

Local support services

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

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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.healthwatchesunderland.com

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If you have information to add or notice anything outdated in the booklets, please contact us and these will be considered.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

Local support services

For people with memory difficulties or a dementia diagnosis, it is important to keep doing enjoyable activities. This could be a hobby or a favourite activity.

It is also important to stay in contact with family and friends and get to know new people. This includes people who also have difficulties with their memory or have a diagnosis of dementia and their loved ones.

In this section is some information on organisations in Sunderland that can offer support. These organisations can help people to get out and about, take part in activities and improve a person's wellbeing.

Sunderland GP Alliance Social Prescribers

Social prescribers work with people to find out 'what matters to them'. The team will then support people in their own community.



The social prescribing service can help people with housing worries, money worries, being more physically active, connecting with others and support with mental health and physical wellbeing.

You can self refer to the service by visiting: www.sunderlandhealthandwellnesshub.nhs.uk (visiting the 'Social Prescriber' section).

You can also ask the receptionist at your GP practice to refer you to the Sunderland GP Alliance Social Prescribing Service.



FREE support, friendship groups and trips out and about for people experiencing Dementia, their families and carers.

Weekly at the Chester's Pub,
Chester Road, Sunderland SR4 7DR

Tuesday between 10.30am and 1pm

Washington group every 3rd Friday of the month

Weekly Home Visiting/Befriending Service and monthly
Peer Support Group for people with dementia

For more information
Email: actionondementiasunderland@gmail.com
Call: 07740 111 182

Also, check out the Wellbeing Activity booklet for information about local groups and activities.

Local support services

The Essence Service, Age UK Sunderland's dementia hub

This service works with local partners to offer free and dedicated services for people who have been diagnosed with mild to moderate dementia and their carers.

The team offer social prescribing support. This gives information in areas around health, wellbeing and legal issues. They also make sure people are aware of how to access other services which may be useful to them.

People with a mild to moderate dementia diagnosis receive emotional support and support from others with similar experiences. This helps them to understand and deal with their diagnosis in a positive way.

Evidence suggests that keeping active and stimulated when a person has mild to moderate dementia is essential. It helps to slow down its progression and maintains wellbeing. With this in mind, the Essence Service offers a variety of activities. These are available from its Doxford Park centre in Sunderland and in the wider community.

The Essence Service also recognises the vital role of carers and the effect caring for someone with dementia can have. They support carers throughout the dementia journey. As the dementia progresses staff continue to help carers. They offer person centred support, social prescribing and peer support groups.

Peer support groups are a chance for carers to join other carers and talk about their experiences. This is done in a relaxed confidential environment. Sharing experiences with other carers can help to reduce feelings of guilt, loneliness and isolation. It also enables carers to access information and support during and, after the caring role ceases.



The flyer features the Essence Service logo at the top, which consists of a stylized flower icon above the text 'Essence Service'. Below this is the title 'Sunderland's Dementia Hub'. The main text describes the service as the first port of call for people with mild to moderate dementia and their carers. Contact information is provided: Call: 0191 522 1310, Email: essenceservice@ageuksunderland.org.uk, and Website: www.essenceservice.org.uk. At the bottom is the Age UK Sunderland logo with the tagline 'Let's change how we age'.


Essence Service
Sunderland's Dementia Hub

After a dementia diagnosis, the Essence Service is the first port of call for people in Sunderland with mild to moderate dementia and those who care for them in their own home.

Call: 0191 522 1310
Email: essenceservice@ageuksunderland.org.uk
Website: www.essenceservice.org.uk

 **Sunderland ageUK**
Let's change how we age

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



South Tyneside and Sunderland
NHS Foundation Trust



North East and
North Cumbria



Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust





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