

42 Westbourne Park Road

Dementia and memory resource centre

Living well with dementia



housing21



City of Westminster
ADULTS SERVICES

42 Westbourne Park Road is a state of the art centre which helps people with dementia to remain as independent as possible as well as supporting carers.

The joint Westminster City Council and NHS facility is managed by Housing 21 and has been specifically designed for those living with dementia. The centre offers a range of daily services including a memory assessment services, a dementia adviser and aquatherapy sessions for disabled people and people with dementia.

What's on offer?

Home Care

Are you looking for care and support at home for someone living with dementia? Our support workers provide tailored care for people with more complex needs, helping them to continue living well in their own home.

The support workers can take them to social events and activities as well as appointments and day centres, they can also help people to maintain a healthy diet and manage their medication.

To find out more about this service call **0303 123 1243**.

Dementia Voice Nurse

We know that it can be increasingly difficult to care for those with dementia nearing the end of their lives.

Our Dementia Voice Nurse can help you manage by providing expert care and support. They also work with other local services to ensure that you get the right level of support, services and equipment.

To contact the Dementia Voice Nurse call **07595 055544** or email morejoy.saineti@housing21.co.uk

Dementia adviser service

Our Dementia Adviser service provides advice and support on:

- managing symptoms
- maintaining memory
- health and wellbeing
- legal and financial
- how to make the most of care and social services.

The dementia Adviser Service also coordinates the Westminster Memory Café that is held twice a month in Westminster.

To book an appointment with the Dementia Adviser call **0370 192 4265** or **07540 502379** or email jasmine.scott@housing21.co.uk

Day centre

The centre is open 7 days a week to offer those with dementia support, therapies and activities, which can help people to regain skills, reduce confusion and encourage social interaction.

The individualised support and care provided in a relaxed and safe environment aim to improve quality of life and encourage independence.

Activities include:

- arts and crafts
- music, drama and games
- gardening and computer classes.

Find out if you, or someone you know is eligible to use the day centre by calling Westminster Council Adult Social Care team on **020 7641 2500** or visit westminster.gov.uk/daycarecentres

Memory assessment service

The memory service offers assessments and care plans for people experiencing progressive memory problems.

The assessment will include:

- a discussion with a specialist
- memory tests
- blood tests
- a MRI scan in most cases

Following a diagnosis the memory service will agree a care plan with you and your family. This could include medication, therapy, counselling or recommendations to other services. The service also has an Admiral Nursing team who are skilled in supporting carers and relatives of people who have dementia

This service is available to residents of Westminster and Kensington and Chelsea. Your GP and any health and social care professional can refer you to the service, and we will work with your GP as needed to get you the right care and support.

To find out more call **020 3219 0910**, email wmsreferrals.cnwl@nhs.net

Aquatherapy

A hydrotherapy pool at the centre provides aquatherapy sessions to those with dementia or disabilities. The sessions offer relaxation, mental stimulation, pain relief and aid physical movement.

The pool is open for use by any disabled residents in Westminster as well as those with Dementia. To find out more call Waterbabies, who operate the pool on **07849 294396** or email w2hydrotherapy@waterbabies.co.uk