

Keeping in Touch Club

The KIT club was set up by former carers to support others who had lost a loved one or perhaps their partner had gone into long term care. They campaign for better care for people with dementia and their carers, volunteer for BIADS in various ways and help each other build a life of their own after spending many years looking after a partner.

Personalisation—Self Directed Support Project

Do you need to know more about personal budgets and taking control of your own care needs? We have five carers who are our **Personalisation Champions** who are happy to share their experiences, and BIADS hold personalisation forums throughout the year to support you.

Cognitive Stimulation Therapy

NEW for 2011, CST is an innovative therapy for people with dementia led by Nicola Kelk, Occupational Therapist. Clinical trials have shown it can improve memory function, and people who have undergone the treatment generally feel more confident and feel an improvement in self esteem as well as their memory. With a strong emphasis on having fun, discussing opinions and sharing thoughts our sessions will run twice a week for 7 weeks and then weekly for four months. Participants need to have a Mini Mental Examination score of between 10 and 24.

BIADS

c/o Barnsley Community
Build
187 Sheffield Road
Barnsley S70 4DE
Tel: 01226 280057

Email: biads@btconnect.com

www.biads.org.uk

Office Hours 9am to 4pm
Monday to Friday

There may, however, be occasions when the office is closed, so if you are making a special trip to town to visit us, please ring in advance to save you an unnecessary journey



BIADS guarantee that all funds raised and donations received will be used to support people with dementia, their carers and families in Barnsley

BARNSELY INDEPENDENT ALZHEIMER'S AND DEMENTIA SUPPORT



BIADS

The trunk of the tree represents BIADS with our roots firmly in the community of Barnsley

The hearts represent the 2,800 people in Barnsley who have dementia and those who love and care for them

The branches are the services BIADS offers—reaching out to support those affected by dementia in Barnsley

SERVICES

Help for today—Hope for tomorrow

Are you or is someone you know affected by dementia?

BIADS is here to help

We have an ever growing range of services which are currently as follows:

Carer Support

This is the basis of our relationship with carers, we offer dedicated support that will be with you throughout your journey with dementia. Our carer support staff can give you as much information, advice and emotional support as you need, when you need it. Ongoing contact is maintained through our carer support staff and trained volunteers.

Carer Support Group

Throughout the year there will be a carer support group held at the same time as Jabadao. This is a social meeting of carers who can chat and offer support to one another, whilst their partner is enjoying a meaningful and engaging activity.

Befriending for carers (accessed by referral from carer support)

Provided primarily by volunteers, under the guidance of carer support staff this service is just for you, the carer of someone with dementia. Our volunteers are matched to carers who share the same interests and they will visit weekly/fortnightly at a mutually agreed time to provide companionship, friendship and emotional support.

Befriending for the person with dementia

This is a new service which is currently being set up. It will be volunteer led and will see BIADS reaching out to more people with dementia who are currently isolated and unable to access our central services. We see volunteers empowering the person with dementia to make decisions about their own future and their own wellbeing.

Circle Dancing

A form of dance and gentle exercise, a time when you and your partner can be together as friends and let your cares and worries drift away. Enjoy the music and fun, but don't worry about the steps. This is a weekly group on Wednesdays for couples, and Thursdays are for former carers and BIADS' members who just enjoy dancing.

Jabadao

This is movement and music therapy for those with dementia, led by the physiotherapy team from Kendray Hospital and supported by BIADS.

BIADS' Singers

This is for people with dementia, their carers and former carers to get together to have a good old fashioned sing-a-long. People with dementia are still able to join in with singing when other forms of communication become difficult.

Time for Tea

On the second Monday of every month we hold a dementia café at Sheffield Road Baptist Church. This is a time for an informal, fun afternoon with a cuppa, a biscuit and plenty of laughter. A chance to meet those who are in the same situation as you.

Holidays and Day Trips

BIADS organise two holidays and two day trips a year to the coast or the countryside, providing a safe, friendly, non judgemental environment where carers can enjoy a break with their loved ones, knowing that support is on hand should they need it.

Social Events

Social events such as tea dances, parties and meals out bring together anyone in the borough affected by dementia.

Newsletter and Information

We produce a newsletter three times a year. It contains upcoming event dates, news on fundraising events, information, support items and much more.

