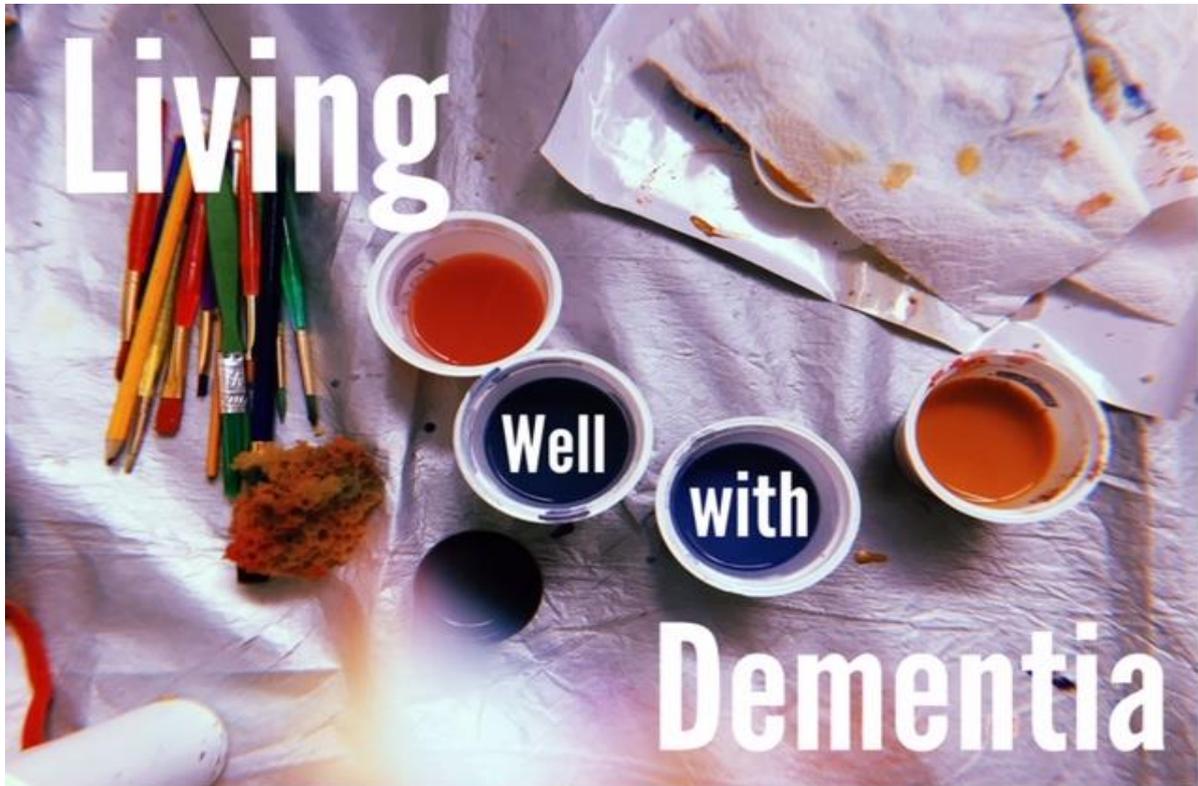


LiveWell Dementia Hub

NEWSLETTER

November 2019

LiveWell Dementia Hub, Thorntree Road, Thornaby, Stockton-on-Tees, TS17 8AP : 01642 527363



In this month's Newsletter:

- Carers Course – New Dates
- Warm Homes Healthy People
- Fusion Café Christmas Party
- Dementia Friendly Stockton High Street Event
- Remembrance Sunday 10 November
- Dementia Friends Champions' Induction
- Young Onset Weekly Activity Group
- Magic Moments Coffee Morning
- D-Day Darlings Showtime

Regular Items:

- Memory Clinic Drop-In Sessions
- Strollers & Stragglers Walking Group Routes
- Musical Memories
- Dementia Friends Training

As a member of our Stockton Dementia Services Mailing List, we are writing to let you know about a number of recent developments and forthcoming activities where you will be most welcome.

