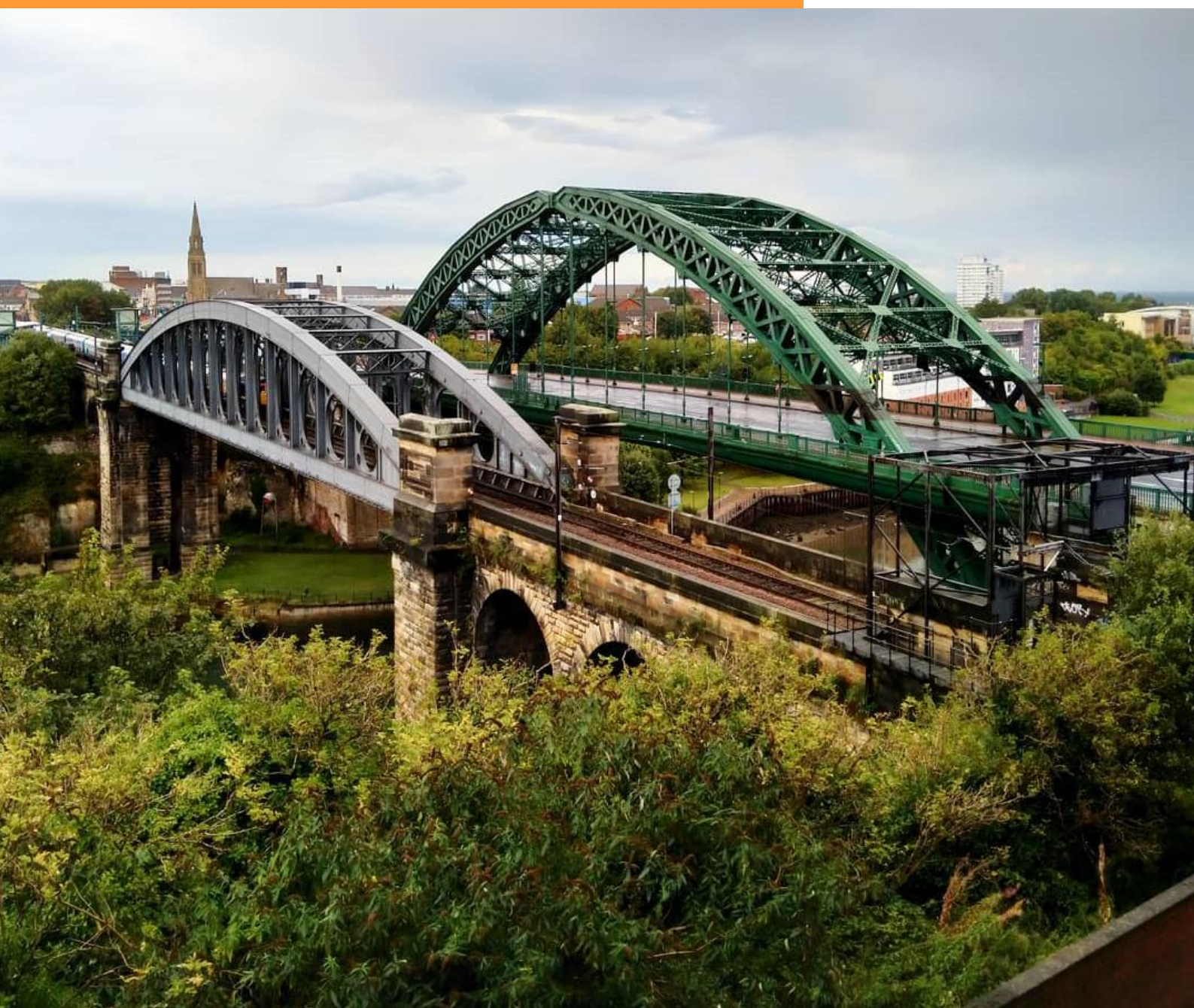


# When you are raising your grandchildren

**healthwatch**  
Sunderland

**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)

Scan for the  
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](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If you have information to add or notice anything outdated in the booklets, please contact us and these will be considered.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, 'When you are raising your grandchildren', 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.



# When you are raising your grandchildren



Some people who are bringing up their grandchildren can be experiencing memory difficulties or get a diagnosis of dementia. Here is some of the support available.

## More than Grandparents

Raising someone else's child is a huge responsibility particularly if the child you are caring for has emotional difficulties as a result of early years trauma. For a grandparent parenting a second time around it can be exhausting and isolating and at times extremely stressful and a daunting experience.

More than Grandparents hold regular peer support meetings where you can have a cuppa and a chat to people who have had similar experiences. They arrange regular social events and opportunities for respite and relaxation to reduce feelings of isolation and to encourage positivity and mental and physical well-being.

**Call:** 0191 5140554

**Email:** [morethangrandparents@gmail.com](mailto:morethangrandparents@gmail.com)

**Website:** [www.morethangrandparents.com](http://www.morethangrandparents.com)

## Together for children

Together for children provide a range of services, information and support for parents and carers in Sunderland, helping improve the lives of children, young people and families.

If you are looking after a child or children and need some information, support or advice, contact them.

**Call:** Early Help Advice and Allocations team on 0191 561 4084

**Email:** [EHAAT@togetherforchildren.org.uk](mailto:EHAAT@togetherforchildren.org.uk)

**Website:** [www.togetherforchildren.org.uk](http://www.togetherforchildren.org.uk)

## If you are worried about a child

If you have a safeguarding concern about a child or young person, please contact Children's Safeguarding Partnership.

**Call:** 0191 561 7007 Please note, this number should only be used during the following hours: Monday to Thursday, 8.30am to 5.15pm and Friday, 8.30am to 4.45pm.

**Call:** 0191 520 5560 If you are ringing out of hours, evenings and weekends, please contact the Emergency Duty Team.

**Website:** [www.safeguardingchildrensunderland.com](http://www.safeguardingchildrensunderland.com)

# 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





**Website: [healthwatchsunderland.com](http://healthwatchsunderland.com)**

**Call: 0191 5147145**

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

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