



# Gloucestershire BME Network for Dementia Information and Services Resource



**This booklet has been produced to support staff working with people with dementia and their carers to be aware of specific services in Gloucestershire for people from BME communities.**

The booklet is intended to be an online resource that can be updated as services change or new services start.

A copy of the booklet will be published on the Gloucestershire Health and Care NHS Foundation Trust Website. [www.ghc.nhs.uk/](http://www.ghc.nhs.uk/)

If you are aware of new services or data within the resource that needs updating or you have any comments, or suggestions on how the resource can be improved please contact:

**Kathy Holmes 0800 694 8800 or email [managingmemory@ghc.nhs.uk](mailto:managingmemory@ghc.nhs.uk)**



## Key Contacts for Support and Advice

### Community Development Support Team, Gloucestershire County Council

**Haroon Kadodia – Deputy Manager 01452 426074** [haroon.kadodia@gloucestershire.gov.uk](mailto:haroon.kadodia@gloucestershire.gov.uk)

The key objectives of the team are to enable and assist people from BME and migrant communities to access appropriate services and maximise their own, or their families' independence.

The team will also work alongside and provide advice and guidance to teams and services within GCC as well as health and voluntary sector services where there are barriers to accessing services.

Gloucestershire County Council, Community Development Support Team,  
Block 5, 3<sup>rd</sup> Floor, East Wing, Bearland, Gloucester GL1 2TG

### Gloucestershire Health and Care NHS Foundation Trust Services

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

### Managing Memory Together 0800 694 8800 [managingmemory@ghc.nhs.uk](mailto:managingmemory@ghc.nhs.uk)

Memory Assessment and community dementia teams and post diagnostic support to people with dementia and their families.

Information and advice about memory problems, dementia and dementia services, plus a countywide programme of information sessions.

### Social Inclusion Team Together 01452 894200 [socialinclusion@ghc.nhs.uk](mailto:socialinclusion@ghc.nhs.uk)

For guidance on inclusive practice or to request training specific to cultural competence and diversity.

Advice and information on social inclusion and translation policies.

### Community Partnerships Team 0300 421 8100

The Community Partnerships Team, based at Edward Jenner Court, seeks to ensure that the voices of our service users and communities are heard, and that their opinions are effectively used in order to help shape our services. The team is also responsible for supporting colleagues to

- work more closely with service users and hard to reach communities
- promote equality and diversity
- work with teams to improve accessibility for people using our services
- access translation and interpretation services

## All Communities

**Friendship Café** , Chequers Bridge, Painswick Rd, Gloucester GL4 6PR

Provides a range of community based activities. See website for details

<https://thefriendshipcafe.com/>

**For more details contact:** Imran Atcha 01452 308127 or 07977 022393

**Muscle Memory** – weekly table tennis sessions for people with dementia at the Friendship Cafe

Fridays 1.30pm – 2.30pm £ 2 per person No need to book. Bats supplied.

**For more details contact:** Mary Merheim 07715393715 or

email [mary.wraparounddoula@gmail.com](mailto:mary.wraparounddoula@gmail.com)

**Inclusion Gloucestershire – The Friendship Hub**

The Friendship Hub is a user led community group for all abilities.

Meetings are 10am-12.30pm at the Friendship Café in Gloucester.

**For more details contact** RazeyaM@inclusion-glos-org 07724762134

**Barton and Tredworth Memory Café – Charter Court, Victoria Street, Gloucester GL1 4EP**

Every 1<sup>st</sup> Tuesday of the month 2-4pm

A monthly Memory Café open to anyone worried about their own memory, their family and friends or anyone affected by dementia, with a particular focus on the minority communities

The café offers a safe, friendly place to get support and advice and to share experiences. A variety of social activities are on offer. Free to attend – voluntary donations for refreshments.

**For more details contact: Carol Sterling 07470 040311**

**The Welcome Café** Chequers Bridge, Painswick Rd, Gloucester GL4 6PR

Every third Monday of each month between 10.30am and 12.30pm

A monthly Memory Café open to anyone worried about their own memory, their family and friends or anyone affected by dementia, with a particular focus on the minority communities.

It offers an informal and relaxed café environment in which to meet and share experiences with other people in a similar situation and to get practical information and advice from health and care professionals.

