

Dementia Friendly Darlington



Dementia Friendly Darlington works together with people affected by dementia, local services, businesses, voluntary agencies and people of all ages, to make Darlington a place where people with dementia are included, respected and able to participate as they choose.

Here is our latest news and some of the ways in which you, your organisation, service or business can take part.

Become a Dementia Friend!

Book on to our online
Dementia Friends
Information Session



We are holding a public online **Dementia Friends Information Session on Thursday October 29th 1 – 1.30 pm** open to anyone living and working in Darlington. Click [HERE](#) to book your place

People living with dementia face social isolation now more than ever. Become a Dementia Friend to find out more about living with dementia and the actions you can take in our community's response to Covid-19.

For more information contact:

Belinda Williams

Dementia Friendly Communities Coordinator, Darlington

07483137521

belinda.williams@alzheimers.org.uk

www.facebook.com/dementiafriendlydarlington

For local specialist **Dementia Support & Advice** call **01748 825817** or email darlintonteesvalley@alzheimers.org.uk to speak to our **Dementia Support Service**. During Covid19 restrictions we are also able to offer additional support through regular Welfare and Companion Calls.

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Head of Steam Museum opens again!



Sarah Gouldsbrough, Learning and Access Officer at Head of Steam Museum and a member of Dementia Friendly Darlington's Steering Group, explains why being a dementia-friendly museum is now more important than ever.



Can you briefly describe your role at Head of Steam? I am the Learning and Access Officer. I get to work with children, families and everyone! I work with school groups, do tours and talks for adults, run our Dementia Café, and family activities in school holidays.

What do you enjoy most about your work? I love working with people, hearing their stories and helping them to find out more about the history of Darlington and the railways.

How long have you been involved in Dementia Friendly Darlington? I think it must be about a year now, although we have been running our Dementia Café for longer and trying to ensure the museum is as Dementia Friendly as possible.

Why do you think it is important that Head of Steam is a dementia-friendly museum? We want people affected by dementia to be able to enjoy visiting, to feel comfortable and to get out and about to their museum.

'A dementia-friendly museum is friendly for everyone!'

What were the challenges in re-opening after the Covid-19 lockdown?

We had a lot of cleaning to do! We hadn't worked in the building for nearly four months and had been planning for weeks before we knew the actual date. We had thought of lots of things we needed to do – such as marking out a one-way system and sorting out how to make bookings. Then we had a week to get on with everything once we were allowed back in the building! We've all had to get used to different ways to work together, as we socially distance in the offices and as we move around the museum and talk to our visitors.

How do you support people affected by dementia to feel confident about visiting the museum? All visitors must book online via Eventbrite beforehand, but you pay when you get to the museum. If people are not able to book online, they can phone our friendly staff at Reception and we can book them in over the phone. You are given a time to arrive at the museum, so you come in and pay (carers are free), use the hand sanitiser, and follow the arrows in the one-way system around the building. Our toilets are open, and we have takeaway refreshments on offer. We aim to make everything as easy as possible!

To book your visit call Head of Steam on 01325 405060 or visit head-of-steam.co.uk

To find out about Dementia Friendly Darlington and how you, your organisation or business can become dementia-friendly contact: Belinda Williams, Dementia Friendly Communities Coordinator, Darlington on **07483137521** belinda.williams@alzheimers.org.uk