

Admiral Nurses are specialist dementia nurses who provide free, expert advice, support and understanding to help families care for their loved one

[What is an Admiral Nurse and how can they help? - Dementia UK](#)

Tel. 08008886678 for free dementia helpline

Adapting the home – making your home dementia friendly

<https://www.alzheimers.org.uk/get-support/living-with-dementia/what-equipment-improve-adapt-home-person-dementia>

Dementia support line tel. 0333 150 3456

Travel Assist Community Transport

(all drivers have dementia awareness training)

Travel Assist provide community transport throughout the northwest. They provide affordable transport for all while specialising in assisting elder, disabled and vulnerable people. Tel. 01254 846200.

[Travel Assist out and about trips Bwd-Newsletter-Autumn.pdf](#)

Darwen Healthcare *Where your health Matters*



Darwen Healthcare

Where your health Matters

Dr Ninan & Partners

Tel: 01254 964640

Services & Support for those living with Dementia, their Carers & Family

We offer an annual review for anyone living with dementia. We want to check how you are and ensure that you and your family, friends or carer are getting any support that you might need. This is a general check up and also an opportunity for you to discuss any concerns. We might ask about some questions about your physical and mental health and discuss your medication. Of course you are also welcome to see the doctor or nursing team at any other time if you need to.



Should you feel that you need support with daily activities and may need carers, you can self refer to social services for a Care Act Assessment and if you are a carer, a Carers Assessment. They can also discuss options such as day care and respite breaks.

[Get social care help | Blackburn with Darwen Borough Council](#)



Kingsway, Greenhurst Place,
Blackburn BB2 1NA
<https://www.bwdcarers.org.uk/>

1st Tuesday of the month
1 pm until 3 pm

Afternoon Café *(For Carers and Cared For)*

Take a break and connect
with others at our
friendly Café

**Homemade cake,
sandwiches, tea & coffee**

Engaging & stimulating
activities

Last Tuesday of the month 1 p.m. – 3 p.m.

Dementia Peer Support Group for Carers

Safe Space and support

**Advice and Information on health and wellbeing
for you and the person you care for.**

[View the Carers Service Activity Newsletter here](#)

For more details and bookings call 01254 688440 or
email office@bwdcarers.org.uk

'Remember the Rovers'

Every Wednesday 10 a.m. – 12 noon
Legends Lounge, Darwen End, Ewood Park, Bolton Road,
Blackburn

Football, Rovers quizzes
Guest speakers from former and current players and
staff of the football club.

Unlimited free refreshments and biscuits. Breakfast
bummies £4.

(Enter through the Darwen End and press E.L. in the lift, it
will take you to the room where the sessions are held)

<https://www.rovers.co.uk/news/2025/january/10/remember-the-rovers-review-of-the-year-2024/>



Thursday afternoons
Darwen Methodist Church

'Memory Makers' Group

(run by **Age UK**, accessed via assessment by Age
UK for suitability)
Tel. 01254 773440

Includes activities such as craft, song, movement,
quiz.

Age UK Wayfinder Dementia Service
Tel. 01254 266620

Email heretohelp@ageukbwd.org.uk

<https://www.ageuk.org.uk/blackburnwithdarwen/>