I hope this information is of use to you, however if you would prefer not to be contacted by us in the future then please call us on 01642 527363. If you would prefer to receive the Newsletter by email, please let us know at: Livewell-hub@stockton.gov.uk

Carers' Course beginning Thursday 23 January 2020

We are pleased to let you know that we will be running a weekly Carers' Course beginning on Thursday 23 January 2020 for five weeks. Each session will last approximately 1½ hours and will be delivered by the Proactive Intensive Community Liaison Service. There are five weekly sessions beginning on Thursday 23 January to Thursday 20 February.

The course will be delivered through interactive talks and activities designed around your information needs and will provide a specific opportunity to meet other Carers in a small group environment.

The course aims to be responsive to individual needs & questions of those attending, however it is anticipated that the course will cover a number of key topics. During the course, focus will be on what dementia is, and how it can affect the person you are caring for; common communication difficulties and approaches that can help enhance communication; strategies for responding to changes in a person's behaviour; understanding person-centred needs; making decisions for the future and accessing support; what delirium is and how to reduce the risk of delirium.

Information will be available at the end of the course which will focus on how to look after yourself. There will also be information on how to ease your fears and anxieties about asking for help. Information will also be available about relaxation techniques; keeping active; eating & sleeping well and how to ensure that you are still seeing friends and family and not isolating yourself.

The course is free to attend and will take place at the LiveWell Dementia Hub. The sessions will start at 12:45pm-2:15pm. **Places are limited so it is essential that you book your place.** Please do not hesitate to get in touch if you would like further information or to book your place on the course.

Contact : livewell-hub@stockton.gov.uk; or call 01642 527363



Helping you to stay warm and well during the cold weather



Do you know of a friend or neighbour, or are you struggling to keep your home warm?

Warm Homes Healthy People can help.



Cold temperatures can have a serious impact on your health and are linked to a number of health conditions, including respiratory disease, strokes, falls and flu. Keeping warm and healthy during the cold weather can help keep illness away.

If you are any of the following:

- Over 75
- In receipt of disability benefits
- Have a long-term illness made worse by the cold
- Live with a child (under 5) who has a long-term illness made worse by the cold weather
- Living with Dementia

Warm Homes Healthy People can help with:

- Emergency heating
- Energy debt advice and welfare benefits advice and assistance
- Warm Homes Healthy People also offer a wide range of advice and support to help you keep healthy, and more able to cope with the cold weather

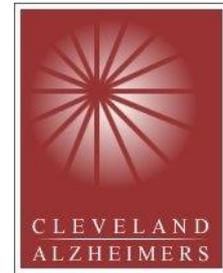
If you are in receipt of qualifying benefits, Warm Homes Healthy People can help with boiler servicing and repairs.

For more information:

Please ring : 01642 528215 or visit www.stockton.gov.uk/warmhomes

Alternatively, if you are living with dementia and would like an appointment to discuss how Warm Homes Healthy People could help you please contact the LiveWell Dementia Hub on 01642 527363 or email LiveWell-Hub@stockton.gov.uk;

Fusion Café Christmas Party :



Fusion Café is a monthly event offering people with memory problems and their carers an enjoyable time with other people in the same situation as themselves. The Café aims to promote an atmosphere that offers acceptance, recognition and support where needed (and cream cakes!!)

The last Friday of every month 2pm-4pm at Clevearc Training Centre, Kirkdale, Radcliffe Crescent, Teesdale TS17 6BS

Entertainment:

Friday 29 November 2019 – Micky Stevens (Christmas Party)
(Entertainment may be subject to change)

Contact: Gayle Tweed (Chief Executive, Clevearc) Tel: **01642 611110**

The Hampton by Hilton Hotel, Church Road, Stockton invite you for “a cuppa & cake” on Wednesday 13 November at 3.00pm-4.30pm

Have your Say . . . As part of their ongoing work to make Stockton High Street more dementia friendly, Stockton Business Improvement Development (Stockton BID) would like to invite people affected by dementia to join them at the Hampton by Hilton Hotel to let them know what you think local businesses could do, to better support people living with dementia.

