

# Community Dementia Services 2026

## Prevention and awareness

This map is to help you find out about Dementia Support Services in Hartlepool. An interactive electronic version of the poster is available online from Hartlepool Now. Paper copies of the poster are available from the Dementia Advisory service and the Civic Centre.

**NHS Health Check**  
Free checks for adults in England aged 40-74 without a pre-existing condition. For further information please contact your GP [www.nhs.uk/healthcheck](http://www.nhs.uk/healthcheck)

**Dementia Friends**  
Free awareness sessions for anyone who wants to know about dementia.  
Tel: 01429 868587  
<https://thegreathamfoundation.org.uk/community-care/the-bridge>

**Can Dementia be prevented?**  
Outlines how adopting a healthy lifestyle can significantly reduce the risk of developing dementia.  
[www.nhs.uk/conditions/dementia/about-dementia/prevention/](http://www.nhs.uk/conditions/dementia/about-dementia/prevention/)

**Reduce your risk of dementia**  
Highlights how lifestyle changes can significantly lower chances of developing dementia, especially if adopted in mid-life  
[www.alzheimers.org.uk/about-dementia/managing-the-risk-of-dementia/](http://www.alzheimers.org.uk/about-dementia/managing-the-risk-of-dementia/)

**Active Hartlepool**  
Promotes physical activity and wellbeing across the Hartlepool community encouraging a healthier more active lifestyle for everyone.  
Tel: 01429 284050  
[www.activehartlepool.co.uk/](http://www.activehartlepool.co.uk/)

## Diagnosis

**GP**  
If you are concerned about your memory or any other symptoms please speak to your GP.  
[www.nhs.uk](http://www.nhs.uk)

For further information about dementia and what support is available in Hartlepool, please contact  
The Dementia Advisory Service, Greenbank, Waldon Street, Hartlepool, TS24 7QS

 01429 868587

 [thebridge@thegreathamfoundation.org.uk](mailto:thebridge@thegreathamfoundation.org.uk)

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

## Information and advice

**The Bridge (Dementia Advisory Service)**  
First point of contact for information about dementia and local support services.  
Tel: 01429 868587  
[www.hartlepoolnow.co.uk/thebridge](http://www.hartlepoolnow.co.uk/thebridge)

**Hartlepool Now**  
Free online guide providing information and advice on a wide range of services for adults in Hartlepool.  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Healthwatch Hartlepool**  
Healthwatch will work to help people get the best out of services.  
Tel: 01429 288123  
[www.hartlepoolnow.co.uk/healthwatch-hartlepool](http://www.hartlepoolnow.co.uk/healthwatch-hartlepool)

**Alzheimer's Publications and Factsheets**  
A range of publications designed to support and inform anyone affected by dementia.  
[www.alzheimers.org.uk/get-support/publications-factsheets](http://www.alzheimers.org.uk/get-support/publications-factsheets)

**Entitled To**  
A benefits calculator to help you find out what benefits you can claim.  
<https://hartlepool.entitledto.co.uk>

**Support Hub**  
When you contact the team they will take some basic information from you and talk to you about the type of help you are looking for. Tel: 01429 272905  
[www.hartlepoolnow.co.uk/hartlepool-support-hub](http://www.hartlepoolnow.co.uk/hartlepool-support-hub)

**Herbert Protocol**  
A protocol to help Police when people go missing  
<https://herbertprotocol.com>

## Support groups and social opportunities

**Aapna Services**  
Promoting social inclusion, support groups and advice for Black, Asian Minority Ethnic (BAME) communities  
Tel: 07812 084511  
[www.aapnaservices.org.uk](http://www.aapnaservices.org.uk)

**Young Onset Dementia Group**  
A support group for people living with young onset dementia.  
Tel: 01429 868587  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Action Deafness**  
Provides specialist, accessible and equal services so that deaf people can lead full, independent lives.  
[www.actiondeafness.org.uk](http://www.actiondeafness.org.uk)

**Waverley Outdoor Community Hub**  
For more information or to arrange a visit contact the allotment.  
Tel: 07813 40377  
[www.hartlepool.gov.uk/communityhubs](http://www.hartlepool.gov.uk/communityhubs)

**Active Hartlepool**  
Promotes physical activity and wellbeing across the Hartlepool community encouraging a healthier more active lifestyle for everyone.  
Tel: 01429 284050  
[www.activehartlepool.co.uk](http://www.activehartlepool.co.uk)

**Togetherall**  
A safe community to support your mental health, 24/7.  
<https://togetherall.com>

**Dementia Choir**  
Every Tuesday from 10:30am - 11:30am at Headland Baptist Church, Baptist Street, Hartlepool, TS24 0QN  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Hartlepool Befriending Network Volunteering Opportunities**  
Contact the Befriending Network for more information on how to become a volunteer.  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Memories in Tune**  
Second last Wednesday of the month from 1:30pm-3pm at St Joseph's Church, St Paul's Road, Hartlepool  
Tel: 01429 868587  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Hartlepool Befriending Network**  
Provides a befriending service to people aged 65+ who live in the Hartlepool area and are socially isolated  
Tel: 07808 306184  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Vision Support**  
Provides invaluable support, resources and a sense of community to empower individuals with visual impairments  
Tel: 07379 859420  
[www.hartlepoolvisionsupport.org.uk](http://www.hartlepoolvisionsupport.org.uk)

**Advice at Hart**  
Provides specialist, accessible and equal services so that deaf people can lead full, independent lives.  
[www.actiondeafness.org.uk](http://www.actiondeafness.org.uk)

