



A small local charitable group formed in 2010 to help those living with dementia and those who care for them.

RDS is an entirely voluntary organisation run by volunteers with a strong personal commitment to the group and to all of those we meet through it.

Contacts:

- Jane Muers (Chair): 01788 576854 / 07816 433619 or jane.muers@btinternet.com
- Bernie Bayliss (Secretary): 07507631894 or Bernie.Bayliss@gmail.com

Our History

Jane Muers and Jill Perry (RIP), who both retired from working with people with dementia and their carers, wanted to continue as volunteers to share their knowledge and experience and to learn from the direct experience of others. Rugby Dementia Support was formed. In 2015, it gained charitable status.

Over time we have been able to draw in wonderful individuals with similar interest and varied experience to work together.

Initially people living with the earlier stages of dementia and their carers met once a month. Other activities developed in response to the changing needs of those who came, to requests from carers and the inspiration of trustees – an amazing process.

Rugby Dementia Support has grown from very small beginnings 12 years ago.

We have been truly fortunate to be supported over the years financially by individuals, by groups who have adopted us and raised money for us and by educational and charitable trusts. We have depended on this great generosity.

Change was rapid and repeated during the covid pandemic. On-line sessions were developed and face-to-face sessions restarted after a break of only 4 months, after the first 'lockdown'. Following this period of change our programme has evolved and is stabilising once more.

We are more than happy to discuss their situation with individuals and hope people will get in touch.

What we do?

We offer a range of sessions for people to come out to, to find stimulation and support within a social setting. In addition, we offer support to carers after a person cared for may have moved into residential care or passed away.

Through 'Understanding Dementia' sessions we seek to enable all interested to understand dementia better.

In addition, we offer a befriending service, in partnership with Carers Trust Heart of England. This service is for people who do not have regular social support from family or friends or who cannot, or choose not to, come out to join others. They are visited in their homes or offered telephone contact.

We are happy to provide information and to discuss individual situations. We encourage informal contact among those involved in Rugby Dementia Support. We are always open to new ideas as to how to support those living with dementia and those who care for them.

Support Activities

Note: If you are interested in any of our sessions and would like a programme, please contact Jane or Bernie (details on the front of this leaflet)

Introduction to Rugby Dementia Support & Information & Advice:

Introduction to Rugby Dementia Support:

An informal welcoming session for new members to get to know our volunteers and learn more about each other within a relaxed, social setting over a cup of tea/coffee. You will gain a better understanding of the types of support sessions our charity provides.

We will also respond to other questions you may have related to dementia and caring.

Information & Advice:

Do you need help in applying for Attendance Allowance, Carer's Allowance, Blue Badge application and/or help and advice with Lasting Power of Attorney.

Both these sessions will run between 1430-1600hrs on a Thursday in the third or fourth week of the month.

First Friday Together:

This is an opportunity for people living with dementia and those who support or care for them to meet, to share experiences and gain information. There is time for those living with dementia and their carers/supporters to meet in separate groups. Those living with dementia will be together whilst the carers' meeting is in progress.

- Session 1 – For those caring for someone now in residential care: 1130hrs-1300hrs
- Session 2 – For those Carers for someone living with Dementia at home: 1330hrs-1500hrs.

Social Get Together and Games:

A social setting for people living with dementia, their family, friends and carers. These are held on a Friday of the third or fourth week of the month. Some refreshments will be provided.

Two sessions are generally run:

- Session 1 - Friday, 1230-1400hrs – *bring a picnic/lunch*
- Session 2 - Friday, 1430-1600hrs

Get Together for those with Young Onset Dementia:

A social setting for those young members who have been diagnosed with early onset dementia and those who support them. Held on a Friday of the third or fourth week of the month from 1230-1400hrs – *bring a picnic/lunch*

Support Activities (continued)

Caring for a Parent Living with Dementia:

This session aims to support those who are caring for a Parent Living with Dementia. The group meets on the second or fourth Friday of the month from 1330-1500hrs in parallel with a music session

Music Singalong:

These singing sessions are for people living with dementia, and those who support are care for them. These are usually run on the second and fourth Fridays of the month from 1330-1500hrs.

Bereaved Support Group:

This group is for people who have been bereaved following caring for a person close to them who had dementia and would like support, an opportunity to share experiences and for companionship. This group meets on a Thursday each month from 1100-1230hrs.

Note: All the above sessions are held in the Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN

Other Services

Pub Lunches:

Each month we arrange to have lunch together on the second Thursday of the month in a local Rugby pub. (*Subsidised by Rugby Dementia Support, Cost £2.50*)

Understanding Dementia:

An awareness session for all who are interested in understanding more about dementia and how to support people affected by it.

Rugby Forget-me-not Friends:

Rugby Forget-me-not Friends (RFF) is run jointly by ourselves and Carers Trust Heart of England, providing a friendship visit from our carefully selected, trained volunteers. It is available to people who are unable to access community activities and who do not have regular social support from family or friends.

Carers Group:

This is an on-line carer support group, for those Carers supporting someone Living with Dementia who finds it difficult to leave the home. This session is run on the 2nd Thursday of the month via Zoom. **(This session is currently under review).**