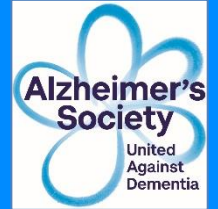


Newsletter



Darlington Dementia Advice & Support Team

Issue no.14 April 2021

We hope everyone had a lovely Easter and enjoying the Spring weather!

The Alzheimer's Society Dementia Adviser and Support service is still operating in Darlington via telephone, post and email. In this newsletter, we would like to inform you of our current services. Please remember we are here for everyone affected by dementia!

Our Dementia Adviser and Dementia Support service is operating via telephone, email and post however we are currently unable to 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 in the person's journey from pre-diagnosis to the later stages. We accept all professional and self-referrals which can be made to **DarlingtonTeesValley@alzheimers.org.uk** or **01904 929444**.

All Group services including our St Herbert's café and Singing for the Brain are postponed until further notice. Our North Yorkshire colleague Anne Cook is leading weekly **virtual Singing for the Brain** sessions- please contact **01904 929444**. We also ran a virtual Activity Group which involved having a cuppa and a quiz, ran by Alzheimer's staff and volunteers- unfortunately, this group is no longer continuing.

Five things you should know about dementia

- 1. Dementia is not a natural part of ageing** and it doesn't just affect older people. Over 40,000 people under 65 in the UK have dementia. This is called early-onset or young-onset dementia.
- 2. Dementia is caused by diseases of the brain.** Diseases such as Alzheimer's disease cause nerve cells to die, damaging the structure and chemistry of the brain. There are many other causes and different types of dementia cause damage to different parts of the brain.
- 3. It's not just about losing your memory.** Dementia can also affect the way people think, speak, perceive things, feel and behave.
- 4. People can still live well with dementia.** Although there is no cure for dementia, researchers are working hard to find one. Until that day comes, support and treatments are available that can help with symptoms and managing daily life. These can allow people with dementia to lead active, purposeful lives.
- 5. Alzheimer's Society is here for anyone affected by dementia.** Call our Dementia Connect support line on **0333 150 3456** if you'd like to talk to someone for information, support or advice.

Virtual Carers Information and Support Programme **(CrISP)**

The Alzheimer's Society Tees Valley, North & East Yorkshire are now offering a programme for carers in Darlington beginning in May 2021. The Carers Information and Support Programme (CrISP) provides information on all aspects of caring for a person with dementia in a group environment. Carers can share their experiences and find out about local and national services that may be helpful. CrISP aims to improve the knowledge, skills and understanding of people caring for a person with dementia, by providing effective support and up-to-date and relevant information. There are two parts to this programme (CrISP 1 & CrISP 2). Details of CrISP 1 will be circulated after CrISP 2 sessions have commenced.

CrISP 2 has been designed specifically for **carers, family members and friends of people who have been living with dementia for some time**. It consists of three essential sessions, covering the following topics:

Understanding how dementia progresses- the physical, psychological and emotional changes that may occur as dementia progresses. **(5th May 2021, 1pm-3.30pm)**

Living with change as dementia progresses- practical information on communication, exploring problems from the perspective of the person living with dementia and where and how to access support. **(12th May 2021, 1pm-3.30pm)**

Living well as dementia progresses, including occupation and activities- recognising the support needs of the person living with dementia and how those needs might be met. **(19th May 2021, 1pm-3.30pm)**

These sessions will be delivered virtually via the video conferencing service Zoom and will approximately last between two and two and a half hours each. They are completely free to attend and will be delivered by Alzheimer's Society local services staff members. You can sign up to these sessions if you are a new or existing service user, and we accept referrals from professionals (with consent to do so obtained from person).

To sign up to CrISP 2, please call **01904 929444** and leave a voicemail with your name, area you live and reason for call or email DarlingtonTeesValley@alzheimers.org.uk



Dementia Friendly Darlington

Dementia Friendly Darlington is a Dementia Friendly Community led by and working with people affected by dementia, local organisations, businesses, services and people of all ages to make Darlington a place where people with dementia live well, are included, respected and able to contribute to their community, as they choose! From developing a Dementia Voice for Darlington, to taking part in **Dementia Action Week** May 17th – 23rd 2021, a national event that sees the UK public taking action to improve the lives of people affected by dementia, Dementia Friendly Darlington is changing the way we think act and talk about Dementia!

Dementia Friendly Darlington is also working alongside Darlington's Dementia Adviser Service to engage GP Surgeries in creating dementia-friendly practices and leading public, online Dementia Friends Information Sessions to inspire us all to understand more about living with dementia.

Working with people living with and affected by dementia, businesses and services, together with facilitating local communities across the Borough to become recognised as 'Communities working to become Dementia Friendly' is also a priority. This includes working with Darlington Town Centre Partnership to promote a dementia-friendly environment in shops, cafes, museums and leisure services and with Community Policing Teams and Taxi providers to develop Dementia Friendly Services across the Borough.

From Cockerton to Haughton, Whinfield & Springfield and from Middleton St George to Northgate, Dementia Friends Champions are leading online Dementia Friends Information Sessions and working with Darlington's Dementia Friendly Communities Coordinator to use dementia-friendly resources, raise awareness and inspire people with dementia, local volunteers, young people, families, carers and people of all ages to become actively involved in their Dementia Friendly Community. If you, your organisation, business or local community would like more information about how to become actively involved in Dementia Friendly Darlington, contact: **Belinda Williams**, Dementia Friendly Communities Coordinator, Darlington 07483137521 or Belinda.Williams@alzheimers.org.uk. www.facebook.com/dementiafriendlydarlington



Dementia Services in Darlington

The Dementia Adviser Service has collated information and contact details on local services in Darlington (correct as of January 2021) to create a Dementia Directory booklet for the benefit of people living with dementia, carers and health and social care professionals. These services can provide information, advice and support to help people living with dementia and those supporting people with dementia (please note some services will be affected by Covid-19 restrictions so we advise to contact service directly to see they are running). To request a copy of the directory, please email DarlingtonTeesValley@alzheimers.org.uk.

If you would like your organisation to be added to this directory, please email DarlingtonTeesValley@alzheimers.org.uk.

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.

We have recently delivered several public sessions open to all as well as to smaller community groups such as Arcus staff, volunteers and forum members.

Our next **public Dementia Friends session** is on **Thursday 6th May 2021 1- 2pm**. Each session should last around 30 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. Please click link to book session:

<https://www.dementiafriends.org.uk/WEBSessionDetails?id=a055I00000JHhsIQAT#.YHV-6uhKg2x>

Dementia Support Worker Job Vacancy!

We are looking for an exceptional individual to join our Dementia Support Team predominately covering Tees Valley Hambleton and Richmondshire area. Initially based at home, however, this will alter during 2021 and the post will be community based. The Dementia Support Service provides a highly responsive and individualised information, signposting and referral service to people affected by dementia. As a Dementia Support Worker you will assist people with dementia and their carers in identifying their needs, providing information and guidance to help maintain their independence, improving their sense of well-being, and putting them in more control of their lives. For more information, please contact Gill Cree via email: gillian.cree@alzheimers.org.uk or to apply please visit: https://jobs.alzheimers.org.uk/i/careers/positions/dPY_y_jR5hqzk73zvEOcEo

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

Alzheimer's Society Tees Valley, North & East Yorkshire

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