

Shaftesbury & District Dementia Friendly Community's Aims:

To improve UNDERSTANDING of Dementia to help make the Shaftesbury area a Dementia friendly place

Raise AWARENESS of dementia: how all – individuals, families, businesses – can play a part

To act as an access point for INFORMATION SHARING – a one stop shop of available services

Offering free Dementia Friends Information Sessions, an Alzheimer's Society initiative by "Dementia Friends Champions"

Develop a dementia friendly community that is committed to promoting services that will improve the lives of people living with dementia and those who support and care for them

For further information
dementiafriendlyshaftesbury@gmail.com
01747 852420
www.shaftesbury-tc.gov.uk/sddfc
www.alzheimers.org.uk



Supported by Shaftesbury Town Council
and Swans Trust registered Charity No 1063757



Useful Telephone Numbers

Age UK
0800 678 1174

Dorset Mind
01202 551660

North Dorset Citizens Advice Bureau
03444 111 445

Mindful
07840 424 148

Tricuro Shaftesbury Plus
01747 854959

Memory Support and Advisory Service
0300 1231916

National Dementia Helpline
0300 2221122

Shaftesbury Library
01747 852256

In Jolly Good Company
07884 333117

Shaftesbury Car Link
07763 426 664

SHAFTESBURY & DISTRICT DEMENTIA FRIENDLY COMMUNITY



What's on in Shaftesbury and the surrounding area for people living with Dementia



Here to help support the National Strategy:
Living Well with Dementia in our Community

A dementia-friendly community is a city, town or village where people with dementia are understood, respected and supported.

Dementia Friendly Groups in and around Shaftesbury



Mindful Memory Cafés support those living with memory loss or dementia, in and around the North Dorset area.

Mindful currently provides three main groups; our Stalbridge Café, our Gillingham Café, and our Men Marching On group.

Each year, the three groups merge to attend a day trip in the summer and a Christmas lunch in the winter.



Cafés and the men's group are free to attend, with carers welcome to join. This group offers support, advice, and friendship, in what can be a difficult time for both

the service user and their families.

At present the activities and meet ups are limited due to COVID-19 however please contact for more information.

For more information please contact on:

Barbara: 07910 663 392

Sally: 07840 424 148

Email: enquiries.mindful@gmail.com

www.mindfulmemorycafes.com



In Jolly Good Company, is a not-for-profit company, set up to benefit people with or without memory loss.

Offering you the chance to have fun with and feel supported by like minded people. We are open to all.

Having previous experience with Alzheimer's Society, activities have been tailor-made to suit the needs and interests of people in the groups including: art, cooking, singing, gardening, walking, bird watching and much more.



In Jolly Good Company meet at their Kingston Lacy allotments every **Tuesday and every Friday**. There is a nominal charge of £2 a head. The allotment groups have

proved to be so popular that they are in the process of planning more at other locations including Blandford and Shaftesbury.

Other meet ups are organised, at present outdoors, in small numbers, at various locations.

For more information please contact on:

Phone: 07884 333117 (Mon - Fri 10am - 5pm)

Email: injollygoodcompany@gmail.com

www.injollygoodcompany.com



Tricuro, Shaftesbury Plus offers person-centred support to people with dementia to promote individuality and independence and to combat loneliness and isolation.

The service exercises, daily activities which clients and anyone from the local community are welcome to join in with, dependent on their interests. Clients are accompanied to the town market for plants which they plant in the centre's patio containers. Excursions are organised to a garden centre and other local areas of interest, and weekly visits to a church coffee morning.

From Monday to Friday a lunch club is provided, and people from the community are invited to join the clients (if booked in advance): this has provided an excellent way to build new friendships.

Services offered are bathing; fingernail cutting; washing and drying of clothes. Footcare and hairdressing can be arranged if required. (These services incur a cost).

Shaftesbury Plus is open 9.30 am to 3.30 pm from Monday to Saturday. It is closed on Sundays and on bank holidays.

For more information please contact on:

Phone: 01747 854 959

Email: shaftesburyplus@tricuro.co.uk
www.tricuro.co.uk/day-service/shaftesbury-plus-specialist-dementia-service/