**For more details contact: 01452 525 222** Email: [Gloucestershire@alzheimers.org.uk](mailto:Gloucestershire@alzheimers.org.uk)

# **African-Caribbean Community Organisations**

**ACA Ladies Circle, St. Catherine's Court** , 2 Wheatstone Rd, Gloucester GL1 4PX

**2<sup>nd</sup> Sunday in the Month 6.00pm - 8.00pm**

Regular Guest speakers, Raffle/Bring & Buy, Savings Club, Sponsor Child in Africa, & Outings etc

**For more details contact:** Lorna Morris 01452 537090

**Bethel Apostolic Church** 100a High Street, Tredworth Gloucester GL1 4TA

**Sundays 10.30am -12.30pm Evenings: 5.30pm-7.30pm**

Church Service Morning and Evening

**For more details contact:** Pastor Whitter 07971 3111561

**Black Elders Day Centre**, St Catherine's Court, 2 Wheatstone Road Gloucester GL1 4PX

**Tuesday & Thursday 10.00am - 5.00pm**

Various activities. Lunch & Community meals provided. Carers support. White and Asian members attend.

**For more details contact:** Mr Linden Dennis 01452 311388

**Browns Hall Past Students Association** c/o 120 Podsmead Road, Podsmead, Gloucester GL2 5AD

Fundraising to support Browns Hall Basic School in St Catherine, Jamaica.

**For more details contact:** Mr Bernard Westcarr 01452 414578 07977 952839

**Church of God of Prophecy Stroud**, Wood Street, Stroud GL5 1DJ

**Sunday Mornings 10.30am - 12.30pm Evenings 5.30pm - 7.00pm**

Church services morning and evening plus Sunday School

**For more details contact:** Pastor Charles Wallace 07979 516739 (Daytime) 07855 280073 (Evening)

**Ebony Community Carers Support Group**, African Caribbean Association Office (ACA) 213 Barton Street ,Barton, Gloucester, GL1 4HY

**3<sup>rd</sup> Wednesday in the month 11.00am – 1.00pm**

Support with accessing services. Activities and courses. Talk and share experiences. Ebony carers also provide carer's break service and counselling.

**For more details contact:** Blanche McCalla 01452 617456 Mob: 07940762677

**Gloucestershire Sickle Cell & Thalassemia Support Service** Glos Hospitals NHS Trust  
Edward Jenner Unit, Great Western Road, Gloucester GL1 3NN

**For more details contact:** Joan Mitchell Specialist Nurse 08454 222222

**Golden Years Luncheon Club**, The Church Hall, New Testament Church, Stroud Rd, Opposite Seymour Road, Gloucester

**Mondays & Thursdays 10.00.am - 4.00pm**

Various activities, educational courses, social trips, home visits and community meals

**For more details contact:** Bishop Scott 01452 418293/421755, 07966 446643

**Over 50's Club**, All Nations Community Centre, Chase Lane, Off Eastern Avenue, Gloucester

**Wednesdays 12.00pm - 5.00pm**

Talks, dominoes, arts & crafts, exercise and outings. Membership £5 per year

**For more details contact:** Mavis Grant 07968 784155, Pauline Dyer 07853 906837

**Seventh Day Adventist**, 27 Cromwell Street Gloucester GL1 1RE

**Saturdays**

Church Service

**For more details contact:** 01452 520557

**Seventh Day Church of God**, Tarrington Road, Tredworth Gloucester

**Saturdays**

**For more details contact:** Pastor Crawford 01452 501605, 07864 290466

**St Ann Society** (Twin with Gloucester City & St Ann Parish in Jamaica) Sinope Street Business Centre, 1 Sinope St, Gloucester GL1 4AW

**Every 2 months**

Fundraising to support various charities in Gloucester and Jamaica

**For more details contact:** Carol Francis 01452 331664

**Watermouth Past Students Association** C/o 74 Widden Street, Gloucester GL1 4AN

Fundraising to support two schools in Jamaica

**For more details contact:** Mr Carlton Green 01452 381366

# Asian Community Organisation

**Indian Association**, 64 Swindon Road, Cheltenham GL50 4AY

**Wednesday 10am-2pm**

Various activities from English lessons to coffee mornings, badminton and yoga.

**For more details contact:** Parbhu Bhai Patel, 53 Gloucester Rd , Cheltenham GL51 8NE, 01242 692439 or Kanubhai Patel 01242 693184

**Asian Elders (55+)** The Friendship Café , Chequers Bridge, Painswick Rd, Gloucester GL4 6ER

**Tuesday 10am-2pm**

**Thursday at Charter Court 10am-2pm**

Day Care – activities, trips etc. also Health, social care, education awareness. Support to resolve problems.

