

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 2024). Please check with individual providers to confirm details.

Dementia Diagnosis & Awareness

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 friends 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

For further information on these services, please call Alzheimer's Society on 01904 929444 or email DarlingtonTeesValley@alzheimers.org.uk.

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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

The Hive

07825 836 232

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

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.

Counselling & Talking Therapies

NHS Talking Therapies

0191 333 3300

Darlington MIND

01325 283 169

Arcus Counselling

01325 978 810

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.

Every Thursday

11.30am-1pm

07483 137 521

Alzheimer's Society Singing for the Brain

Every fortnight

1.30pm-3pm

07395 355 567

Alzheimer's Society Café Memoir Activity Group

Every last Thursday of the month

1.30pm-3pm

07395 355 567

Hopetown Dementia Café at Morrison's North Road

Every 3rd Wednesday of the month

11am-12 noon

01325 405 541

Darlington Borough Council Games for the Brain

Every Wednesday 2pm-4pm

07956 995 249

Dementia Friendly Cockerton Dementia Café at Worsley Park

Every 1st Monday of the month

12 noon-2pm

01325 354 122

Dementia Café at North Park Care Centre

Every 2nd Friday of the month

10am- 12 noon

01325 356 000

For further information on these services, please call Alzheimer's Society on 01904 929444 or email DarlingtonTeesValley@alzheimers.org.uk.