursday of every Month 2-3pm.

Address: Salvation Army, 1-5 Brampton Grove, Hendon, NW4 4AE

Tel: 020 8202 2439

Email: [hendon@salvationarmy.org.uk](mailto:hendon@salvationarmy.org.uk)

### **Memories are Made of This**

A singing group for people with early memory loss, dementia and their relative or carers, run by a trained facilitator.

When: Second Monday of every month, 2-4pm

Address: Friends Meeting House, 55 Leicester Road, Barnet, EN5 5EL

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

### **Memory Way Cafes- Jewish Care**

Memory Way Cafes are regular social gatherings over tea and cake for people who are living with dementia together with their family carers. They offer a welcoming, sociable, hospitable and accepting space.

- Betty and Asher Loftus Centre, Asher Loftus Way, London N11 3ND, Monthly on a Thursday
- Edgware and Hendon Reform Synagogue, 118 Stonegrove, Edgware HA8 8AB Monthly Wednesdays 2:30-4:30pm
- Leonard Sainer Centre for People Living With Dementia, Jack block House, Rectory Lane, Edgware, HA8 7LF Monthly Wednesdays 3:15-5:00pm
- Otto Schiff, Limes Avenue, NW11 9TJ Fortnightly Thursdays 2:30-4:30pm

Tel: 020 8922 2222

Email: [helpline@jcare.org](mailto:helpline@jcare.org)

Web: [www.jewishcare.org](http://www.jewishcare.org)

### **The Phoenix Cinema Dementia friendly Cinema Screenings**

Cinememories dementia friendly screenings are free for anyone aged over 60 and 2 free guests of any age such as friends, family or carers. The screening will be shown with brighter lighting, quitter sound and an interval in the middle of the film for a sing-a-long and comfort break. All free entries include free popcorn, biscuits and hot drinks.

When: Second & Fourth Tuesday of the month, 11:30am

Address: The Phoenix Cinema, 52 High Road, East Finchley, London, N2 9PJ

Tel: 020 8444 6789

### **Singing for Memory-Jewish Care**

A singing session providing a friendly and stimulating social environment, bringing together people who are living with conditions that affect memory and their carers.

- Finchley Reform Synagogue, 101 Fallow Court Avenue, London, N12 0BE, Tuesdays 1:30pm
- Otto Schiff, Limes Avenue, Golders Green, London NW11 9TJ, Wednesdays at 2pm.
- Betty and Asher Loftus Centre, Asher Lofts Way, Friern Barnet N11 3ND, Thursdays 2pm.

Tel: 020 8922 2222

Email: [helpline@jcare.org](mailto:helpline@jcare.org)

Web: [www.jewishcare.org](http://www.jewishcare.org)

### **Sweettree Farming for all**

A care farm delivering day opportunities to young people and adults with different health and social care needs. It is personalised to each person's abilities, interests and support plan or personal goals. Referrals accepted from family members and professionals. Participants should come with any support workers that they would



normally require when accessing community based activities.

When: Monday to Friday, 10am-3pm

Address: Sweettree Fields Farm, 137 Marsh Lane, Mill Hill, NW7 4EY

Tel: 0207 644 9505

Email: [enquiries@sweettreefarmingforall.org.uk](mailto:enquiries@sweettreefarmingforall.org.uk)

Web: [www.sweettreefarmingforall.org.uk](http://www.sweettreefarmingforall.org.uk)

## Day Centres

### Ann Owens Centre

When: Tues & Thu

Address: Oak Lane, East Finchley, London, N2 8LT

Tel: 020 8203 5040

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

Web: [www.ageuk.org.uk/barnet/activities-and-events/ann-owens-centre/](http://www.ageuk.org.uk/barnet/activities-and-events/ann-owens-centre/)

### Apthorp Care and Activity Centre - Freemantle Trust

Offer full and half day sessions and can provide ad-hoc or drop in sessions.

When: Mon-Fri 9:30am-4:30pm

Address: Nurseryman Road, New Southgate, London, N11 1EQ

Tel: 0208 211 4117

Web: [www.freemantletrust.org/apthorp-care-and-activity-centre](http://www.freemantletrust.org/apthorp-care-and-activity-centre)

### Barnet Multicultural Community Centre

Address: Algernon Road, Hendon, London NW4 3TA

Tel: 020 8202 3794

Web: [www.barnetmcc.moonfruit.com/#/home/4527035930](http://www.barnetmcc.moonfruit.com/#/home/4527035930)

### Barnet Asians Older People Association

Leisure, social and welfare services for elderly people of Asian origin.