**For more details contact:** Aisha Patel 07837 336864, Nasreen Moolla 07759 137646, 07373 36864

**Friendship Café** , Chequers Bridge, Painswick Rd, Gloucester

**Womens Development Worker Aysha 01452 308127**

**Focus BAME Parent Carers Support Group**, Messenger House, 35 St Michaels Sq, Gloucester GL1 1HX

**First Thursday of each month 5.00pm–6.30pm**

Open to any BME (Black & Minority Ethnic) parent Carer who has a child with any form of disability or special need.

**For more details contact:** Dorrett Samuels 07891 402002 [focusgroup2010@hotmail.co.uk](mailto:focusgroup2010@hotmail.co.uk)

**Sahara Saheli**, Grove Street Resource Centre Cheltenham

**Mondays 10:30-12:30(term time)**

Women from different Asian Communities meet for social activities, education awareness and support to resolve problems.

**For more details contact:** Helen Down, Cheltenham Borough Council Tel ??

## Chinese Community Organisations

**Anglo Asian Cultural Centre**, 91 Barton Street, Gloucester GL1 4XH

**For more details contact:** 01452 300323 [angloasiancentre@aol.com](mailto:angloasiancentre@aol.com)

**Gloucestershire Chinese Community Association** 告羅士打郡華人協會

Friendship Café , Chequers Bridge, Painswick Rd, Gloucester

**Every Wednesday /星期三 10.30am – 4.30pm** - Elders /Carers Group

**For more details contact:** Coordinator 07747 708998

**Gloucestershire Chinese Resource Centre** 告羅士打郡華人資源中心

Bungalow nos:1-3, St Oswald's Extra Care Village, Gavel Road, Gloucester GL1 2SG

**Every Monday/星期- 10.00am – 4.30pm** Elders Activity Club (50+)

Mah-jong and various craft activities. Health and Well-being talks. Advice, assistance and signposting offered. Traditional lunch (currently £4 per person)

**1<sup>st</sup> Saturday of each month Coffee morning and Lunch – 10.30am – 3.00pm**

**For more details contact:** 07769 651828 [info@gcrc.org.uk](mailto:info@gcrc.org.uk)

**Gloucestershire Chinese Women's Guild** 告羅士打郡華人婦女會

1st Floor, 75-81 Eastgate Street Gloucester GL1 1PN

**Monday – Friday /星期一到星期五 9.30am – 4.30pm**

Home Visits, advocacy, interpretation, health and well-being talks. Also organises events to celebrate Chinese New Year etc.

**Goh Ling Lok Elders /Carers Group Every Thursday/星期四 9.30am - 4.30pm**

**For more details contact:** 01452 382886 [admin@gcwq.org.uk](mailto:admin@gcwq.org.uk) during Office hours / 办公时间

**Gloucestershire Mandarin School – CCPA** 中文學院

Chinese Centre, Hester's Way Community Resource Centre, Cassin Drive, Cheltenham GL51 7SU

**Saturday:** Sir Thomas Rich's School, Oakleaze, Longlevens, Gloucester GL2 0LF

**Sunday:** Pate's Grammar School, Princess Elizabeth Way, Cheltenham GL51 0HG07720 637976

**For more details contact:** 01452 531369 [Mandarin.school@hotmail.co.uk](mailto:Mandarin.school@hotmail.co.uk)

**Gloucestershire Chinese Christian Church,**

Cambray Baptist Church, Cambray Place, Cheltenham GL50 1JS

**Every Sunday afternoon For more details contact:** 07766 310551 [irisliu50@gmail.com](mailto:irisliu50@gmail.com)



# Polish Community Organisations

## **Polish Carers Group**

Meetings, information sessions, workshops and support for carers from the Eastern European Communities

**For more details contact:** request via Facebook Babinki Polish Carers Group

## **Cheltenham Polish Community TARA**

Meetings when required/ events/info sessions/workshops

**For more details contact:** 07716011825/ 078578006670 [office@chelpolishtara.org.uk](mailto:office@chelpolishtara.org.uk)  
[www.chelpolishtara.org.uk](http://www.chelpolishtara.org.uk)

**Polish School in Cheltenham**, Gloucester Road Primary School, Gloucester Road, Cheltenham

Every Sat from Sept – July. Sessions for children. Events and information drop in sessions.

