The Living Well Programme

The Living Well Programme is offered to all people with a recent diagnosis of dementia and who are in the early stages of the condition. Its aim is to help and support you in coming to terms with the diagnosis and to offer some practical advice on living well with dementia.

Two groups run in tandem to provide you and your carer the chance to gain any information you feel might help you.

Living Well Programme

WEEK 1: Both groups together. Introductions & discussion of proposed programme. What would you like to know?

WEEK 2: How your memory works. What is memory and how can we use aids to help us with our memory problems. Explanation of different strategies.

WEEK 3: “Coping with change” Discussing skills and strategies to assist coping with your changing circumstances.

WEEK 4: Healthy Lifestyles. Looking at the benefits of a healthy lifestyle and how this impacts on our mental wellbeing.

WEEK 5: “The benefits of reminiscence” Not just looking at old photos!

WEEK 6: “Memory and Mood” How your mood and memory affects you, how they impact on each other.

Carers Programme

WEEK 1: Both groups together. Introductions & discussion of proposed programme. What would you like to know?

WEEK 2: With a Dr and Nurse present. An explanation of the types of memory problems, understanding medical terminology, tests and examinations.

WEEK 3: The role of various health professionals. Reasons for attending day hospitals and other community support services.

WEEK 4: “Coping with stress”, a professional looks at how we manage our stress. Rounded of by a lovely relaxation session that can be practised at home.

WEEK 5: Finances, benefits and tips on form filling.

WEEK 6: The role of the OT and how aids and adaptations in your home can help, eg telecare


Useful contact numbers
Bolsover tel: 01246 827901
Moorfield Day Hospital tel: 01246 562156
Walton Hospital tel: 01246 515151
Lea Hurst – Susan (Secretary) tel: 01246 515576
Nurses tel: 01246 515915
Alzheimer’s Society tel: 01332 208845
Helpline tel: 0845 300 0336
North Derbyshire Doctors tel: 0843 258 0573
Citizens Advice tel: 01246 209164
Call Derbyshire tel: 08456 058 058
NHS Direct tel: 0845 4647
Chesterfield Community Mental Health Team tel: 01246 216522
North East Derbyshire Community Mental Health Team tel: 01246 216522
Age UK tel: 01246 273333
Chesterfield & District Shopmobility tel: 01246 559331
Chesterfield Community Transport tel: 0800 019 5513
DYNAH (Do You Need A Hand) tel: 01246 241108
Derbyshire Carers Association (Bolsover, Chesterfield & North East) tel: 01246 222373
Hasland Resource Centre tel: 01629 537505
Staveley Centre tel: 01629 533040

Older people mental health
Day Services Outreach
Lea Hurst Day Unit
Walton Hospital
01246 515458
01246 515711