The Event, which will take place between 3pm-4.30pm on Wednesday 13 November, will include an opportunity for you to find out more about the project and to share your views on what the project’s priorities should be.

As part of their work to become more dementia friendly, the Hampton by Hilton Hotel will provide free muffins and refreshments for attendees.

If you would like to come along and participate, please let **Barbara Farrell know you are interested by Friday 8 November** by calling 01642 527363 or emailing livewell-hub@stockton.gov.uk;

Remembrance Sunday : 10 November
Stockton High Street : 10.30am-12.30pm

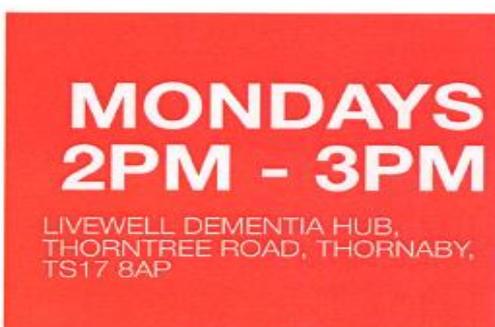
On Sunday 10 November, Remembrance Services will be held across Stockton-on-Tees to commemorate all those who have served in the Armed Forces past and present. The Services will remember those who gave their lives in both World Wars, as well as more recent conflicts.

Dementia Friends Champions Induction: Thursday 28 November at the LiveWell Dementia Hub 10am-4pm

A Dementia Friends Champions Induction Session will be held by the Alzheimer's Society on Thursday 28 November at the LiveWell Dementia Hub. By attending this whole day volunteer induction session you will become a Dementia Friends Champion. During this session you will learn how to deliver a Dementia Friends Session yourself with the chance to discuss activities and key messages before taking part in a practice presentation.

Registering and booking your place on the Dementia Friends Website for this session is essential. <https://www.dementiafriends.org.uk>;

Young Onset Weekly Activity Group :



Young at Heart : 19 November : St Cuthbert's Church Hall Billingham : Magic Moments Coffee Morning

Young at Heart would like to invite you to a Magic Moments Coffee Morning at 10am-12pm on Tuesday 19 November at St Cuthbert's Church Hall Billingham. Join them for a morning of remembrance, singing to some memorable songs from yesteryear whilst enjoying delicacies from that period, also enjoying a game of Bingo. There is a suggested fee of £2 per person. For more details, please call Alison Watson or Anne Riley on 07590 535 448.

Young at Heart : 20 November : Billingham Forum D-Day Darlings Showtime : 2pm

Young at Heart would like to invite you to join them on Wednesday 20 November at Billingham Forum for an afternoon with Britain's Got Talent Finalists : the 'D-Day Darlings'. The show starts at 2pm and tickets are priced at £21 each (including the booking fee). Tickets can be purchased directly from Billingham Forum Booking Office (Tel 01642 552663)
or from Alison Watson or Anne Riley (Tel : 07590 535 448)

LiveWell Hub Regular Bookings

Memory Clinic Drop-In

- Are you awaiting a diagnosis?
- Do you have any concerns about your care and treatment?
- Do you have any worries about your next appointment?

If so, Stockton Older People's Team are holding a number of Drop-in Sessions and will be happy to answer any questions you may have and to provide support. Sessions are open to all patients and their families and carers.

The next session is Wednesday 27 November at 1pm-3pm at the LiveWell Dementia Hub. Tel : 01642 527363

Strollers & Stragglers: November Timetable: 10am-12pm



'Strollers & Stragglers' is a Walking Group for people with dementia and their carers. The session will include a local walk followed by refreshments in a social setting. If the weather isn't so good, the Walking Group can enjoy a cup of tea and friendly chat at the LiveWell Dementia Hub. All will be welcome to join this group.

