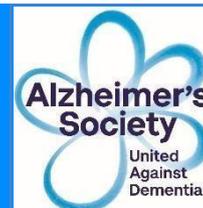


Issue 21. January
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Newsletter



Registered Charity No.
296645

County Durham Dementia Advice & Support Team

Welcome to the Alzheimer's Society Durham Dementia Adviser and Support Newsletter.

We continue to provide dementia advice and support for everyone affected in County Durham in the ways that best suit the person, while maintaining Covid safety.

Thank you for your help in ensuring people affected by dementia in County Durham continue to access vital support!

Dementia Adviser and Support Service

Alzheimer's Society are commissioned by Durham County Council to deliver the Dementia Advice and Support service in County Durham.

The Dementia Advice and Support Service is the point of contact in County Durham for anyone affected by dementia. This includes people worried about their memory, people with or waiting for a diagnosis of dementia, carers and families. We offer information and practical guidance to help you understand the condition, cope with day-to-day challenges and prepare for the future. We will work with you when you need us, listening to you and offering tailored information and advice so you can consider your options. We empower people to maintain independence and stay active for as long as possible. We link people up with local professionals and services and collaborate with other agencies to ensure people with dementia have their voices heard. We are always keen to develop referral pathways and give awareness raising talks so please feel free to invite us to any of your team meetings.

Information, advice and support can be provided by telephone, video call, email, post and home visits. If anyone would like to subscribe, please email durhamandchester@alzheimers.org.uk.

We aim to support you at the right time, in the right way, throughout your journey.

🎵 We offer a virtual singing for the brain session, this is delivered via Zoom every four weeks on a Monday afternoon (the next session is Monday 6th February) @ 1.30pm - 2.30pm. This is delivered to people living in their own homes and can be referred using our attached referral form. 🎵

We are currently considering delivering Singing for the brain face to face sessions in venues in Spennymoor and Barnard Castle areas in the near future, therefore, could you please share the attached poster to anyone who may be interested and ask them to contact us.

For dementia advice and support please contact:

County Durham Office: 0191 389 0400

Email: durhamandchester@alzheimers.org.uk

Please see below our Dementia Advisers by area:

Dales

Emma Brown – emma.brown@alzheimers.org.uk

Sharon Simms – sharon.simms@alzheimers.org.uk

Derwentside

Gavin Lee – gavin.lee@alzheimers.org.uk

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East Durham

Claire Burnley – claire.burnley@alzheimers.org.uk

Mel Hopkins – mel.hopkins@alzheimers.org.uk

Sedgefield

Juliana Abreu – juliana.abreu@alzheimers.org.uk

Neil Dempsey – neil.dempsey@alzheimers.org.uk

We are happy to attend team meetings to talk about our services and raise awareness of dementia in County Durham. Please feel free to contact us to arrange a talk.



The Dementia Advice & Support service accepts all professional and self- referrals.

For professionals: Please refer by completing and sending the attached referral form to durhamandchester@alzheimers.org.uk

For self- referrals: Please call **0191 389 0400** (leave your name and number and we will return your call) or email durhamandchester@alzheimers.org.uk