Address: Barnet Multicultural Centre, Algernon Road, Hendon, London, NW4 3TA

Tel: 0208 202 4414

Email: [baopa@barnetmcc.org](mailto:baopa@barnetmcc.org)

Web: [www.barnetmcc.moonfruit.com/#/baopa/4527094768](http://www.barnetmcc.moonfruit.com/#/baopa/4527094768)

### Black African Caribbean Association (BACA)

For people from African and Caribbean communities including people who have had or stroke or living with dementia.

When: Tues & Fri 10am-3pm

Tel: 020 8202 0095

Email: [baca@barnetmcc.org](mailto:baca@barnetmcc.org)

Address: Barnet Multicultural Community Centre, Algernon Road NW4 3TA

### **Chipping Barnet Centre for older people**

A club like atmosphere for elderly housebound people to enjoy a day out in a friendly, relaxed and cheerful environment. A place to meet new friends and be entertained.

When: Mon-Fri 9:30am-3:30pm

Address: Open Door Centre, St Albans Road, Barnet, EN5 4LA

Tel: 079 2303 1231

Web: [www.chippingbarnetdaycentre.org.uk/](http://www.chippingbarnetdaycentre.org.uk/)

### **Friends in Need**

A dementia friendly day service in East and New Barnet offering full and half day sessions.

When: Mon-Thu & Sat 10am-3:30pm

Address: Crescent Road, East Barnet, Herts EN4 8PS

Tel: 020 8449 8225

Email: [fin@fin-eastbarnet.org.uk](mailto:fin@fin-eastbarnet.org.uk)

Web: [www.fin-eastbarnet.org.uk](http://www.fin-eastbarnet.org.uk)

### **Hindu Cultural Society**

Address: 321 Colney Hatch Lane, N11 3DH

Tel: 020 8361 4484

Email: [hsclondon@hotmail.co.uk](mailto:hsclondon@hotmail.co.uk)

Web: [www.hinduculturalsociety.co.uk/](http://www.hinduculturalsociety.co.uk/)

### **Jewish Care Day Centres**

A specialist service for Jewish people living with dementia.

- Leonard Sainer Centre, Jack Block House, Rectory Lane, Edgware HA8 7LF, Mon-Thu, 9:30am-3pm, Fri, 9:30am-1pm
- Sam Backman Centre, Betty and Asher Loftus Centre, Asher Loftus Way, London N11 3ND Mon-Thu, 9:30am-3:15pm, Fri, 9am-3pm

Tel: 020 8922 2222

Email: [helpline@jcare.org](mailto:helpline@jcare.org)

Web: [www.jewishcare.org](http://www.jewishcare.org)

### **Meadowside Care and Activities Centre - Freemantle Trust**

Offer full and half day sessions and can provide ad-hoc or drop in sessions.

When: Mon-Fri 9:30am-5pm, Weekends 8:30am-3:30pm

Address: 60 Holden Road, Finchley, London, N12 7DY

Tel: 0208 492 6600

Web: [www.freemantletrust.org/meadowside-care-and-activity-centre](http://www.freemantletrust.org/meadowside-care-and-activity-centre)

## **Sangam Centre**

Activities and clubs for people of Asian origin.

Address: 210 Burnt Oak Broadway, Edgware, HA8 OAP

Tel: 020 8952 7062

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

Web: [www.sangamcentre.org.uk/activities/](http://www.sangamcentre.org.uk/activities/)

For more information on other activities and services across the borough for anyone ages 55+, see the 'What's on' guide by Age UK Barnet- call 020 8203 5040 or download from the website <https://www.ageuk.org.uk/barnet/>

## **4. Advice and Support Services**

### **Support for Carers**

#### **Barnet Carers Centre**

The centre offers advice, information and practical support for informal carers who live or work in the London borough of Barnet. Providing care assessments, activities, counselling, training, help with form filling, outings, group support and more.

