

Newsletter



Darlington Dementia Advice & Support Team

Issue no.12 October 2020

As we welcome Autumn and say goodbye to summer, we hope everyone is staying safe and taking care of themselves during these challenging times.

The Alzheimer's Society Dementia Adviser and Support service is still operating in Darlington via telephone, post and email. In this newsletter, we would like to inform you of our current services and how we have been supporting people during the Covid-19 pandemic!

Please remember we are here for everyone affected by dementia! And Happy Halloween! 🎃

PLEASE NOTE A CHANGE OF ADDRESS AND CONTACT NUMBER.

Our **Dementia Adviser** service is operating via telephone, email and post however we are currently unable to offer home visits. The Dementia Adviser 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 in the person's journey from pre-diagnosis to the later stages. We accept all professional and self-referrals which can be made to **DarlingtonTeesValley@alzheimers.org.uk** or **01904 929444**.

Our **Dementia Support** service provides information, guidance and practical support to help people understand dementia, cope with day to day living with dementia and prepare for the future. This service is accessed via the Dementia Adviser service when a person has been assessed to having more long-term support needs.

All **Group services** including our St Herbert's café and Singing for the Brain are postponed until further notice due to the current circumstances. However, we are keeping in touch with all our service users who attend our groups in Darlington to check on their welfare and provide support where necessary. Our North Yorkshire colleague Anne Cook is leading weekly **virtual Singing for the Brain** sessions- please contact **01904 929444**.

Dementia Adviser Key Stats!

In 2019, the Dementia Adviser Service provided information, advice and support to **216 individual service users with 1376 interactions** (home visits, telephone, email, post).

Since January 2020, we have had over **1000 interactions with** our service users and met **881 support outcomes**.

Dementia Friendly Darlington

Dementia Friendly Darlington is a Dementia Friendly Community led by and working with people affected by dementia, local organisations, businesses, services and people of all ages to make Darlington a place where people with dementia live well, are included, respected and able to contribute to their community, as they choose!

From Dementia Voice Darlington, to working alongside Darlington's Dementia Adviser Service to engage GP Surgeries in creating dementia-friendly practices and increase access to Dementia Adviser services, Dementia Friendly Darlington is changing the way we think, act and talk about dementia!

Working with people living with and affected by dementia, businesses and services, together with facilitating local communities across the Borough to become recognised as 'Communities working to become Dementia Friendly' is also a priority. This includes working with Darlington Town Centre Partnership to promote a dementia-friendly environment in shops, cafes, museums and leisure services and with Darlington Borough Council's Taxi Policy Review to develop a Dementia Friendly Taxi Service.

In Cockerton and Haughton, Dementia Friends Champions are leading online Dementia Friends Information Sessions and working with Darlington's Dementia Friendly Communities Coordinator to use dementia-friendly resources, raise awareness and inspire people with dementia, local volunteers, families, carers and people of all ages, businesses and organisations to become actively involved in their Dementia Friendly Community. For more information on Dementia Friendly Darlington, contact Belinda on **07483 137 521**.

Healthwatch Spotlight Article

The Alzheimer's Society Darlington were recently featured in a Healthwatch Spotlight article aiming to shine a light on the work going on during the current pandemic. To see the full article, please click link:

[HTTPS://WWW.HEALTHWATCHDARLINGTON.CO.UK/NEWS/2020-08-12/LOCAL-SPOTLIGHT-ALZHEIMERS-SOCIETY](https://www.healthwatchdarlington.co.uk/news/2020-08-12/local-spotlight-alzheimers-society)

Hate Crime Awareness Week

It was Hate Crime Awareness Week during 10th-17th October. Hate crime is a crime motivated by prejudice based on the victim's disability, race, religion, sexual orientation, transgender identity, or other grounds. At Alzheimer's Society, we believe everyone affected by dementia has the right to live their life the way they want to live it, whether living with the diagnosis or supporting someone who is. Core to that belief is that everyone has the right to be the person they are, to live without fear or prejudice regardless of race, age, gender, sexual orientation, faith and belief, or a disability, like dementia. We support Hate Crime Awareness Week and produced a short video which has been viewed 1000+ times on Darlington Borough Council's Facebook page.



Dementia Friends Sessions

Dementia Adviser Kathryn Hardwick and Dementia Friendly Communities Coordinator Belinda Williams have been delivering virtual Dementia Friends sessions open to everyone living and/ or working in Darlington. A Dementia Friend is somebody that learns about dementia so that they can help their community. Too many people affected by dementia feel that society fails to understand the condition they live with. Dementia Friends help by raising awareness and understanding, so that people living with dementia can continue to live in the way they want. Dementia Friends help people living with dementia by taking actions - both big and small. These actions don't have to be time-consuming. From visiting someone you know with dementia to being more patient in a shop queue, every action counts. Dementia Friends sessions aims to change people's perceptions of dementia and to transform the way the nation thinks, acts and talks about the condition.

We have recently delivered several public sessions open to all as well as to smaller community groups such as Hart Gables forum members. Our next **public Dementia Friends session** is on **29th October 2020 at 1pm**.

Following sessions are **10th December 2020**, **21st January 2021** and **4th March 2021** all beginning at **1pm** (will be listed on Dementia Friends website shortly). Each session should last around 30 minutes and will be delivered virtually. To sign up to the October session, please click link below:

https://www.dementiafriends.org.uk/WEBSessionDetails?id=a055I00000AXufXQAT&user_type=#.X5Kki6pKjIU



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 or call 01904 929444.

For self-referrals: Please call 01904 929444 or email DarlingtonTeesValley@alzheimers.org.uk

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