

Carnforth Memory Support Group was started as a result of joint work between Jayne Crowther, Carnforth Integrated Care Community's (ICC) Care Coordinator, Debbie Hargreaves from the Memory Assessment Team (MAS) at Lancashire and South Cumbria NHS Foundation Trust (LSCFT), local GP Dr David Wrigley and Emma Paul, Carnforth ICC Development Lead.

One group ran before COVID struck and it was put on hold. It restarted in November 2021 after receiving a very generous donation from Carnforth Rotary to enable it to run the groups at a larger venue, The County Hotel, Carnforth. The group is also supported by Age UK Lancashire, Carnforth & Milnthorpe Primary Care Network Wellbeing Hub, Citizen's Advice Lancashire, Lancaster City Council Housing Support Team and the Alzheimer's Society.



### Why was Carnforth Memory Support Group set up?

Carnforth Memory Support Group forms part of the wider offer of support for people who are facing a diagnosis of dementia in and around Carnforth. In April 2019, the team met with colleagues from MAS to look at how the ICC could work better together to support people living in the local area to access support and advice closer to home.

Initially the MAS ran clinics at Carnforth Clinic as a pilot scheme for people who were pre-diagnosis and for patients post-diagnosis. The MAS team provided specialist support and follow-ups with patients in a location close to home. Debbie Hargreaves from MAS has a consistent presence in the diagnostic pathway, and the service provides a quality diagnosis, working in partnership with the ICC to provide a means of ongoing familiar contact and support.

The Memory Support Group was started as a result of discussions regarding getting more information and support to patients and carers. The group was to be a hybrid of the MAS Carer's Support Groups and the already established Dementia Hubs running in Lancaster and Morecambe.

### What services does Carnforth Memory Support Group offer?

The Memory Support Group is open to all aged 18+ who may care for someone who has a diagnosis of dementia, who has concerns around their memory or has been invited to attend the memory assessment clinic. Family members will be welcomed to the sessions to gain more information and access to support, along with the opportunity for refreshments and a chance to meet other people and have peer support from those going through a similar journey.

The sessions will provide support to any member within our ICC communities, their friends, relatives and carers, whilst endeavouring to reduce the pressures of our local health care providers. It will enhance existing support groups and can be used as a point of signposting for all healthcare practitioners in primary, secondary and tertiary care with aspirations of being included in a discharge bundle following any inpatient episodes or referral to the memory assessment clinic.

### How many people are currently using the service?

There are around 10 people in attendance each month, but we are hopeful that the numbers increase once more people hear about the benefits of attending.

### Feedback from people using the service:

- "I have found the group useful as I have found out more about what's going on in our area such as the Walks for Wellness and swimming sessions".

### How can I find out more?

Email: [carnforth.icc@mbht.nhs.uk](mailto:carnforth.icc@mbht.nhs.uk); Facebook: [www.facebook.com/CarnforthICC](https://www.facebook.com/CarnforthICC); Twitter: [www.twitter.com/CarnforthICC](https://www.twitter.com/CarnforthICC)