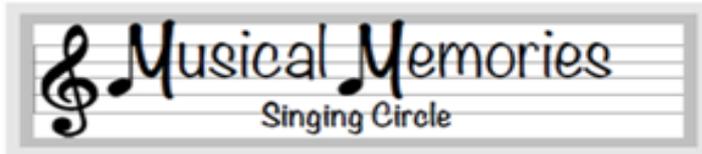
There are 6 different routes. Here are the routes for November:

Monday 4 November	Barrage
Monday 11 November	Preston Park
Monday 18 November	Hartburn (new route)
Monday 25 November	Ormesby Hall (new route)

(Routes may be subject to change)

For confirmation of weekly routes, please call Louise on 07737 213 018 or 01642 805500

“Musical Memories Singing Circle” at the LiveWell Dementia Hub



‘Musical Memories’ would like to invite you to join them on Friday 22 November at 10.30am – 12 noon at the LiveWell Dementia Hub for a morning of singing and socialising.

The session is led by Trish McLean and is aimed at people living with dementia and their Carers, offering the chance to sing and socialise in a friendly and relaxed atmosphere.

Please call Alison Watson on 07590 535 448 to book your place.

Dates for your diary:

22 November
24 January
28 February

£2 per session

Training for Alzheimer’s Society Volunteers: Bring a Friend to be a Friend



Would you like to know more about dementia? Would you like to know what opportunities there are to volunteer for the Alzheimer’s Society?

If so, the Alzheimer’s Society are holding a Volunteer Training Event at the LiveWell Dementia Hub on **Monday 11 November at 10am-12pm.**

10.00 am Refreshments
10.15 am Dementia Friend Session
11.15 am Volunteering Opportunities

Feel free to come along and even bring a friend too. You will be most welcome. Please call Shirley Gray on 07872 867256 or email shirley.gray@alzheimers.org.uk to reserve your place.

Also there are future training dates at the LiveWell Dementia Hub : 12 December; and Monday 13 January 2020. Please see the Dementia Friends Website for details.

Activities & Groups at the LiveWell Dementia Hub – November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Citizens Advice Bureau <i>(by appointment only)</i> (09:00-15:30) Friday Friends (13:00-15:00)
4 Citizens Advice Bureau <i>(appointment only)</i> (09:00-15:30) Walking Club (10.00-11.30) Young Onset CST (13.30-15.00)	5 CST <i>(referral only)</i> (10.00-11.00) CST <i>(referral only)</i> (11.15-12.15) Young at Heart (14.00-15.30)	6 Midweek Sociable Group (10.30-12.00)	7 CST <i>(referral only)</i> (10.00-11.00) CST <i>(referral only)</i> (11.15-12.15)	8 Military Veterans Group (10.00-12.00) Friday Friends (13:00-15:00)
11 Citizens Advice Bureau <i>(appointment only)</i> (09:00-15:30) Walking Club (10.00-11.30) Dementia Friends Session (10:00-12:00) Young Onset CST (13.30-15.00)	12 CST <i>(referral only)</i> (10.00-11.00) CST <i>(referral only)</i> (11.15-12.15) Young at Heart (14.00-15.30)	13 Midweek Sociable Group (10.30-12.00) Pop-Up Music Café (13:30-15:30)	14 CST <i>(referral only)</i> (10.00-11.00) CST <i>(referral only)</i> (11.15-12.15)	15 Dementia Voices Coffee Morning (10:00-12:00) Friday Friends (13:00-15:00)
18 Citizens Advice Bureau <i>(appointment only)</i> (09:00-15:30) Walking Club (10.00-11.30) Young Onset CST (13.30-15.00)	19 CST <i>(referral only)</i> (10.00-11.00) CST <i>(referral only)</i> (11.15-12.15) Young at Heart (14.00-15.30)	20 Midweek Sociable Group (10.30-12.00)	21 CST <i>(referral only)</i> (10.00-11.00) CST <i>(referral only)</i> (11.15-12.15)	22 Musical Memories Singing Circle (10.30-12.00) Friday Friends (13:00-15:00)

Dates and times are correct at the time of printing. This timetable outlines public events at the Hub. For further information about all activities at the Hub please contact the LiveWell Dementia Hub on 01642 527363 or email LiveWell-Hub@Stockton.gov.uk