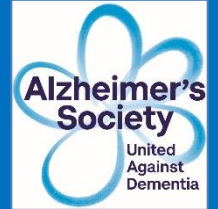


# Newsletter



## Alzheimer's Society Darlington Dementia Advice & Support Team

Issue no.21 January 2023

The Alzheimer's Society Dementia Adviser and Support service in Darlington is bringing you this newsletter to update you on current local services. We hope you all had a wonderful Christmas and all the best for 2023!

### Darlington Dementia Services

**Dementia Adviser & Support Service-** Our Dementia Adviser and Support service provide information and support via face-to-face home visits, telephone, video call, email and post. Our service provides one-to-one support to people with dementia, carers and family members. It is a drop-in service so can support at any point from pre-diagnosis and assessment to the later stages of dementia. We accept all professional and self-referrals which can be made to **DarlingtonTeesValley@alzheimers.org.uk** or **01904 929444** (see end of newsletter).

**Singing for the Brain-** Singing for the Brain brings people affected by dementia together to sing a variety of songs they know and love, in a fun and friendly environment. They also do fun vocal exercises that help improve brain activity and well-being. This group meets every fortnight on a Tuesday, 1.30pm-3pm at the Woodland Wellbeing Hub (attached onto hospice), St Teresa's Hospice, 91 Woodland Road, Darlington, DL3 7UA. Car parking is available on site.

**Dementia Café-** For people living with dementia and carers to come together to meet, socialise and receive support. This group meets on the 3rd Tuesday of every month 1.30pm-3pm at Bradbury House, Age UK North Yorkshire & Darlington, Beaumont Street West, Darlington, DL1 5SX.

**There is now no need to book your place at either group, just turn up!**

**Dementia Friendly Darlington** is a dementia-friendly community taking action to change the way we think, talk and act about dementia. Led by and working with people affected by dementia, local communities, services, businesses and people of all ages, Dementia Friendly Darlington is vital in making Darlington a place where people with dementia live well, have a voice, feel active, understood and included in our community. From developing Dementia Voice Darlington to making our businesses and services dementia friendly, and from facilitating new dementia friendly communities across the Borough to raising awareness by becoming a Dementia Friend, everyone has a part to play. If you, your community, organisation, project, local business, or service would like to find out more and how you can become involved contact: Belinda Williams Dementia Friendly Communities Coordinator, Darlington via mobile 07483 137 521, email address [belinda.williams@alzheimers.org.uk](mailto:belinda.williams@alzheimers.org.uk) or [www.facebook.com/dementiafriendlydarlington](https://www.facebook.com/dementiafriendlydarlington).

## Carer's Rights Event at Woodland Wellbeing Hub

Alzheimer's Society and several other local organisations came together to celebrate Carer's Right's Day at the Woodland Wellbeing Hub. Carer's Rights Day is all about promoting and raising awareness of carer's rights and letting carers know where they can turn to for support and information. Thank you to St Teresa's Hospice Woodland Wellbeing Hub for hosting and Darlington Carer Support for pulling this wonderful event together and highlighting the importance of carers in our community.



Dementia Adviser Kathryn Hardwick at Carer's Rights Event

## Carer's Rights Event at Cockerton Club

We were invited along to the monthly Cockerton Hub coffee morning along with other local organisations. Thank you to the club for hosting and to Cockerton Ward Councillors for pulling this event together. The next coffee morning is planned for Thursday 26<sup>th</sup> January 10am-12 noon, we hope to see you there!



Photos: Age UK North Yorkshire & Darlington, Healthwatch Darlington, Humankind, Darlington Police, St Teresa's Hospice, Alzheimer's Society, Darlington Carers Support and Darlington Credit Union

## Dementia Voice Darlington

Dementia Voice Darlington is a new peer support group for people recently diagnosed with dementia or supporting a loved one with dementia. This group is all about understanding and supporting each other in an informal setting and looking to make positive differences in the community. So far, we have had a number of regular meetings held at The Hippo Lounge, Darlington Hippodrome. Our next meetings are planned at the Hippo Lounge (Darlington Hippodrome) on:

**Thursday 19<sup>th</sup> January 11.30am**

**Thursday 2<sup>nd</sup> February 11.30am**



Photo: Some members of Dementia Voice Darlington group with Dementia Adviser Kathryn Hardwick (back left) and Dementia Friendly Communities Coordinator Belinda Williams (back right).

## West Park Dementia Advice Clinic

Dementia Adviser Kathryn Hardwick is at Beech Unit, West Park Hospital every Monday between 10am-4pm for any information, advice or support. It is a drop-in clinic, but appointments can be booked in advance. We have a full set of information resources in accessible formats and in different languages. For more information, you can contact West Park Hospital directly on 01325 552015.



## **Referrals to Dementia Adviser service**

For professionals: Referrals should be made via your own organisation's secure email by completing and sending the attached referral form to [DarlingtonTeesValley@alzheimers.org.uk](mailto:DarlingtonTeesValley@alzheimers.org.uk) or call 01904 929444.

For self-referrals: Please call 01904 929444 or email [DarlingtonTeesValley@alzheimers.org.uk](mailto:DarlingtonTeesValley@alzheimers.org.uk). You can contact us for any information, advice and support. Alzheimer's Society has a wealth of resources and support on our website: <https://www.alzheimers.org.uk/>.

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