

Day care

**Support available for people
experiencing memory difficulties or
dementia in Sunderland**

Issue 1 – Published April 2025



The information in this booklet has been taken from 'Support available for people experiencing memory difficulties or dementia in Sunderland' which has information on a range of subjects which you may also find useful.

Find the full document at: www.healthwatchsunderland.com

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latest edition
of this booklet



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The information in this booklet is a section that has been taken from the full booklet titled, 'Support available for people experiencing memory difficulties or dementia in Sunderland'. The full booklet has information on a range of subjects which you may also find useful.

Healthwatch Sunderland regularly updates these booklets. The copy you have may not be the latest version. For the most current copies of all the associated booklets, please visit: www.healthwatchsunderland.com or call us on 0191 514 7145.

If you have information to add or notice anything outdated in the booklets, please contact us and these will be considered.

About Healthwatch Sunderland

Healthwatch Sunderland is your local health and social care champion.

We make sure NHS leaders and social care decision makers hear your voice and use your feedback to improve care. We can also help you to find reliable and trustworthy information and advice.

It is our vision to live in a world where we can all get the health and care we need.

It is our mission to make sure people's experiences help make health and care better.

Our values are to:

- **Listen** to people and making sure their voices are heard.
- **Include** everyone in the conversation – especially those who don't always have their voice heard.
- **Analyse** different people's experiences to learn how to improve care.
- **Act** on feedback and driving change.
- **Partner** with care providers, Government, and the voluntary sector – serving as the public's independent advocate.

Why we did this work

During our engagement with the Essence Service, which supports people in the early stages of dementia and their carers, we heard from local carers about some of their experiences. They expressed concerns about the lack of information available on local support services following their family members' diagnoses. Many felt unsure about where to go for help and were not aware of the available resources. This feedback was also recognised by the Essence Service during their feedback sessions held in Dementia Action Week 2023.

In response to this need, we collaborated with the Essence Service, carers and other local partners to create a booklet named 'Support available for people experiencing memory difficulties or dementia in Sunderland'. This document offers key support information on a range of subjects. This may be useful for people experiencing memory difficulties and those living with dementia. The information in this booklet, 'Day care', has been taken from the full booklet.

Please be aware that some of the services mentioned, are only available to people with a dementia diagnosis.

Day care

There are places to choose from across Sunderland when it comes to day care for people experiencing dementia. Some of them are highlighted on this page.

Some of the residential care homes in Sunderland now offer day care.

You can get a list of local homes by calling Sunderland City Council on: 0191 520 5552

The Care Quality Commission (CQC) website has information and ratings for local care homes.

Website: www.cqc.org.uk

Age UK Sunderland

Age UK Sunderland have two day care options:



- The Redwood Centre, based in Sunderland city centre. This service is available to anyone who requires support to maintain independence.
- The Metcalf Centre, situated in Houghton-le-Spring. This is a bespoke service for individuals with moderate dementia.

Both offer day care from Monday – Friday 10.00am – 3.00pm and are available for those over the age of 50 years old, who live within the City of Sunderland. Places are accessed following an initial assessment and are subject to service capacity. These services are chargeable, but you may be able to get support with the cost.

Should you wish to access either day care service, please contact Age UK Sunderland. Their Day Services Coordinator will be delighted to answer your questions either by telephone, email or a home visit. Referrals are also accepted from Health, Housing and Adult Services.

Call: 0191 5141131 or 0191 5269274

Email: enquiries@ageuksunderland.org.uk

Website: www.ageuksunderland.org.uk

Care homes offering day care and respite



Healthwatch Sunderland have a useful document providing information on Sunderland based care homes which offer day care and respite provision.

Call: 0191 514 7145

Email: healthwatchsunderland@pcp.uk.net

Website: www.healthwatchsunderland.com (go to general advice)

North East Dementia Care Day Care Service

We are a registered charity providing day care to
your loved one with Dementia

We provide:

- Personal care
- Specialist activities
- Hot lunch and refreshments
- Transport



Call us to find out more!

0758 538 1336

or visit: northeastdementiacare.co.uk



Barley Mow Park Social Re-Treat – Day Opportunities

Providing 'Day Opportunities' at Barley Mow Park Social Retreat for individuals who are aged 50+. They support individuals with physical, mobility, and mental health challenges, including dementia.

They provide person-centred exercise programs to help improve mobility and reduce dependence on carers. This includes Dementia Activities and Falls Prevention.

The programme of activities begins at 09:30am and runs throughout the day until 15.30pm. Activities are delivered to small groups of up to 10 people to ensure everyone feels they can be heard and receive the support they need to participate.

There is a bus service that can pick up and drop off members to and from their social retreat subject to availability. Equally, next of kin can bring their family member or friend in should they wish.

Payment is made either directly or through the local authority (depending on circumstances).

If these Day Opportunities is something you would be interested in and you would like a taster get in touch.



Call: 07572 502180

Email: info@bactivenbfit.co.uk

Website: www.bactivenbfit.co.uk

Thank you to our partners

This work would not have been possible without the support from our partners and local carers with lived experience of living and supporting a loved one with a dementia diagnosis. Thank you on behalf of all at Healthwatch Sunderland for your time, your passion and your commitment to producing this booklet. It is hoped it will support and improve the lives of people experiencing memory difficulties, dementia and their carers across the City of Sunderland.

Thank you to:

Local carers





Website: healthwatchsunderland.com

Call: 0191 5147145

Email: healthwatchsunderland@pcp.uk.net

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