**For more details contact:** [szkolacheltenham@gmail.com](mailto:szkolacheltenham@gmail.com) [www.polschool.org.uk](http://www.polschool.org.uk)

## **Polish Association Gloucestershire**

Meetings when required/ events/info sessions/workshops

**Club 50 plus**, Gloucester Rd Primary School, Cheltenham

Information sessions/workshops/health related activities for people over 50

**For more details contact:** Marzena Zylka 07776 331002 [szkolacheltenham@gmail.com](mailto:szkolacheltenham@gmail.com)

**Polish website** [www.poloniagloucester.co.uk](http://www.poloniagloucester.co.uk)

# Information in other languages

## Alzheimer's Society

The Alzheimer's Society produces a range of free factsheets about memory problems and dementia in 16 languages.

**Contact Details:** 0300 222 1122 [publications@alzheimers.org.uk](mailto:publications@alzheimers.org.uk)

## Alzheimer's Australia

Dementia related information is provided in a number of languages other than English

[www.fightdementia.org.au/understanding-dementia/information-in-other-languages.aspx](http://www.fightdementia.org.au/understanding-dementia/information-in-other-languages.aspx)

## Meri Yaadain (meaning My Memories)

This website provides written dementia information and videos for South Asian Communities in Bradford, however much of the information is not Bradford specific.

<http://www.meriyadain.co.uk>

## Alzheimer's Society Video Clips and DVD's

<https://www.alzheimers.org.uk/about-us/news-and-media/audio-and-video>

## Equality Scotland

### Multi-Lingual Healthy Diet and Lifestyle Information Pack and Dementia Awareness Pack:

Providing Information, Raising Awareness. Available to download in English, Arabic, Bengali, Chinese, Hindi, Punjabi and Urdu.

<http://www.equalityscotland.com/6/12/Publications/Publications.html>

## Information for callers who do not have English as their language of choice

The Alzheimer's Society National Dementia Helpline can provide confidential interpreters, in many languages, within minutes of your call.

All you need to do is state in English the language you would prefer to use.

### How to use the confidential translation service:

1. Ring the Helpline telephone number - **0300 222 1122**
2. When your call is answered, say the English word for the language you wish to use, you will also need to be able to give your name and your telephone number in English.

Hang up your phone and wait. You will usually be called back within 5 minutes by an interpreter who will help us give you the health or other information you need.

Alternatively, you can ask a friend or relative to make the call on your behalf

# Other Support Services

## Age UK

**Age UK Gloucestershire** is a local, independent charity for all older people in Gloucestershire. It offers information and advice to help people navigate later life, services to ensure people can remain independent at home for as long as they want to (e.g. the Out of Hospital Service), as well as helping people to connect socially and access activities in their local community e.g. walking sports.

**Contact Details:** Age UK Gloucestershire 01452 422 660 [www.ageuk.org.uk/gloucestershire](http://www.ageuk.org.uk/gloucestershire)

## Alzheimer's Society

- Support for people with memory problems and dementia
- Support for families and carers
- Dementia Adviser and Support Service
- Peer Support Groups across the county (memory café's, singing for the brain etc.)

**Contact Details:** Alzheimer's Society Gloucestershire 01452 525222

[gloucestershire@alzheimers.org.uk](mailto:gloucestershire@alzheimers.org.uk) [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## Barton and Tredworth Memory Café – Charter Court, Victoria Street, Gloucester GL1 4EP

Every 1<sup>st</sup> Tuesday of the month 2-4pm and is open to anyone living with memory problems. The café offers a safe, friendly place to get support and advice and to share experiences. A variety of social activities are on offer. Free to attend – voluntary donations for refreshments.

**Contact Details:** Carol Sterling 07470 040311

## Gloucestershire Carers Hub

Information, advice, carers support, carers training, counselling and carers assessments

**Contact Details:** 0300 111 9000

## Dementia Training and Education, Gloucestershire County Council

Dementia training programme for all Health and Social Care staff in Gloucestershire including those in the Voluntary and Independent sector, and those who are caring for a person with dementia.

- Community Dementia Link Worker Role to support outreach workers within BME communities.

**Contact Details:** <http://www.gloucestershire.gov.uk/extra/article/108332>

## Gypsy and Travellers Services, Gloucestershire County Council

**Contact Details:** 07384 252 456 [travellers@gloucestershire.gov.uk](mailto:travellers@gloucestershire.gov.uk)

**The Gloucestershire BME Network for Dementia** held its first meeting in June 2014 and brings together a number of individuals and organisations with a common aim to improve access to and the experience of dementia and support services for people from BME communities living in Gloucestershire. If you are interested in joining or would like further details about the network please contact Kathy Holmes, Engagement and Involvement Lead, Managing Memory 2gether 0800 694 8800 or email [kathy.holmes@ghc.nhs.uk](mailto:kathy.holmes@ghc.nhs.uk)



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