

WEST SUFFOLK - DEMENTIA SERVICES

INTEGRATED DELIVERY TEAMS

The **Bury North & Bury South IDTs** are responsible for the coordinated **delivery of community mental health services in designated localities**. This includes support for children & their families, adolescents, working age & older adults & individuals with a **learning disability**. We provide **clinical interventions to address complex mental health needs**, as well as certain specialist difficulties such as **ADHD & autism**. We have a range of qualified & experienced clinicians including doctors, nurses, social workers, occupational therapists, support workers, psychologists & psychological therapists.

BURY NORTH IDT
Newmarket Hospital
Exning Road
Newmarket
CB8 7JG
Tel: 01638 558650
BURY SOUTH IDT
G Block
Hospital Road
Bury St. Edmunds
IP33 3NR
Tel: 01284 733188
Monday - Friday
09:00-17:00

PSYCHIATRIC LIAISON

This service is designed to help patients arriving at an **acute hospital** in the region who have **mental health issues** or need **mental health assessment**.

We offer **mental health assessments, brief intervention & treatment** for people experiencing mental health difficulties **within the acute hospital**.

For patients at one of the participating acute hospitals, they are **automatically eligible for help**. All referrals come from within the hospital. **We do not take self-referrals**. All hospitals are currently served except James Paget Hospital - an extension of the service to this hospital is in progress.

WEST SUFFOLK HOSPITAL PSYCHIATRIC LIAISON TEAM
West Suffolk Hospital
Hardwick Lane
Bury St Edmunds
IP33 2QZ
Tel: 01284 713000
Monday - Saturday
09:00-19:00

MEMORY ASSESSMENT TEAM

Referrals for **Memory Assessment** are made via the **Access & Assessment Team** for **triage & appointment allocation**. The aim of the early intervention memory service is to deliver **early diagnosis & intervention** for people with **mild to moderate dementia**. It will provide all patients who fulfil the referral criteria with a **person-centred service**, which empowers people with dementia & their carers to make **informed decisions about care** and which helps maximise quality of life, **reducing the risk of crises** later in the illness & **enable patients to be cared for at home** while this is the **preferred place of care**.

MEMORY ASSESSMENT TEAM
via **Access & Assessment Team**
Mariner House
Handford Road
Ipswich
IP1 2GA
Tel: 0300 123 1334
Fax: 0300 123 1335
Monday - Friday
08:00-20:00

DEMENTIA INTENSIVE SUPPORT TEAM

Assessments & interventions for adults suffering from **acute, severe & enduring mental health problems** including anxiety, depression, psychosis, confusion, dementia & related behavioural problems.

All **emergency and urgent referrals** come through the **Access & Assessment Team**. To access the **Open Referral** system, **please call 0300 790 0371**.

- Assessment & diagnosis of mental health problems
- Risk assessment & risk management
- Monitoring of mental health difficulties & agreed treatment plans
- Therapeutic interventions including provision of personal care in support of care packages & care homes

DEMENTIA INTENSIVE SUPPORT TEAM
Norfolk & Suffolk NHS Foundation Trust
F Block
Hospital Road
Bury St Edmunds
IP33 3NR
Tel: 01284 733260
Fax: 01284 733278
Monday - Friday
09:00-17:00

DEMENTIA HELPLINE

Sue Ryder Dementia Helpline
Information & support to **anyone living in Suffolk**.

Worried about memory loss?

Want to find out more about dementia?

Do not know where to go for help?

What support is available?

Or just someone to talk to.

All calls are confidential.

SUE RYDER DEMENTIA HELPLINE
dementiahelpline.suffolk@sue-ryder.org
www.sue-ryder.org.uk/dementia-helpline
Tel: 01473 353350
Monday - Friday
09:00-17:00

TALK & SUPPORT

Suffolk Family Carers
Talk and Support offers family carers of people with dementia living in Suffolk the opportunity to have regular, programmed **telephone support** from a dedicated volunteer who is available to offer **practical & emotional support**. The availability of such support greatly enhances people's ability and capacity to cope, in the knowledge that there is someone available to achieve such support on a regular basis.

