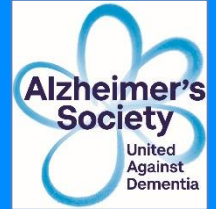


Newsletter



Alzheimer's Society Darlington Dementia Advice & Support Team

Issue no.15 July 2021

We hope everyone is having a great summer and enjoying the lovely British weather! ☀️

The Alzheimer's Society Dementia Adviser and Support service in Darlington is bringing you this newsletter to update you on current local services. Please remember we are here for everyone affected by dementia!

Our Dementia Adviser and Dementia Support service is now able to offer home visits where appropriate with all Covid safety measures in place. We are still providing information and support via telephone, video call, email and post but where suitable, can 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 from pre-diagnosis and assessment to the later stages of dementia. We accept all professional and self-referrals which can be made to **DarlingtonTeesValley@alzheimers.org.uk** or **01904 929444** (please see below for more details).

All face-to-face group services including our Dementia café and Singing for the Brain are still in discussions about reopening. Our North Yorkshire colleague Anne Cook is leading weekly **virtual Singing for the Brain** sessions- please contact **01904 929444** to join these sessions.

DOT Meeting

We recently delivered a presentation at the Darlington Organisations Together Meeting on 17th June! We updated professionals on our current local services as well as providing an update on Dementia Friendly Darlington. We would like to thank Healthwatch Darlington for inviting us to be guest speaker at the presentation and to all who attended.



Suicide Prevention Resource Tin

Healthwatch Darlington is organising and coordinating the dispatch and delivery of tins on behalf of Suicide Prevention Network and Darlington Borough Council. These tins are free and come with information, training links, leaflets, hand sanitiser and antibacterial wipes. Suicide can be prevented - these tins provide staff with the resources they need to help. DA Kathryn collected a tin on behalf of the Alzheimer's Society- a big thank you to Healthwatch Darlington for such invaluable resources.



Volunteers' Week 2021

It has been an exceptionally difficult year for us all, but especially for those affected by dementia. Once again, our volunteers have rolled up their sleeves and provided amazing support. We would like to thank all of our volunteers for their incredible hard work!



Older LGBT+ Person's Support Group

The Alzheimer's Society and Arcus are working together to develop an Older LGBT+ Person's Support Group in Darlington. We are currently gathering views and feedback to see if there is interest in establishing a support group for older people from the LGBT+ community.

Our online Consultation Survey is currently open to gather your views on www.surveymonkey.co.uk/r/ZL9Y58K or if you would prefer to give your feedback via telephone, please contact Arcus on **01325 978810**.

Deadline for completing survey: **Friday 13th August 2021.**



Dementia Friendly Darlington

From Cockerton to Haughton, Whinfield & Springfield and from Hurworth to Northgate, Middleton St George and Darlington Town Centre, we are facilitating communities across Darlington to become more dementia friendly.

Everyone has a part to play and here are some of the ways in which you, your organisation, project, local community or service can become involved!

Become a Dementia Friend! Visit www.dementiafriends.org.uk to find a date and time for one of our regular half-hour Dementia Friendly Darlington online Dementia Friends Information Sessions. Find out more about living with dementia and the ways in which you can take action to support and include people living with dementia in our communities.

Take part in Dementia Voice Darlington! People affected by dementia have the most important role in a dementia friendly community. If you are affected by dementia or experiencing memory problems and would like to be part of shaping our Dementia Friendly Community, contact our Dementia Friendly Communities coordinator at belinda.williams@alzheimers.org.uk

Share your stories, connect with your peers and influence change in our community now and for the future!

Find out more about making your community dementia friendly! We can support you to set up your Dementia Friendly Community. From identifying your community or steering group, to raising awareness by becoming Dementia Friends Champions and taking part in Alzheimer's Society campaigns. And from involving people affected by dementia to engaging with local organisations to become actively involved. Visit www.alzheimers.org.uk/get-involved/dementia-friendly-communities to find out more!

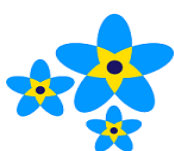
Become a Dementia Friendly business, project or service! Making our businesses and services dementia friendly means people with dementia can live well in our community. If you are a local business or service, we can support you in making your organisation a place where people with dementia feel confident, supported and included. From making the Hairdressers and Barbers of Darlington Dementia Friends to developing dementia friendly transport services and from making our town centre dementia friendly to working with our schools, colleges and youth organisations to create a dementia friendly generation. Visit www.alzheimers.org.uk/get-involved/dementiafriendlycommunities/making-organisations-dementiafriendly/businesses to find out more!

To become involved and find out more about Dementia Friendly Darlington contact:

Belinda Williams, Dementia Friendly Communities Coordinator, Darlington

07483137521 belinda.williams@alzheimers.org.uk

www.facebook.com/dementiafriendlydarlington



**Dementia
Friendly
Communities**



Working to become
**Dementia
Friendly**
2021

Dementia Action Week 17th May-23rd May 2021

Led by Alzheimer's Society, Dementia Action Week is a national event that sees the public coming together every May to take action to improve the lives of people affected by dementia. Our main focus this year was to call on the Government to Cure The Care System to ensure people affected by dementia get the quality social care they deserve, which is free and easy to access, no matter where you live. This Dementia Action Week, over 135,000 people have signed the Cure the Care System petition, 100 MPs supported our calls to Cure The Care System, and many attended a parliamentary debate on long-term social care reform in the House of Commons and over £40,000 has been raised so far - helping us to continue to be there for people affected by dementia during some of their most difficult times.

Darlington hugely stepped up to the plate for Dementia Action Week! From the Town Centre Hall being lit up in Dementia Friendly Blue and Yellow colours, to delivering Dementia Friends sessions, to hairdressers and barbers taking on the Mayor's Challenge to make Darlington more of a dementia friendly place and being part of the Denim for Dementia campaign, Darlington has truly showed its commitment to making a town where people living with dementia are included and respected in their community.



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 Primary Healthcare staff! Thank you to all who were involved!

Our next **public Dementia Friends session** is on **Thursday 5th August 2021 at 1pm**. Each session should last around 30-40 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. To book a place on the session, please click link: https://www.dementiafriends.org.uk/WEBSessionDetails?id=a055l00000MBgCQQA1&user_type=#.YO1X4ehKg2w

Carer Information & Support Programme (CrISP 1 & 2)

We would like to thank everyone who participated in our CrISP sessions over the last few months and hope you found them useful. Our North Yorkshire colleague Dementia Support Worker Margaret Ferguson facilitated the CrISP sessions, supported by Dementia Support Worker Kirsty Flynn, and we would like to thank both for supporting carers in Darlington via this programme. If you are interested in learning more about CrISP or would like to attend future sessions, please email DarlingtonTeesValley@alzheimers.org.uk.

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

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