

Refer yourself to the Charnwood Admiral Nurse Clinic

Call: 01509 271019
Email: CharnwoodClinic@dementiauk.org
Book online: dementiauk.org/charnwood
Opening hours: first and third Friday of every month, 10am-4pm

For further information

Dementia UK produces leaflets on many different aspects of living with dementia, from practical advice on finances and planning for the future to understanding symptoms such as sundowning, delirium, and false beliefs and delusions.

Visit our website at dementiauk.org/information-and-support to read, download or order these.

Terms and conditions and privacy notice
By engaging with the service you are agreeing to our terms and conditions and privacy notice, notice which can be found at dementiauk.org/privacy-notice. If you have any difficulty accessing these, you must tell us before your clinic appointment.

To speak to a dementia specialist Admiral Nurse about any aspect of dementia:

Contact our Helpline:
0800 888 6678 or helpline@dementiauk.org
Book a virtual appointment:
dementiauk.org/book

Our charity relies entirely on donations to fund our life-changing work. If you would like to donate to help us support more families:

- Call 0300 365 5500
- Visit dementiauk.org/donate
- Scan the QR code

Thank you.



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Charnwood Admiral Nurse Clinic



Stuart Kennedy,
Admiral Nurse,
Charnwood

Living with dementia can be challenging and confusing – for the person with the diagnosis, their family and friends. This is where Dementia UK comes in. We are the only UK charity helping families face dementia through our specialist dementia nurses, known as Admiral Nurses.

Our nurses provide free, expert advice, support and understanding to families affected by dementia . From sharing practical tips for caring to offering emotional support and help with making plans for the future, they are a lifeline for families who are experiencing complex care needs related to dementia (please see p4 for examples of complex needs).

Whether it is on our Helpline, through our virtual or face-to-face clinics, in the community or in hospitals, our nurses give people much-needed time and space to talk to someone who understands.

Charnwood Admiral Nurse Clinic

The Charnwood Admiral Nurse Clinic gives families the opportunity to seek specialist advice, support and guidance around dementia, in confidence. Our nurses have the knowledge and experience to talk about:

- understanding the diagnosis and advising on next steps
- practical tips and advice for caring for someone with dementia
- feelings of loss and grief
- supporting carers with work/life balance
- managing family conflict
- coping with changes in personality and behaviour
- improving the carer’s mental and physical wellbeing
- signposting to further services

- guidance with finance, legal and benefits matters
- planning for the future and decision-making
- transition into a nursing or residential home
- hospital/care home concerns
- supporting the carer in identifying risk and keeping the person with dementia safe

Who can access this service?

If you care for a person living with dementia and live in Charnwood, you can refer yourself to the Charnwood Admiral Nurse Clinic using the contact details on p5.

The clinic is held at:
Gorse Covert Community Centre
Maxwell Drive, Loughborough LE11 4RZ

Other sources of support

Dementia UK’s free Admiral Nurse Helpline is available to anyone affected by dementia who needs support and advice.

Call [0800 888 6678](tel:08008886678) or email helpline@dementiauk.org
(Monday-Friday 9am-9pm and Saturday and Sunday 9am-5pm, every day except 25th December).

Alternatively, you can visit dementiauk.org/book to book a phone or video appointment in our Admiral Nurse virtual clinic.

For more advice and information about dementia, please visit dementiauk.org/information-and-support

What are complex needs?

- There is a conflict between the needs and wishes of the carer and the person with dementia, or between family members
- The carer is struggling to understand or come to terms with the diagnosis and how it may affect the person with dementia and themselves
- The carer is finding it hard to understand the needs of the person with dementia
- The person living with dementia does not have family or friends close by who can support them
- The family needs help to identify what support the person with dementia needs and how to access it
- The carer would benefit from training in caring for the person with dementia, including understanding and managing challenging symptoms and behaviour
- The carer needs emotional support with issues such as fatigue/ burnout; feelings of loss, grief and guilt; and changes in their roles and relationships
- The family needs support making decisions about advance care planning or end-of-life care

This list is by no means exhaustive. Admiral Nurses take the time to truly listen to each family’s situation, and suggest methods to deal with symptoms and coping strategies for the challenges of dementia.