

Referral form to Admiral Nurse team

Name

Address

Telephone number

Date of Birth

Who do you care for?

Tell us a little bit about the support you would like:

*Please return the form to: The Admiral Nurse Team,
Westwood House, 100 Peartree Avenue, Bitterne, SO19 7JL
or email the information to snhs.ciseast@nhs.net*

Southampton Admiral Nurse Memory Cafes

**Every Tuesday and once a month Wednesday
2pm—4pm**

Weekly carer focused meetings across Southampton run by Admiral Nurses, our Memory cafes are an opportunity

- to meet and socialise with people who understand your situation in an informal and friendly setting. Each of the three cafes has a slightly different set up and they are in
- various locations across the city. See overleaf for further details.

Whilst our focus is on you as the carer, you are more than welcome to bring the person with dementia you care for along as well. No appointment necessary, just turn up and join in.

For further details please contact us on 0300 1234 026.

Below are details of each of our cafes. You are welcome to join us and do not have to stay for the full session. If you would like to chat to an Admiral Nurse before attending, please call 0300 1234 026.

Medwall Court, Tatwin Close, Thornhill, SO19 6JS

First and third Tuesday of the month from 2-4pm

Medwall Court host a friendly group of carers and cared for who enjoy a varied program of speakers, discussions and group activities. There is also the opportunity at the start of the café to speak with an Admiral nurse one to one.

Manston Court, Manston Court, Lordshill, SO16 8HF

Second and fourth Tuesday of the month from 2-4pm

At Manston Court, we try to offer carers the opportunity to talk together by offering separate activities for the people with dementia at the start of the session. After this, we enjoy a group activity or discussion.

Mayflower Court, 62 Westwood Rd, Portswood, SO17 1DP

Second Wednesday of the month from 2-4pm

Mayflower Court is our newest café and is a small intimate group ideal for those who struggle meeting new people.

Social Events

When there is a fifth Tuesday in the month, we try and hold a social event where we all get the chance to meet up together and have some fun. These have included dementia friendly cinemas, Christmas parties and May fairs. Please call for details.

SOUTHAMPTON

Admiral Nurses

Admiral Nurses provide the specialist dementia support that families need and the Southampton service is open to anyone with a Southampton GP and caring for someone with dementia.

When things get challenging or difficult, our Nurses work alongside people with dementia, their families and carers: giving them one-to-one support, expert guidance and practical solutions. The unique dementia expertise and experience an Admiral Nurse brings is a lifeline—it helps families to live more positively with dementia in the present, and to face the challenges of tomorrow with more confidence and less fear.

Our team offer the following:

- Memory cafes—informal groups across the city offering an easy way to access support
- Individual support by telephone, email or face to face to help with concerns and challenges as they arise
- Future care planning including helping with difficult

How to access our service

Accessing support is as simple as picking up the phone. We accept self referrals as well as referrals from professionals. You can also post the form overleaf to us or send our details via email.

When should you be in contact with the service

Ideally, we would like everyone to have contact with the Admiral Nurses as early as possible. Then we are able to support you and hopefully avoid some of the possible challenges in the future. We understand that this doesn't always happen and it is never too late to contact us.

Either complete and return the form overleaf or call the Admiral Nurse team on:

0300 1234 026