FAMILY CARER TALK & SUPPORT
Tel: 01473 835420
wellbeing@suffolkfamilycarers.org

WELLBEING SESSIONS

Suffolk Family Carers offer free Wellbeing sessions for Family Carers.

You will be in a group with other Family Carers & we will look at what choices, if any, you had in becoming a Family Carer & how your situation may make you feel quite anxious. We will look at **early warning signs, coping strategies, how to be more assertive, prioritise your own needs & begin to relax more**.

Due to the nature of the course, it is essential that you book & unfortunately cannot join the course midway.

Groups run frequently in **Haverhill & Needham Market**

FAMILY CARER WELLBEING SESSIONS
MHWBS.training@suffolkfamilycarers.org
Tel: 01473 835420
wellbeing@suffolkfamilycarers.org

CARING WITH CONFIDENCE

Caring for Dementia with Confidence 5 week course for family carers looking after someone with dementia. **Weekly 2 hour sessions** look at **increasing knowledge of the condition, its characteristics & progression**. We explore ways to help you understand & cope with the behaviours of dementia to ensure that you **look after your own health & wellbeing**. We look at ways in which you **communicate** with the person that you care for & also professionals you may come into contact with. We explore **benefits** which you & the person you care for may be entitled to and **Carers Rights**.

Sessions running in **Bury St Edmunds & Stowmarket**.

CARING FOR DEMENTIA WITH CONFIDENCE
MHWBS.training@suffolkfamilycarers.org
Tel: 01473 835420
wellbeing@suffolkfamilycarers.org

FAMILY CARER GROUPS

When you are looking after someone, **who is looking after you?**

Family Carers Groups are free sessions, including **peer support**, which provide an opportunity to **chat together, relax, gain information & participate in an activity**.

Assistance with respite & transport costs may be available. Refreshments are also provided.

No need to book. Just come along.

Groups run in **Wickhambrook, Bury St Edmunds, Stowmarket, Haverhill, Needham Market & Sudbury**.

FAMILY CARER GROUPS
teresa.drake@suffolkfamilycarers.org
Tel: 01473 835420
wellbeing@suffolkfamilycarers.org

DEMENTIA SUPPORT SERVICE

The Alzheimer's Society Dementia Support Service provides one to one support to people with dementia, carers and others close to them. The service is unique to personal circumstances, it provides **information and practical support** to help greater understanding about **living with dementia**. The service can be provided **face to face, over the telephone and via email or written communication**.

The service is open to **all people living in Suffolk**, and also provide **peer support group services in Mildenhall, Sudbury & Bury St Edmunds**.

ALZHEIMER'S SOCIETY DEMENTIA SUPPORT
suffolk@alzheimers.org.uk
Tel: 01473 237301
Monday - Friday
09:00-16:00

DEMENTIA ADVISORS

Have you been told you have dementia & need some advice and guidance? Are you caring for someone with a diagnosis of dementia? **Suffolk Age UK, in Partnership with Sue Ryder & Suffolk Family Carers** will provide advice & guidance to **any Suffolk resident** who has a diagnosis of dementia & their family carer. Our Dementia Advisors are there to listen to the concerns & needs of each person & their family carer.

Our Advisors will provide advice & information tailored to each person to give them more choice & help them understand what services are available & how to access them.

DEMENTIA ADVISORS
dementia@ageuksuffolk.org
Tel: 01473 353055
Monday - Friday
09:00-17:00

FLEXIBLE DEMENTIA SERVICES

A flexible & enhanced level of domiciliary care for people with dementia at moments of **crisis or strain**. Spot purchased by **Adult & Community Services from Care UK**. Gives an opportunity to stabilise situations, develop people's capacity to maintain their independence & allow for clearer assessment as to people's ongoing needs. Available for people with dementia & Family Carers. Same day, short-term respite support. Someone may need through the night care one day but only a welfare visit the next. Service is accessed through & intensively case managed through the Dementia Cluster Social Work team, working together with the DIST & other community services.

FLEXIBLE DEMENTIA SERVICES
customer.first@suffolk.gov.uk
Tel: 0345 606 6167
Monday - Friday
08:00-18:45