**Rare Dementia Support**  
Offers a specialist social, emotional and practical support services for individuals living with, or affected by a rare dementia diagnosis.  
[www.raredementiasupport.org](http://www.raredementiasupport.org)

**Young Onset Dementia Group**  
A support group for people living with young onset dementia.  
Tel: 01429 868587  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

## Carers support

**Hartlepool Carers**  
One to one support, information and advice for Hartlepool residents who care for another adult.  
Tel: 01429 283095  
[www.hartlepoolnow.co.uk/hartlepool-carers](http://www.hartlepoolnow.co.uk/hartlepool-carers)

**Young Carers**  
Support for children and young people under 18 who care for someone.  
Tel: 01429 283095  
[www.hartlepoolnow.co.uk/hartlepool-carers](http://www.hartlepoolnow.co.uk/hartlepool-carers)

**Admiral Nursing Helpline**  
A helpline to help you get your loved one the best possible care and support.  
Tel: 0800 888 6678

**Joint Dementia Research**  
Register with 'Join Dementia Research' if you are interested in being involved.  
Tel: 0300 111 5111  
[www.joindementiaresearch.nihr.ac.uk](http://www.joindementiaresearch.nihr.ac.uk)

**Carers Coffee Morning**  
Every Wednesday from 1pm -2pm, Community Hub Central, York Road  
01429 283095  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Carers Education Sessions**  
Contact The Bridge for more information  
01429 868587  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Mobilise**  
Provides online support for unpaid carers  
[www.mobiliseonline.co.uk](http://www.mobiliseonline.co.uk)

## Planning for the future and welfare advice

**Power of Attorney**  
**Hartlepool Citizens Advice Bureau**  
Tel: 01429 273223  
**West View Advice and Resource Centre**  
Tel: 01429 271275  
**Advice at Hart**  
Tel: 01429 748010  
[www.gov.uk/power-of-attorney/overview](http://www.gov.uk/power-of-attorney/overview)

**Court of Protection**  
Makes decisions on financial or welfare matters for people who can't make decisions at the time they need to be made.  
[www.gov.uk/courts-tribunals/court-of-protection](http://www.gov.uk/courts-tribunals/court-of-protection)

**Hartlepool Citizens Advice Bureau**  
Provides free, confidential and impartial advice.  
Tel: 01429 273223  
[www.hartlepoolnow.co.uk/CAB](http://www.hartlepoolnow.co.uk/CAB)

**West View Advice & Resource Centre**  
Provides free, confidential and impartial advice.  
Tel: 01429 271294  
[www.hartlepoolnow.co.uk/WVARC](http://www.hartlepoolnow.co.uk/WVARC)

**Lasting Power of Attorney (LPA)**  
A legal document that allows you to decide who can make decisions for you, should you need help in the future.  
[www.hartlepool.gov.uk/LPA](http://www.hartlepool.gov.uk/LPA)

**A Guide to Extra Care and Care Homes**  
An information guide about extra care housing, residential care and nursing care.  
[www.hartlepoolnow.co.uk/extracare](http://www.hartlepoolnow.co.uk/extracare)

**Advice at Hart**  
Provides free, confidential and impartial advice.  
Tel: 01429 748010  
[www.hartlepoolnow.co.uk/adviceathart](http://www.hartlepoolnow.co.uk/adviceathart)

## Care and support at home and in the community

**Advocacy**  
For more information contact the Adults Commissioning Team.  
Tel: 01429 284300  
[adults.commissioning@hartlepool.gov.uk](mailto:adults.commissioning@hartlepool.gov.uk)

**Meals**  
A number of organisations deliver meals to people including:  
Wiltshire Farm Foods 0800 077 3100  
Oak House Foods 0333 370 6700  
Just Heat 07801 745721  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Handyperson Service**  
Small household repairs service for essential jobs  
Tel: 01429 272905  
[www.hartlepoolnow.co.uk/handyperson](http://www.hartlepoolnow.co.uk/handyperson)

**Mobility Services**  
Organisations that can help with mobility equipment, Red Cross, GP, Zenith Shop Mobility  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Safe Places Scheme**  
Safe places in the community where people can go if they want some help  
[www.hartlepoolnow.co.uk/safeplacescheme](http://www.hartlepoolnow.co.uk/safeplacescheme)

**Hartlepool Day Centre (Heather Grove)**  
The Hartlepool Day Centre provides tailored person centred care to people living with dementia and much needed respite to carers. Tel: 01429 279005  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Hartlepool Now Equipment Finder**  
An online tool giving information on products and mobility equipment to assist you in your home.  
[www.hartlepoolnow.co.uk/equipmentfinder](http://www.hartlepoolnow.co.uk/equipmentfinder)

**Intensive Community Liaison Service (ICLS)**  
Offer assessment and intervention for people with dementia.  
Tel: 01429 368900  
[www.tew.nhs.uk](http://www.tew.nhs.uk)

**Mobility Services**  
Organisations that can help with mobility equipment, Red Cross, GP, Zenith Shop Mobility  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Support Hub**  
When you contact the team they will take some basic information from you and talk to you about the type of help you are looking for. Tel: 01429 272905  
[www.hartlepoolnow.co.uk/hartlepool-support-hub](http://www.hartlepoolnow.co.uk/hartlepool-support-hub)

**Specialist Pelvic Health Service**  
A team of specialist nurses providing advice, care and support for people who have bladder and bowel problem  
Tel: 01429 522500  
[www.nth.nhs.uk/services/specialist-pelvic-health](http://www.nth.nhs.uk/services/specialist-pelvic-health)

**Community Pastimes**  
Provides group activities in various locations in Hartlepool.  
01429 871442  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)



**HartlepoolNow**

