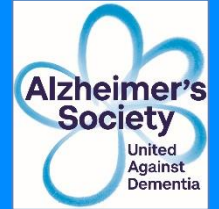


# Newsletter



## Darlington Dementia Advice & Support Team

Issue no.13 January 2021

**As we welcome in 2021, we hope everyone had a lovely Christmas and wish everyone a happier and healthier new year.**

**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.**

Our **Dementia Adviser** 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**.

Our **Dementia Support** service provides information, guidance and practical support to help people understand dementia, cope with day to day living with dementia and prepare for the future. This service is accessed via the Dementia Adviser service when a person has been assessed to having more long-term support needs.

All **Group services** including our St Herbert's café and Singing for the Brain are postponed until further notice due to the current circumstances. However, we are keeping in touch with all our service users who attend our groups in Darlington to check on their welfare and provide support where necessary. Our North Yorkshire colleague Anne Cook is leading weekly **virtual Singing for the Brain** sessions- please contact **01904 929444**.

### **Dementia Adviser 2020 Key Stats!**

In 2020, the Dementia Adviser Service provided information, advice and support to **129 individual service users** with **1597 interactions** (home visits, telephone, email, post).

We received **162** incoming referrals to the Dementia Adviser service in 2020.

The Dementia Adviser service signposted **693** times to other services

The Dementia Adviser service has supported in the delivery of **8** Dementia Friends sessions creating **49** new Dementia Friends in 2020.

## **NEW! Virtual Carers Information and Support Programme (CrISP)**

We are now offering a programme for carers in Darlington beginning in January 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 of help. 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.

The CrISP programme consists of two separate parts (**CrISP 1** and **CrISP 2**).

**CrISP 1** has been designed specifically for **carers, family members and friends of people with a recent diagnosis of a dementia**. It consists of four essential sessions, covering the following topics:

Understanding dementia (**27<sup>th</sup> January 2021, 1pm-3.30pm**)

Providing support and care (**3<sup>rd</sup> February 2021, 1pm-3.30pm**)

Legal and money matters (**10<sup>th</sup> February 2021, 1pm-3.30pm**)

Coping day-to-day (**17<sup>th</sup> February 2021, 1pm-3.30pm**)

**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 (**10<sup>th</sup> March 2021, 1pm-3.30pm**)

Living with change as dementia progresses (**17<sup>th</sup> March 2021, 1pm-3.30pm**)

Living well as dementia progresses, including occupation and activities (**24<sup>th</sup> March 2021, 1pm-3.30pm**)

It is your choice to attend either CrISP 1 or CrISP 2. These sessions will be delivered virtually via the platform 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). Places are limited on this course.

To sign up to either CrISP 1 or CrISP 2, please call **01904 929444** 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 Dementia Voice Darlington, to working alongside Darlington's Dementia Adviser Service to engage GP Surgeries in creating dementia-friendly practices and increase access to Dementia Adviser services, Dementia Friendly Darlington is changing the way we think, act and talk about 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 Darlington Borough Council's Taxi Policy Review to develop a Dementia Friendly Taxi Service.

In Cockerton and Haughton, 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, families, carers and people of all ages, businesses and organisations to become actively involved in their Dementia Friendly Community. For more information on Dementia Friendly Darlington or to sign up for their newsletter, contact **Belinda** on **07483 137 521**.

If you are a person living with dementia and would like to become involved in changing the way our community sees and talks about dementia, as well as get involved in making real changes to help people affected by dementia, please contact **Belinda** on **07483 137 521**, email **Belinda.Williams@alzheimers.org.uk** or message our **Dementia Friendly Darlington Facebook page**.



## 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](mailto:DarlingtonTeesValley@alzheimers.org.uk).

If you would like your organisation to be added to this directory, please email [DarlingtonTeesValley@alzheimers.org.uk](mailto: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 21<sup>st</sup> January 2021 and 4<sup>th</sup> March 2021 all beginning at 1pm (listed on Dementia Friends website). Each session should last around 30 minutes and will be delivered virtually. To sign up to the January session, please click link below:**

[https://www.dementiafriends.org.uk/WEBSessionDetails?id=a055l00000CMbzPQAT&user\\_type=#.X\\_M64tj7Q2w](https://www.dementiafriends.org.uk/WEBSessionDetails?id=a055l00000CMbzPQAT&user_type=#.X_M64tj7Q2w)



## 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](mailto:DarlingtonTeesValley@alzheimers.org.uk) or call 01904 929444.

**For self-referrals:** Please call 01904 929444 or email [DarlingtonTeesValley@alzheimers.org.uk](mailto:DarlingtonTeesValley@alzheimers.org.uk)  
Alzheimer's Society Tees Valley, North & East Yorkshire

Postal Address: The Beacon, Westgate Road, Newcastle-Upon-Tyne, NE4 9PQ

Telephone: 01904 929444

Email: [DarlingtonTeesValley@alzheimers.org.uk](mailto:DarlingtonTeesValley@alzheimers.org.uk)

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