

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 2022). Please check with individual providers to confirm details.

Dementia Diagnosis & Awareness

GP

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**.

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.

08000 516 171

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

To understand the needs, experiences and concerns of people who use health and social care services and to speak out on their behalf.

01325 380 145

Darlington Association on Disability (D.A.D)

Provides services, support and information and by tackling issues affecting disabled people locally and nationally.

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, carer support groups and counselling.

03000 301 215

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 refer to the Dementia Services Directory which is located on www.livingwell.darlington.gov.uk or call Alzheimer's Society on 01904 929444. Please be aware some services may be affected by current Covid-19 guidelines.

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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.

01325 406 111

Age UK North Yorkshire & Darlington Day Centre

A safe, stimulating environment that encourages social interaction. Includes activities and lunch.

01325 362 832

Hot Meal Home Delivery

Age UK North Yorkshire & Darlington

01325 362 832

Moorlands Home
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.

03452 234 221

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

Domiciliary Care Providers

For care and support at home, please contact the Adult Social Care Team for a list of local care providers on

01325 406 111 or visit Livingwell Darlington directory:

www.livingwell.darlington.gov.uk.

St Teresa's Hospice

Provides palliative and end of life care and support including Rapid Response team, family support and complementary therapies.

01325 254 321

Counselling & Talking Therapies

Arcus

01325 978 007

Talking Changes

01913 333 300

Darlington MIND

01325 283 169

Bereavement Support Services

Cruse Bereavement Care

01325 288 633

Darlington MIND

07375 871 303

St Teresa's Hospice

01325 254 321

Wellbeing Service

Aims to tackle social isolation, enhance quality of life, promote physical health and independence and improve mental health. **01325 952 577**- select **option 2** and leave a message on answerphone.

County Durham and Darlington - District Nursing Service

Provides nursing support in the community 24 hours a day to housebound patients in your own home or residential nursing home.

03000 267 979

Alzheimer's Society Dementia Café

Every 3rd Tuesday of the month
1.30pm-3pm.

01904 929 444

Alzheimer's Society Singing for the Brain

Every 2nd and 4th Tuesday of the month
1.30pm-3pm.

01904 929 444

Dementia Friendly Cockerton Dementia Café

Every 1st Monday of the month
12 noon-2pm.
Contact Susan Gray at Worsley Park for more information.

01325 354 122

Head of Steam Railway Museum Dementia Café

Every 3rd Wednesday of the month
11am-12 noon.
Includes free admission to museum.

01325 405 060

Unforgettable Experiences

Provides a range of interactive and creative sessions for older people and their carers.

01325 238 007

Darlington Town Mission

Provides companionship to combat loneliness and gives practical help mostly to those 80 years of age or over.

07943 251 357

ManHealth

Provides peer support for men suffering depression and other mental health issues.

01388 320 023

Older LGBT+ Social Group

Every Thursday 4-6pm

A safe place to meet, socialise and make friends.

01325 978 007

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