

# Dementia Friendly Darlington Newsletter

## What's On – May 2024

Dementia Action Week is an awareness raising campaign. Each year, Alzheimer's Society works with individuals and organisations across the UK to encourage people to act on dementia. This year's campaign runs from 13-19 May.

Be part of Darlington's Dementia Action Week!

# 1 in 3 people living with dementia do not have a diagnosis.

That means they can't get the vital help they need.

Dementia Action Week 13-19 May 2024



### Games for the Brain

Wednesday May 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> 2.00 – 4pm

*\*And every following Wednesday\* \*Refreshments available\**

Oban Court, Whinfield, Darlington, DL1 3PT

For people with dementia to stay physically active and socialise.

Please call Karen Gilbey on 07956 995 249 to find out more. No booking required!



### Dementia Voice Darlington

Thursday May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> 11.30am

*\*And every following Thursday\* \*Refreshments available at the Hippo Café\**

Hippo Lounge Café, Darlington Hippodrome, DL1 1RR

If you, or someone you know, lives well with dementia, Dementia Voice Darlington is a fantastic and supportive community to meet, in a relaxed and informal setting.

Contact Lorraine Dunn weefieryscot@aol.com, or Alzheimer's Society, Darlington, 01904 929444 or email darlontonteesvalley@alzheimers.org.uk to find out more.



### Forget Me Not Dementia Café

Thursday May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> 1.00 – 2.30 pm

*\*And the first three Thursdays of every month\**

Redhall Community Centre, Headingley Crescent, Darlington, DL1 4ST

A relaxed, informal, and free drop-in providing support for people with memory difficulties and their friends, families, and carers *\*Refreshments available\**

Please contact Sarah on 07982255599 to find out more.



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

Tuesday May 14<sup>th</sup> *\*Refreshments available\** 1.30 – 3pm

*\*Singing for the Brain is at Morrison's North Road Café, 97 North Rd, Darlington, DL1 2PY on Tuesday May 14<sup>th</sup> as part of a programme of events for Dementia Action Week 2024. \**

Tuesday May 21<sup>st</sup> 1.30 – 3pm St Teresa's Hospice, Wellbeing Hub, 91 Woodland Road, DL3 7UA

For more information contact: jo.bennett@alzheimers.org.uk M: 07395 355 567  
Jo Bennett, Dementia Adviser, Alzheimer's Society Tees Valley, North & East Yorkshire



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Be part of Dementia Friendly Darlington's Dementia Action Week!

### North Park Care Centre Community Dementia Café

Friday May 10<sup>th</sup> 2.00 – 4.00 pm \*Cheese, Wine & Chat\*

*\*And the following second Friday of every month – all welcome! \**

North Park Care Centre, I'anson Street, Darlington, DL3 0SW

Join us to make new friends and enjoy a range of activities.



Contact: Claire or Linda, North Park Care Centre to find out more on 01325 356000

### Hopetown Dementia Café \*At Morrison's North Road Café\*

Wednesday May 15<sup>th</sup> 11.00am – 12 noon

*\*And the third Wed of every month\* \*Refreshments provided\**

Morrisons North Road Café, 97 North Rd, Darlington, DL1 2PY

The café is for people with dementia and their family, friends, and carers. Join us for a friendly chat. No need to book, just come along!



For further information please contact: sarah.gouldsbrough@darlington.gov.uk

### Memory Lane Activity Café

Thursday May 16<sup>th</sup> 10.30am – 12.30pm

*\*And the third Thursday of every month\* \*Refreshments available\**

The Salvation Army Citadel, Thompson Street East, Darlington DL1 3EW

Come along to Home Instead and The Salvation Army's new Dementia Activity Café for people living with dementia and memory problems, family, friends, and carers. With stimulating activities and chat in a relaxed, safe, and friendly setting. *\*£3 pp, carer is free\**



For further information please call: 07513 723302

### Dementia Friendly Social Group

Thursday May 16<sup>th</sup> 10.00 am – 12.00 noon.

*\*And the following first Thursday of every month\**

Darlington Library, Crown St, Darlington DL1 1ND

Join us for a dementia friendly morning! Games, dominoes & conversation about the past in the Reminiscence Room from 10.00 am. Watercolour group in the Art Gallery from 10.30 – 12 pm. Enjoy the wellbeing and benefits of painting! *\*£5 pp for participants in the watercolour group\**



For further information please call: 01325 349610

### Alzheimer's Society Café Memoir

Thursday May 30<sup>th</sup> 1.30 – 3.00 pm

*\*And the last Thursday of every month\**

For people with dementia and carers to come together, socialise & receive support. *\*Refreshments available\**



For more information contact: jo.bennett@alzheimers.org.uk M: 07395 355 567  
Jo Bennett, Dementia Adviser, Alzheimer's Society Tees Valley, North & East Yorkshire



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Dementia Action Week 13-19 May 2024



**\*Dementia Action Week OPEN Event! \***  
Wednesday May 15<sup>th</sup> 11.00 a.m. – 3.00 p.m.



**Call in to Cornmill Shopping Centre and Queen Street Shopping Centre for Dementia Friendly Darlington's Dementia Action Week Drop-In Event – All Welcome!**

Listen to the voice of people with dementia, share your experiences and express your ideas about making Darlington dementia inclusive.

With dementia advice & information, local services, and support, workshops, activities and more!

For more information contact: 07483137521 [belinda.williams@alzheimers.org.uk](mailto:belinda.williams@alzheimers.org.uk)

**\*Dementia Action Week at Morrison's North Road\***  
Tuesday May 14<sup>th</sup> – Friday May 17<sup>th</sup>



**Throughout Dementia Action Week, Morrison's North Road are holding a series of events for Dementia Action Week and Alzheimer's Society Forget-Me-Not Campaign. All welcome!**

**Tuesday 14<sup>th</sup> May**

Alzheimer's Society Singing for the Brain group (in the café) **1.30 – 3pm**

**Wednesday 15<sup>th</sup> May**

Hopetown Dementia Cafe (in the café) **11am-12 noon**

**Friday 17<sup>th</sup> May**

Alzheimer's Society Dementia Advice & Information Stand **9.30am – 5pm**

Reid Street School Dementia Friendly Choir (in the café) **11am – 1pm**

For more information contact: [champion.darlington@morrisonsplc.co.uk](mailto:champion.darlington@morrisonsplc.co.uk)



Dementia Friendly Darlington Call: 07483137521 E: [belinda.williams@alzheimers.org.uk](mailto:belinda.williams@alzheimers.org.uk)  
[www.facebook.com/dementiafriendlydarlington](http://www.facebook.com/dementiafriendlydarlington).

For local specialist Dementia Support & Advice contact: [DarlingtonTeesValley@alzheimers.org.uk](mailto:DarlingtonTeesValley@alzheimers.org.uk) or call: 01904 929444 to speak to our Dementia Adviser Service.