Tel: 020 8343 9698

Email: [info@barnetcarers.org](mailto:info@barnetcarers.org)

Web: [www.barnetcarers.org/](http://www.barnetcarers.org/)

Address: Global House, 303 Ballards Lane, North Finchley N12 8NP

#### **Carers Training Programme- Barnet Council**

Barnet Counsel's Dementia Support Services offers an eight session programme focusing on understanding dementia and new skills to help carers maintain and increase their own health and wellbeing. Referrals can be made from Memory clinic, Dementia Advisors or via social care direct after an assessment.

#### **Carer Support Group**

A self-facilitating group for people caring for a person with dementia. A chance to meet and talk with other carers about how dementia affects your life. You can share information, advice and discuss issues you might be facing.

When: Last Thursday of the month, 10:30am-12pm

Address: Speedwell Court, 84 Woodside Park Road, Barnet N12 8SD

### **Advice and Support**

#### **Advocacy in Barnet**

Paid and volunteer advocates provide local residents with access to independent information, support and representation to help them address issues/concerns related to care.

When: Mon-Fri 9am-5pm

Tel: 020 8201 3415

Email: [admin@advocacyinbarnet.org.uk](mailto:admin@advocacyinbarnet.org.uk)

Address: The One Stop Shop, 4-5 the Concourse, Grahame Park, NW9 5XB

Web: [www.advocacyinbarnet.org.uk](http://www.advocacyinbarnet.org.uk)

### **Adult Social Care Direct**

Offer information and advice assessing people social care needs, helping people plan and manage their care and support, keeping vulnerable adults safe.

Tel: 020 8359 5000

Email: [socialcaredirect@barnet.gov.uk](mailto:socialcaredirect@barnet.gov.uk)

Web: [www.barnet.gov.uk/adult-social-care](http://www.barnet.gov.uk/adult-social-care)

### **Age UK Barnet**

A charity offering a wide range of services, activities and support. Offer a later life planning service for individual information and advice appointments covering a wide range of areas such as benefits and care needs. See Activities and groups for more information on services.

Tel: 020 8203 5040

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

Web: [www.ageuk.org.uk/barnet](http://www.ageuk.org.uk/barnet)

### **Argenti**

An organisation, delivering flexible, affordable telecare services on behalf of Barnet Council. Offer different telecare products giving reassurance and support 24hrs a day.

Tel: 0345 460 8000

Email: [enquiries@argenti.co.uk](mailto:enquiries@argenti.co.uk)

Web: [www.argenti.co.uk](http://www.argenti.co.uk)

### **Barnet Citizens Advice Bureau**

Provide free independent, confidential and impartial advice and guidance to people who live, work or study in the London borough of Barnet on their rights and responsibilities. Offer drop in services, helpline and advice via email on welfare benefits, debt, employment, housing and others.

Tel: 0300 456 8365

Address: Hendon- 40-44 Church End, Hendon, NW4 4JT

Web: [www.barnetcab.org.uk](http://www.barnetcab.org.uk)

### **Barnet Memory Service**

A specialist service for people who are experiencing difficulties with their memory. Provide a comprehensive assessment, diagnosis and treatment service using a person-centred and holistic approach to care consisting of specialist doctors, nurses, occupational therapist, psychologists and social workers.

Tel: 0208 702 6189

Address: Springwell Centre, Barnet Hospital Wellhouse Lane, Barnet, EN5 3DJ

### **Barnet Welbeing Hub**

The hub is a service providing flexible, holistic, person centred approach focusing on individual needs and wellbeing. There is a wide range of services on offer including advocacy, information and advice, wellbeing café, talking therapies and many more.

Tel: 033 33449 088

Address: Meritage centre, Church End Hendon London NW4 4JT

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

Web: [www.barnetwellbeing.org.uk](http://www.barnetwellbeing.org.uk)

### **Care Home Selection**

Advisors offer free information and advice, helping to make arrangements for care in your own home or finding a care home. Also, offer help if you are having problems with an existing package of care.

Tel: 0800 008 7193

Email: [enquiries@carehomeselection.co.uk](mailto:enquiries@carehomeselection.co.uk)

Web: [www.carehomeselection.co.uk](http://www.carehomeselection.co.uk)

### **Good Neighbour Scheme for Mill Hill and Burnt Oak**

Giving neighbourly support to older, less mobile isolated people in Mill Hill and Burnt Oak. Services include befriending, lunch clubs, sign-posting and lifts and transport.

