



Dementia Friendly Darlington

Dementia Action Week 15 – 23 May 2023

Are you affected by dementia?

Dementia Action Week is Alzheimer's Society biggest and longest running awareness campaign encouraging people across the UK to 'Act on dementia'.

Asking the same question over and over again. over and over again. over and over again.

It's not called getting old, it's called getting ill.

Dementia Action Week
15-21 May 2023



This year's campaign runs from 15 – 23 May and the theme is diagnosis. Come along to our Dementia Action Week events to find out more.

Be part of Dementia Action Week 2023!

In 2022, Alzheimer's Society Dementia Action Week encouraged people who are concerned that they or someone they know may be experiencing dementia symptoms to seek further help. Increasing diagnosis rates is such an important issue that we're focusing on it again this year. Following a sustained drop in dementia diagnosis rates for the first time ever, we undertook research to understand the key barriers and benefits to getting a diagnosis.

As well as the misconception around memory loss just being part of getting old, our research found being in denial, and referral times to specialists, are big barriers for those experiencing symptoms to seek a diagnosis.

Where can I find more information on memory loss and diagnosis?

It's important that those who are concerned that they or someone close to them might be experiencing signs of dementia continue to come to us for guidance and support.

This includes reading our new information on memory loss and diagnosis, using our symptoms checklist to help describe symptoms to GPs, and watching first-hand stories from people living with and affected by dementia on the benefits of getting a diagnosis.

You can also contact.:

Alzheimer's Society Dementia Adviser and Support Service, Darlington
For one-to-one support for people with dementia or memory problems, carers, and family members

Call: Tel: 01904 929444

Email: DarlingtonTeesValley@alzheimers.org.uk



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What's on across Dementia Friendly Darlington

Throughout Dementia Action Week, Morrisons Supermarket, North Road, Darlington are supporting Alzheimer's Society Forget Me Not Appeal. Call in to donate and get your forget-me-not badge. Be part of raising awareness and vital support for everyone affected by dementia. Visit [HERE](#) to find out more about the Forget Me Not Appeal.



Monday May 15th 10.30 a.m. – 12 noon Dementia Friendly Cockerton Coffee Morning

Worsley Park, Cardinal Gardens, Nunnery Lane, Darlington, DL3 8SQ
Dementia Friendly Cockerton are hosting a Forget Me Not Coffee Morning. Support the Forget Me Not Appeal and enjoy tea, coffee, cakes, and conversation!



Call Sue Gray, Dementia Friendly Cockerton to find out more
01325 354122 email susan.gray@northstarhg.co.uk

Tuesday May 16th 1.30 – 3pm Alzheimer's Society Singing for the Brain® Groups

St Teresa's Hospice, Woodland Wellbeing Hub, 91 Woodland Road, DL3 7UA
For people with dementia and carers. Enjoy singing in a fun and friendly environment!



Contact Alzheimer's Society, Darlington to find out more.
Call 01904 929444 email darlingtonteesvalley@alzheimers.org.uk

Wednesday May 17th *Come along to Morrison's North Road* *Act now to support Dementia Action Week!*

Morrisons North Road, Darlington 97 North Rd, Darlington, DL1 2PY
9.00 a.m. – 5 p.m. Alzheimer's Society Dementia Drop In, advice, information & support.
11.00 a.m. – 12 noon Head of Steam Dementia Friendly Café (Morrisons North Road Café)
With singing by Reid Street Primary School Dementia Friendly Choir
Join us for Dementia Action Week! Enjoy a friendly cuppa & chat.

Contact Head of Steam Museum on Call 01325 405541 email sarah.gouldsbrough@darlington.gov.uk

Wednesday May 17th 2.00 – 4.00 pm Games for the Brain

Oban Court, Whinfield, Darlington, DL1 3PT
For people living with dementia to stay physically active and socialise.



For more information, please call Karen Gilbey on 07956 995 249. No booking required!

Thurs May 18th 11.30 a.m. Dementia Voice Darlington

Hippo Lounge Café, Darlington Hippodrome, DL1 1RR
If you, or someone you know, has recently been diagnosed with dementia, Dementia Voice Darlington is a fantastic and supportive community to meet up in a relaxed and informal setting. *Refreshments available at the Hippo Café*



Please contact belinda.williams@alzheimers.org.uk 07483137521, talk to Lorraine on weefieryscot@aol.com, or Alzheimer's Society Dementia Adviser Services on 01904 929444

Dementia Friendly Darlington contact:

07483137521

belinda.williams@alzheimers.org.uk



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Become a Dementia Friend for Dementia Action Week 2023
Join us for a free online Dementia Friends Information Session!

Book on to our online Dementia Friends Information Session



Date: Tuesday May 16th, 2023
Time: 12 midday – 1.00 pm
Scan below to book your place.



Learn more about dementia and the actions you, your organisation, business, or service can take to include and support people with dementia to live well in our community!

For further information about **Dementia Friendly Darlington** Dementia Action Week events
Contact:

Dementia Friendly Darlington **07483137521** belinda.williams@alzheimers.org.uk
<https://www.facebook.com/dementiafriendlydarlington>

For confidential advice & support contact Alzheimer's Society, Dementia Adviser Services,
Darlington Call **01904 929444** email darlingtonteesvalley@alzheimers.org.uk

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