ORGANISATI	WHAT THEY DO	Contact
LOCAL		
Tavistock memory café	Offering a range of dementia activities/ information/social meetings including memory café, care & share group, cognitive stimulation therapy sessions and ex-carers support group	07436 008281 (Heather) www.tavistockmemorycafe.co.uk
Tavistock Dementia Alliance	Offering signposting to help and support. Local activities calendar. Website has links to guides and information. Free Dementia Friends	07716 849839 (Amanda) www.tavistockdementia.org
Tavistock Carers support	Carers support group	tavistockcarers@hotmail.com
Tavistock Grief Café	Support group for bereaved, grieving, caring for terminally ill / lifelong illnesses	01822 611049 info@tmc.me.uk jackie.w.palmer@gmail.com
The Filo Project	Provides an opportunity for increased social interaction and respite for carers. Groups of up to 4 in "hosts"	0333 939 8225 www.thefiloproject.co.uk
TASS (Tavistock Area Support	Support with transport, mobility equipment, form filling, telephone befriending, food bank vouchers,	01822 616958 www.tasstavistock.org.uk
Devon & Cornwall Police	Herbert Protocol for missing person with dementia.	www.dc.police.uk/missingherbert www.devon-cornwall.police.uk/ notices/af/herbert-protocol/
REGIONAL		
Devon Adult Social Care (Care Direct)	To help you to find the support you need to stay healthy, happy and independent. Information on independent living, information for carers, advice on social care needs, advice on care assessments, advice on care support, advice on paying for care and Safeguarding	0345 155 1007 www.devon.gov.uk/navigation/adult-social-care/ Monday to Thursday 9.00 am to 5.00 pm, Friday 9.00 am to 4:30 pm
	If it is a health issue, contact your GP or emergency services on 111/999	

Devon Emergency Duty Team (Adult Social Care)	Provision of emergency Social Care and advice for clients urgently in need out of office hours. A generic emergency service responding to social care (both adults and children) which cannot be safely left until the	0345 600 0388	
DPT Access & First Response Service	For urgent help out of hours via Devon Partnership Trust.	0808 1968708	
Devon Carers	Register for a range of support including helpline, carer assessments, carer passports, benefits advice,	0345 643 4435 www.devoncarers.org.uk	
Citizens Advice	Help & advice with benefits, work, debt/money, housing, family, law and	0808 278 7948	
Age UK	Supporting older people in Devon	0333 241 2340 www.ageuk.org.uk/devon	
Next Steps	An information guide through the memory assessment process.	www.nextsteps.org.uk	
Memory Matters South	Help with coming to terms with a dementia diagnosis.	01752 243333 www.memorymatters.org.uk	
SSAFA Forces Help West	Support for serving personnel and veterans of UK Armed Forces and	Forces line 0800 260 6767 https://www.ssafa.org.uk/devon	
Cornwall Adult Social Care		0300 1234 131 www.cornwall.gov.uk/health-and- social-care/	
Cornwall Dementia Together	The NHS Primary Care Dementia Practitioners who arrange Dementia Advisers who will visit people at home or in the community and provide a range of support services.	Via GP referral www.cornwallft.nhs.uk/dementia- and-older-peoples-mental- health/	
Cornwall Dementia and Older People's Mental Health Liaison Service	The team is based at Royal Cornwall Hospital, Treliske. The service is managed by a dementia and older people's mental health clinical lead. They provide a service to hospital sites throughout west and mid	01208 251 300. Monday to Friday, 9am to 5pm	
Cornwall and Isles of Scilly Alzheimer's Society Dementia Support	Dementia support service to give you help and advice face to face, over the phone or in writing.	01872 277963 Monday-Friday, 09:00-17:00	
NATIONAL			

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Alzheimer's Society	Dementia support line. For personalised information, support and advice by Dementia advisers who will listen and connect you to help you need. Website has information and	0333 150 3456 www.alzheimers.org.uk
Alzheimer's Society LGBT+ support	Provides telephone support for caring for someone with Alzheimer's.	0300 222 1122 www.alzheimers.org.uk
Dementia UK	Specialist dementia nurses, known as Admiral Nurses, will give you free, expert advice, support and understanding to help you care for your loved one and cope with the daily challenges of living with dementia. Living with dementia guide and lots of information.	0800 888 6678 Monday to Friday 9am and 4pm www.dementiauk.org
Lewy Body Society	Information and support for those diagnosed with Lewy Body dementia	www.lewybody.org
Carers UK	Helpline and on-line forum to support carers	0808 808 7777 Monday to Friday, 9am – 6pm (including Bank Holidays). www.carersuk.org
Dementia Carers Count	Provides free support courses for family and friends caring for someone with dementia, including young onset dementia.	0800 652 1102 www.dementiacarers.org.uk/
Dementia Toolkit	Tips for living well with dementia	www.livingwithdementiatoolkit.or g.uk
Alzheimer's Research UK	Information about Alzheimer's and research	www.alzheimersresearchuk.org
Silver Line	24/7 confidential helpline which offers information, friendship and advice to older people. Also offers telephone and letter based befriending by volunteers known as the Silver Line	0207 224 2020
NHS / RVS Volunteer Responders	Check in and chat - up to 18 weeks daily or weekly. There will be a different volunteer calling each time. Companionship calls - These Calls can be requested daily or weekly (up to 3 calls per week) for 6 weeks. Calls will be with the same volunteer.	0808 196 3646
Independent Age	Help to improve the lives of people facing financial hardship in later life with helpline and expert advisers offering free, practical support.	0800 319 6789 www.independentage.org

Royal British	Welfare & support for serving	0808 802 8080
Legion	personnel and veterans of British	www.britishlegion.org.uk