Tel: 020 8906 3340

Email: [good.neighbours@yahoo.co.uk](mailto:good.neighbours@yahoo.co.uk)

Address: The Wilberforce Centre c/o St Paul's Parish Office, the Ridgeway, Mill Hill, NW7 1QU

Web: [www.thegoodneighbourschememhbo.com](http://www.thegoodneighbourschememhbo.com)

### **High Barnet Good Neighbour Scheme**

The good neighbour's scheme helps support people living at home by offering practical help, transport, advice and friendship. Available to anyone living in the EN5 area of High Barnet

Tel: 020 8441 5678

Email: [hbgns@greenbee.net](mailto:hbgns@greenbee.net)

Address: Church House, Wood Street, Barnet EN5 4BW

Web: [www.goodneighbourscheme.org](http://www.goodneighbourscheme.org)

### **Jewish Care**

A national charity offering local services to Jewish people with dementia and their carers. Offer community support and social work service to help identify what support, care or services you need, help advice, coordinate and act on your behalf with local authorities as well as signposting to other services. Also run dementia support and social groups- please see activities for more information.

Tel: 020 8922 2222

Email: [helpline@jcare.org](mailto:helpline@jcare.org)

Web: [www.jewishcare.org](http://www.jewishcare.org)

### **Let's Talk IAPT Barnet**

Free NHS evidence based talking therapy service for people 16 years old and over, who are worried or low mood. A range of treatment programmes available including one to one therapy, counselling and group work.

Tel: 020 8702 5309

Email: [lets-talk-barnet@nhs.net](mailto:lets-talk-barnet@nhs.net)

Address: Let's Talk IAPT, 1st Floor, Westgate House, Edgware Community Hospital, Burnt Oak Broadway, Edgware HA8 0AD

Web: [www.lets-talk-iapt.nhs.uk/](http://www.lets-talk-iapt.nhs.uk/)

### **Telecare**

Technologies that can help people live more safely and independently at home. Devices can be monitored or standalone and include movement sensors, fall detectors and bogus caller alarms. Please contact Social Care direct.

Tel: 0208 359 5000

Email: [socialcaredirect@barnet.gov.uk](mailto:socialcaredirect@barnet.gov.uk)

Web: [www.barnet.gov.uk/telecare](http://www.barnet.gov.uk/telecare)

## **5. Useful Websites/Links**

### **Arts4Dementia**

<https://arts4dementia.org.uk/>

**Ask Sarah**- helps you find useful information about products that make daily living easier.

<https://asksara.dlf.org.uk/>

### **BBC reminiscence archive**

<https://remarc.bbcrewind.co.uk/index.html>

### **Care homes**

[www.Carehome.co.uk](http://www.Carehome.co.uk)

**Contact the elderly**- Arranges regular tea parties/ get together for isolated older people.

<https://www.contact-the-elderly.org.uk/>

### **Dementia adventure Holidays**

<http://www.dementiaadventure.co.uk/holidays>

### **Dial- a-ride**

<https://tfl.gov.uk/modes/dial-a-ride/>

Alzheimer's Society- Barnet, Enfield and Haringey office  
0203 725 3001 [Barnet@alzheimers.org.uk](mailto:Barnet@alzheimers.org.uk)



**Herbert Protocol**- National scheme to help carers to compile useful information which could be used in the event of a vulnerable person going missing

<https://www.met.police.uk/herbertprotocol>

**Home care providers**

[www.Homecare.co.uk](http://www.Homecare.co.uk)

**London Care directories**

<https://www.londoncaredirectories.co.uk>

**My Health London**

<https://www.myhealth.london.nhs.uk/>

**My house of memories App**- an app that allows you to explore objects from the past and share memories together.

<https://houseofmemories.co.uk/things-to-do/my-house-of-memories-app/>

**NHS continuing Healthcare**

<https://www.nhs.uk/conditions/social-care-and-support-guide/money-work-and-benefits/nhs-continuing-healthcare/>

**Revitalise** - Holiday Company for disabled people and people with dementia.

<http://revitalise.org.uk>

**Solicitors for the Elderly**

<http://www.sfe.legal/>

**Super Carers** – help families find the best care professionals in their area.

<https://supercarers.com/>

**Taxicard-**

<https://www.londoncouncils.gov.uk/services/taxicard>

**Unforgettable** – a range of dementia products, services and advice to improve the lives of those affected by dementia and memory loss.

<https://www.unforgettable.org/>