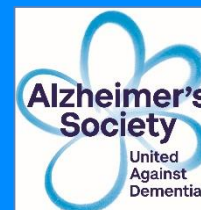


Newsletter



Alzheimer's Society Darlington Dementia Advice & Support Team

Issue no.16 October 2021

As Autumn sets in, we hope everyone is keeping warm and staying well.

The Alzheimer's Society Dementia Adviser and Support service in Darlington is bringing you this newsletter to update you on current local services. Please remember we are here for everyone affected by dementia!

Our Dementia Adviser and Support service is able to offer home visits where appropriate with all Covid safety measures in place. We provide information and support via telephone, video call, email and post but where suitable, can 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 from pre-diagnosis and assessment to the later stages of dementia. We accept all professional and self-referrals (see details at end of newsletter).

Return to our Group Services

We are delighted to say we are bringing back our Dementia Café and Singing for the Brain group services in Darlington! Due to Covid precautions, numbers at the venue are strictly limited therefore everyone will need to prebook onto each session as per the instructions below. Attendance will be on a first come first served basis and booking requests will need to be made on a week-by-week basis to be fair to everyone. We will not be able to accept 'drop-ins' on the day. Refreshments are available at the venue.

Singing for the Brain Venue: Woodland Wellbeing Hub, St Teresa's Hospice, 91 Woodland Road, Darlington, DL3 7UA. (Turn left off Woodland road from town centre, go to the end of the drive and use Woodland Wellbeing Hub entrance. Car parking is available).

Date: Starting on Tuesday 9th November 2021. Future dates: Tuesday 23rd November, Tuesday 7th December, Monday 20th December (To be confirmed).

Time: 1.30pm-3pm.

Dementia Café Venue: Age UK North Yorkshire & Darlington Bradbury House, Beaumont Street West, Darlington, DL1 5SX.

Date: Starting on Tuesday 16th November 2021. Future café date: Tuesday 14th December.

Time: 1.30pm-3pm

How to book: Please email DarlingtonTeesValley@alzheimers.org.uk or call **01904 929444** to reserve a place. If it goes to voicemail, please leave a message with your name and number and one of our team will get back to you asap to confirm your place.

PRIDE 2021

We had an absolute blast at PRIDE 2021 held in Market Square, Darlington! Thank you to all involved in organising the event and for inviting us along to raise awareness of dementia, our work within the Alzheimer's Society and supporting people affected by dementia in Darlington. We engaged with over 120 members of the public and had a great day all round! See you again at next year's PRIDE celebrating the LGBT+ community!



Bouncing Back from Lockdown Event

Dementia Adviser Kathryn attended the Bouncing Back from Lockdown Event held in Middleton St George in August. Despite it being a very rainy wet day (thank goodness for a gazebo!), we still had a great time meeting with members of the public and raising awareness of the Alzheimer's Society. Again, thank you to all the organisers of the event and we look forward to seeing the progress in Middleton St George developing a dementia friendly community! For information on making your local community dementia friendly or joining one of existing communities, please contact Belinda Williams on Belinda.Williams@alzheimers.org.uk or call **07483 137 521**.



Dementia Friendly Darlington

From Cockerton to Haughton, Whinfield & Springfield and from Hurworth to Northgate, Middleton St George and Darlington Town Centre, we are facilitating communities across Darlington to become more dementia friendly.

Everyone has a part to play and here are some of the ways in which you, your organisation, project, local community or service can become involved!

Become a Dementia Friend! Visit www.dementiafriends.org.uk to find a date and time for one of our regular half-hour Dementia Friendly Darlington online Dementia Friends Information Sessions. Find out more about living with dementia and the ways in which you can take action to support and include people living with dementia in our communities.

Take part in Dementia Voice Darlington! People affected by dementia have the most important role in a dementia friendly community. If you are affected by dementia or experiencing memory problems and would like to be part of shaping our Dementia Friendly Community, contact our Dementia Friendly Communities coordinator at belinda.williams@alzheimers.org.uk

Share your stories, connect with your peers and influence change in our community now and for the future!

Find out more about making your community dementia friendly! We can support you to set up your Dementia Friendly Community. From identifying your community or steering group, to raising awareness by becoming Dementia Friends Champions and taking part in Alzheimer's Society campaigns. And from involving people affected by dementia to engaging with local organisations to become actively involved. Visit www.alzheimers.org.uk/get-involved/dementia-friendly-communities to find out more!

Become a Dementia Friendly business, project or service! Making our businesses and services dementia friendly means people with dementia can live well in our community. If you are a local business or service, we can support you in making your organisation a place where people with dementia feel confident, supported and included. From making the Hairdressers and Barbers of Darlington Dementia Friends to developing dementia friendly transport services and from making our town centre dementia friendly to working with our schools, colleges and youth organisations to create a dementia friendly generation. Visit www.alzheimers.org.uk/get-involved/dementiafriendlycommunities/making-organisations-dementiafriendly/businesses to find out more!

To become involved and find out more about Dementia Friendly Darlington contact:

Belinda Williams, Dementia Friendly Communities Coordinator, Darlington

07483137521 belinda.williams@alzheimers.org.uk

www.facebook.com/dementiafriendlydarlington



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.

Our next **public Dementia Friends session** is on **Thursday 28th October 2021 at 1pm**. Each session should last around 30-40 minutes and will be delivered virtually. If you, your organisation, business or service are interested in becoming a Dementia Friend, come along to our next public online Dementia Friends Information Session. To book a place on the session, please click link: https://www.dementiafriends.org.uk/WEBSessionDetails?id=a055100000Q9rCkQAJ&user_type=#.YV7A5trMI2w



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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