

# Wellbeing activities

**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](http://www.healthwatchsunderland.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](http://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If you have information to add or notice anything outdated in the booklets, please contact us and these will be considered.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, 'Wellbeing activities', 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.



# Wellbeing and activities

It is important for our wellbeing that we remain active and engaged with our communities. Exercise, outdoor activities, games, music, and art are just a few of the activities proven to be helpful for those with dementia or other memory difficulties.



**All activities are FREE for people registered with the Essence Service**  
**To take part in any activity call the Essence Team on: 0191 522 1310**  
**Email: [essenceservice@ageuksunderland.org.uk](mailto:essenceservice@ageuksunderland.org.uk)**

## Essence Clients and Carer Combined Activities

Activity	Time	Venue
Monday		
Crafty Club Arts & Crafts Activity	10:00 – 12:00	Essence Centre Mill Hill Road, Doxford Park Sunderland SR3 2ND
Living Well with Dementia Dementia Awareness Sessions	13:00 - 17:00 or 14:00 - 16:00	
The Avenue Group	14:00 – 15:30	The Avenue, 26 Zetland Square, Roker, Sunderland, SR6 0EQ
Tuesday		
Essence Men's Group	10:00 – 12:00	Essence Centre Mill Hill Road, Doxford Park Sunderland SR3 2ND
Ladies Carer's Corner	10:00 - 12:00	
The Holiday Inn Group	14:00 – 15:30	The Holiday Inn, Keel Square, Sunderland, SR1 3DS
Tuesday Singers	14:15 – 15:45	Essence Centre, Mill Hill Road, Doxford Park, Sunderland SR3 2ND
Wednesday		
Lovely Ladies Group	14:00 – 16:00	Essence Centre Mill Hill Road, Doxford Park Sunderland SR3 2ND
Gentlemen Carer's Group	14:00 – 16:00	
The Biddick Group	14:00 - 15:30	Biddick Arts Centre, Biddick Lane, Washington NE38 8AB
Thursday		
Coffee Morning / Meet & Greet	10:00 – 12:00	Essence Centre Mill Hill Road, Doxford Park Sunderland SR3 2ND
Strength, Mobility & Falls Prevention	13:30 – 14:30	
Indoor Curling	14:45 – 16:30	
Friday		
Music & Memories	10:00 – 12:00	Essence Centre Mill Hill Road, Doxford Park Sunderland SR3 2ND
Friday Lunch Club	12:00 – 13:30	
The Kepier Hall Group	14:00 – 15:30	Kepier Hall, Church Street, Houghton Le Spring DH4 4DN

# Wellbeing and activities



## Age UK Sunderland

A local independent charity run by and for the people of Sunderland. They support older people throughout the city through the provision of quality services and by campaigning on issues that affect them.

Call: 0191 514 1131

Website: [www.ageuk.org.uk/sunderland](http://www.ageuk.org.uk/sunderland)



## Memory Café – Whitburn Library

Sponsored by Seaburn Rotary Club this is a drop-in for people living with dementia, their families, friends and carers.

These sessions give an opportunity to relax with tea, coffee, cakes and activities, at a cost of £3.00.

Sessions take place monthly, on the third Friday of each month from 2.00pm – 4.00pm. For more information contact Whitburn Library.

Call: 0191 529 3098

## Action on Dementia

Action on Dementia offer a Tuesday Friendship Group / Lunch Club from 10.00am – 1.00pm at the Chesters, Chester Road, Sunderland, SR4 7DR.

They also offer a support group at Woodridge Gardens, Oxclose Road, Washington, NE38 7NZ on the third Friday of every month, between 10.00am to 12.00 noon.

Contact Sheelagh Dilworth if you'd like to attend.

Call: 07740 111182

Email: [actionondementiasunderland@gmail.com](mailto:actionondementiasunderland@gmail.com)

Website: [www.sunderlandactionondementia.co.uk](http://www.sunderlandactionondementia.co.uk)



## Links for life

**Links for Life**  
Sunderland

**Making life-changing  
connections in your community**

Linking people to activities, groups and services that  
make a lasting difference to their health and wellbeing.

[www.linksforlifesunderland.co.uk](http://www.linksforlifesunderland.co.uk)



# Wellbeing and activities



## Empire Theatre

The Empire Theatre in Sunderland offers relaxed performances. These are specially designed theatre shows that create a comfortable environment for people who need them. These performances make theatre more inclusive and accessible.

Call: 0191 566 1057

Website: [www.atgtickets.com](http://www.atgtickets.com) (search 'Sunderland Empire relaxed performances').

## Golf in Society

Golf in society help people living with chronic conditions, including dementia enjoy the health and wellbeing benefits of playing golf and socialising. They run weekly golf sessions for 2 hours where carers can be confident to leave their loved ones and have some time to themselves. Their current venues are Wearside Golf Club in Coxgreen which is in Washington, Sunderland and Cocken Lodge in Houghton-le-Spring.

No previous golf experience is required, first taster session is free!

Please contact Anthony Etchells if you'd like more information or book a taster session.

Call: 07984374441

Email: [anthonye.golfinsociety@gmail.com](mailto:anthonye.golfinsociety@gmail.com)

Website: [www.golfinsociety.com](http://www.golfinsociety.com)



## Mission 2 Mobility

Ran by Active Families North East and delivered by highly trained and experienced exercise specialists, their 14-week programme helps with balance, boosts confidence and improves strength and mobility.

This benefits many older adults with strength, balance, and mobility issues. It is also suitable for those who have suffered physical or neurological injuries or have ongoing health issues that would benefit from a structured exercise programme. Before starting the course, all participants are checked to ensure their suitability for the programme.

The classes are fun and engaging and always sociable with refreshments and a chance to chat to others. It is their mission to keep people mobile and help them age well.

Call: 0191 516 6083

Email: [info@activefamiliesne.co.uk](mailto:info@activefamiliesne.co.uk)

Website: [www.activefamiliesne.co.uk](http://www.activefamiliesne.co.uk) and search 'Mission 2 Mobility'

### Top tip

**In Sunderland there are community centres around the city, who host a variety of different activities which can support our general health and wellbeing, as well as getting us out and about and meeting new people.**

**Why not pop into your local centre and ask what they have available.**





# FREE EXERCISE CLASSES

## to improve your strength, balance and confidence!

**Come and join our Strength and Balance programme for people who have had a fall, have a fear of falling or have problems with balance. Exercises will help to improve strength, balance and mobility.**

Strength and Balance is a 14 week course with start dates throughout the year which is being held at various locations across Sunderland.

### Is the class right for me?

In order to take part in the classes you should:

- Be in control of any long-term health conditions you may have
- Be able to either mobilise independently with a stick, 3 or 4 wheel rollator

- Be able to carry out standing exercises for a minimum of 5 minutes

### To join a class please call:

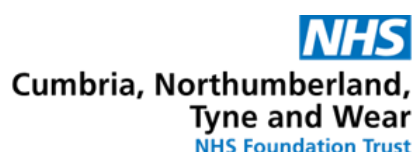
- North area: 0191 563 4749
- East area: 0191 516 6083
- West area: 0191 516 6083
- Washington area: 0191 537 3231
- Coalfields area: 0191 584 3840

# 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](http://healthwatchsunderland.com)**

**Call: 0191 5147145**

**Email: [healthwatchsunderland@pcp.uk.net](mailto:healthwatchsunderland@pcp.uk.net)**

 **@HWSunderland**

 **Facebook.com/HWSunderland**

 **Instagram.com/healthwatchsunderland**