

## Community Dementia Services & Support in Darlington

This guide is to help you find out about dementia support services in Darlington. Information is correct at the time of printing (January 2023). Please check with individual providers to confirm details.

### Dementia Diagnosis & Awareness

#### GP

If you are concerned about your memory or any other symptoms, please contact your GP.

For emergencies, call **999**.

For non-urgent medical help, call **111**.

For intermediate care, call **RIACT** on **01325 342 111**.

#### Mental Health Services for Older People (MHSOP) Darlington community team, Beech Unit, West Park Hospital, DL2 2TS.

Following a referral from your GP, MHSOP can provide a more in-depth assessment and diagnosis.

**01325 552 014/ 552 015**

#### NHS Mental Health Crisis Line

If you are worried about your own safety, another person's safety or being close to acting on suicidal thoughts contact the Mental Health Crisis team immediately.

**0800 051 6171**

#### Alzheimer's Society Dementia Advice

Information and support for someone worried about their memory, assessment and pre-diagnosis.

**01904 929 444**  
DarlingtonTeesValley@alzheimers.org.uk

#### Dementia Friendly Darlington

Provides dementia friendly sessions and supports communities to become more dementia friendly.

**07483 137 521**

Dementia Friendly Darlington on Facebook

### Information, Advice & Planning for the future

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

For all information and support on diagnosis, living well and planning for the future.

**01904 929 444**

#### Age UK North Yorkshire & Darlington Information & Advice Service

Offering free, confidential advice around benefits, housing and more to people living with dementia and carers.

**01325 357 345**

#### Citizen's Advice Darlington

Provides free, independent, confidential and impartial advice e.g. benefits, money advice.

**01325 266 888**

#### Darlington Borough Council Town Hall

Council Tax

**01325 405 555**

Benefits

**01325 405 444**

Housing

**01325 405 333**

Blue Badges

**01325 405 222**

#### Healthwatch Darlington

Independent organisation with the power to ensure local decision makers listen to your feedback and improve standards of health and care services. Also provides the information you need to make the right decisions.

**01325 380 145**

#### Darlington Association on Disability (DAD)

Provides services and support; and tackles issues that affect disabled people and carers.

**01325 489 999**

### Carer Support

#### Adult Social Care First Point of Contact Team

If you feel you need support in your caring role, you can get in touch with the First Point of Contact team for a carer assessment to meet your support needs.

**01325 406 111**

#### Darlington Carer Support

For information and advice, Carer breaks, support with all DWP benefits, Carer support groups, Carer discount card and free counselling service.

**0300 030 1215**

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

For information and support in your caring role.

**01904 929 444**

#### GP

Surgeries keep a register of all patients who are caring for someone who is either unwell or disabled. When registered, your GP surgery might be able to offer flexible appointments, extra support, possible home visits, flu vaccinations and help with prescriptions.

#### Carer Emergency Support

Support in a carer emergency is available to all unpaid carers who care for an adult. If you have an emergency and need someone to look after the person you care for, call Darlington Adult Social Care **01325 406 111/ 01642 524 552** (out of office hours).

#### Livingwell Directory

A service that provides information and signposting to a wide range of services, activities and organisations in Darlington, to help everyone find the support they need to live healthy independent lives.

[www.livingwell.darlington.gov.uk](http://www.livingwell.darlington.gov.uk)

## Community Dementia Services & Support in Darlington

This guide is to help you find out about dementia support services in Darlington. Information is correct at the time of printing (January 2023). Please check with individual providers to confirm details.

### Care and support at home and in the community

#### Adult Social Care First Point of Contact team

If you feel you need support with everyday needs to help you live independently, you can get in touch with the First Point of Contact Team for an assessment and support.

**01325 406 111**

#### Day Centres

Age UK North Yorkshire & Darlington

**01325 362 832**

Moorlands Day Care

**01325 353 592**

#### Hot Meal Home Delivery

Age UK North Yorkshire & Darlington

**01325 362 832**

Moorlands Care  
**01325 353 592**

Ventress Hall Care Home

**01325 488 399**

#### County Durham & Darlington Fire and Rescue Wellbeing Service

They will fit free smoke alarms where required and offer advice to make you safer in your home.

**0345 223 4221**

#### Herbert Protocol

If you care for someone who is at risk of going missing, you can sign up for the Herbert Protocol, which will help the Police to help you if the person does go missing.

**101**

#### Lifeline & Telecare Service

Equipment designed to enable a person to live safely and independently at home e.g. fall detectors, safety pendants.

**01325 406 888**

#### Darlington Town Mission

Provides companionship to combat loneliness and gives practical help mostly to those 80 years of age or over.

**07943 251 357**

#### Dementia Voice Darlington

A peer support group for people newly affected by dementia. This group is all about understanding and supporting each other in an informal setting and aim to make positive differences in the community.

**07483 137 521**

#### St Teresa's Hospice

Provides palliative and end of life care and support including In Patient Care, Rapid Response team, family support and complementary therapies.

**01325 254 321**

#### Wellbeing Hub at the Woodlands

The Wellbeing Hub brings together organisations with a shared aim of supporting the wellbeing of people living with long term conditions or progressive illness, and their carers.

**01325 254 321**

#### Bereavement Support Services

Cruse Bereavement Support

**01642 210 284**

Darlington MIND

**01325 283 169**

St Teresa's Hospice

**01325 254 321**

#### Social Prescribing

Aims to tackle social isolation, enhance quality of life, promote physical health and independence and improve mental health through social prescribing.

**01325 952 577-  
select option 2.**

#### Unforgettable Experiences

Provide therapeutic programmes tailored to help your mind, memory and mental health.

**01325 238 007**

#### Counselling & Talking Therapies

Arcus Support Line

**01325 978 007**

Talking Changes

**0191 333 3300**

Darlington MIND

**01325 283 169**

#### Alzheimer's Society Dementia Café

Every 3rd Tuesday of the month  
1.30pm-3pm.

**01904 929 444**

#### Alzheimer's Society Singing for the Brain

Every fortnight  
1.30pm-3pm.

**01904 929 444**

#### Dementia Friendly Cockerton Dementia Café at Worsley Park

Every 1st Monday of the month  
12 noon-2pm.

**01325 354 122**

#### Head of Steam Railway Museum Dementia Café at Morrison's North Road Café

Every 3rd Wednesday of the month

11am-12 noon.

**01325 405 541**

#### ManHealth

Every Monday & Friday 6pm-8pm

Provides peer support group for men suffering depression and other mental health issues.

**01388 320 023**

#### OCTO

Every Thursday 4pm-6pm

A safe place to meet, socialise and make friends for older members of LGBT+ community.

**01325 978 007**

#### Games for the Brain

Every Wednesday 2pm-4pm

**07956 995 249**

#### Social Lives Café

Every Monday 1pm-2.30pm

Relaxing and inclusive environment open to everyone.

**07555 400 615**