



INFORMATION SOURCES ABOUT LOCAL PATIENTS' GROUPS, MEMORY

LOSS AND ITS PREVENTION, SUPPORT AND HELP AVAILABLE LOCALLY



HOW TO JOIN YOUR GP'S PATIENT PARTICIPATION GROUP:

Fill in the joining form available at any Patient Participation Group (PPG) or Berkhamsted Patients' Group (BPG) event; or contact your PPG via:

- A) Berk Group Practice's (BGP's) GP Surgeries; ask at reception for a joining form.
- B) Gossoms End Practice; speak to reception at Practice
- C) Manor Street PPG. Fill out an application form at the main reception, visit website:

www.manorstreetsurgery.org

From outside Berkhamsted? Ask at your GP Practice's reception desk.

All *patients* of a GP's surgery are welcome to join their Surgery's PPG. PPG members are all volunteers from the patient population. Some PPGs may have special interest groups on certain conditions.

HOW TO JOIN THE DACORUM PATIENTS' GROUP (DPG)

This is the Locality Group (one of four) within the Herts. Valleys Clinical Commissioning Group's (HVCCG's) area. The DPG is an independent patient volunteer group working to make the local patient voice heard in healthcare matters.

Membership is free and open to any *residents* within the Dacorum area. See their web site:

<http://www.dacorumpatientsgroup.org.uk/>

INFORMATION AND SUPPORT AVAILABLE ON MEMORY LOSS

AGE UK DACORUM Registered charity No: 1098150

Website www.ageuk.org.uk/dacorum Email: admin@ageukdacorum.org.uk



Dacorum's local charity for older people and their carers
Covering Berkhamsted, Hemel Hempstead, Kings Langley, Markyate and Tring

Half Moon Yard, High Street, Hemel Hempstead, Hertfordshire, England, HP1 3AE

Worried about your memory? It may not be what you think it is...

Confidential helpline: 01442 259049.

Hertswise: dementia support in Herts.: Memory Support Care Group in Berkhamsted for memory loss person & their unpaid carer: contact Ruth on 01442 221007 or mlcoordinator@ageukdacorum.org.uk

Other services: Carer's support; befriending; living well project; hospital & community navigation; memory loss support; COGS; information & signposting; telephone club; handyperson scheme.

OPEN DOOR DROP IN MEMORY CAFE

Information, activities, delicious beverages and cake. All warmly welcomed.

For those living with a memory problem or a carer seeking support and signposting to local services. Every Friday 10.30-12.30 at the Way Inn Community Hub (opposite end of Cross Oak Road), 360 High Street, Berkhamsted, HP4 1HU

opendoorberko@gmail.com Open Door: 01442 733806

HERTS PARTNERSHIP UNIVERSITY FOUNDATION TRUST (HPFT)

SPA = "single point of access"; can self refer for *some* services by phone, on line or by downloading a form to post. SPA: 0300 777 0707 08.00 – 19.00 or email: hpft.spa@nhs.net

Older people's mental health service, usually accessed via GP but can use SPA self referral Includes: EMDASS (Early Memory Diagnosis and Support Service) which is by GP access only.

<https://www.hpft.nhs.uk/services/older-peoples-mental-health-services/>

Wellbeing service: a community service of therapy & support for folk with long term physical conditions & their carers; referral by GP or SPA

<https://www.hpft.nhs.uk/services/community-services/wellbeing-service/>

Mental health services locations in West Herts: Hemel Hempstead & St Albans:

<https://www.hpft.nhs.uk/services/find-our-services/hertfordshire/hemel-hempstead/>

CARERS IN HERTFORDSHIRE

Fact sheets; carer's passport scheme; young carers' project; carers' discounts; regular meetings; giving carers' voice; other carer services

<http://www.carersinherts.org.uk/how-we-can-help/carer-services/carer-support-hubs>

West Herts Carers in Herts Hub Groups in: Berkhamsted, St Albans, Hemel Hempstead, Harpenden, Watford. Contact: learning@carersinherts.org.uk or phone 01992 58 69 69 for details.

THE NATIONAL INSTITUTE FOR HEALTH and CARE EXCELLENCE (NICE). NICE's aim is to improve health and social care nationally by developing evidence based guidelines which are promulgated throughout the country and the NHS.

NICE Guideline ng16 "Dementia, disability and frailty in later life – mid-life approaches to delay and prevent onset", published October 2015; <https://www.nice.org.uk/guidance/ng16>

NICE Guideline ng 97 "Dementia: assessment, management and support for people living with dementia and their carers; <https://www.nice.org.uk/guidance/ng97>, published June 2018

KEEPING BODY AND MIND ACTIVE AND PREVENTING FALLS

Hertfordshire Health Walks Current walk programmes available online at

www.hertfordshire.gov.uk/healthwalks ; follow on Twitter @HertsHealthWalk

and on Facebook www.facebook.com/HertfordshireHealthWalks . More information available:

Healthwalks.cms@hertfordshire.gov.uk

Health Walks in Dacorum <https://www.walkingforhealth.org.uk/walkfinder/dacorum-health-walks>

Herts County Council Keep Active Guide <https://www.hertfordshire.gov.uk/services/health-in-herts/keep-active/keep-active.aspx>

Positive Movement, from the Letchworth Centre For Healthy Living; West Herts classes in Berkhamsted (Marta Hall), Tring, Hemel Hempstead, St Albans, Harpenden, Wheathamsted.

Contact & book: 01462 678804 or email: positivemovement@letchworthcentre.org. Charity reg.295219

NHS Choices sitting exercises <https://www.nhs.uk/live-well/exercise/sitting-exercises/>

NHS Choices: Exercises for older people (note the health warning)

https://www.google.com/url?sa=t&source=web&rct=j&url=https://www.nhs.uk/Tools/Documents/NHS_ExercisesForOlderPeople.pdf&ved=2ahUKEwiK17jRgJbgAhWnTBUIHZ2PD8sQFjABegQIAhAB&usq=AOvVaw3V7fIGdla4bsUqmsqm53Dc

SAGA: Get up and Go: a Guide to Staying Steady

<https://www.saga.co.uk/magazine/health-wellbeing/wellbeing/falls-guide> :

SAGA: Five simple-to-follow ways to supercharge your memory

<https://www.saga.co.uk/magazine/health-wellbeing/mind/5-ways-to-supercharge-your-memory>

LASTING POWER OF ATTORNEY: <https://www.gov.uk/power-of-attorney> &

<https://www.nhs.uk/conditions/end-of-life-care/lasting-power-of-attorney/>

List compiled by Berkhamsted Patients Group (BPG) with the help of its supporters. This is an indicative, not comprehensive, list of some information and help available. The BPG has tried to take care that the sources of advice and information provided on this document are reputable ones but disclaims any responsibility for the efficacy or accuracy of the information or advice, on or linked to these web sites or for any resultant detriment or harm, howsoever caused, deemed to be a resulting from following these sources of advice and information. You are advised to contact your medical practitioner before undertaking any physical activity or following a new diet regime.

Compilation is Copyright BPG March 2019. This list cannot be reproduced without the written agreement of the BPG's Officers. Contact via Berkhamsted Group Practice's Practice Manager.