

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

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/

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/

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/

Diagnosis

GP
If you are concerned about your memory or any other symptoms please speak to your GP.
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

 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

Hartlepool Now
Free online guide providing information and advice on a wide range of services for adults in Hartlepool.
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

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

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

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

Young Onset Dementia Group
A support group for people living with young onset dementia.
Tel: 01429 868587
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

Waverley Outdoor Community Hub
For more information or to arrange a visit contact the allotment.
Tel: 07813 40377
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

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

Hartlepool Befriending Network Volunteering Opportunities
Contact the Befriending Network for more information on how to become a volunteer.
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

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

Vision Support
Provides invaluable support, resources and a sense of community to empower individuals with visual impairments
Tel: 07379 859420
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

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

Young Onset Dementia Group
A support group for people living with young onset dementia.
Tel: 01429 868587
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

Young Carers
Support for children and young people under 18 who care for someone.
Tel: 01429 283095
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

Carers Coffee Morning
Every Wednesday from 1pm -2pm, Community Hub Central, York Road
01429 283095
www.hartlepoolnow.co.uk

Carers Education Sessions
Contact The Bridge for more information
01429 868587
www.hartlepoolnow.co.uk

Mobilise
Provides online support for unpaid carers
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

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

Hartlepool Citizens Advice Bureau
Provides free, confidential and impartial advice.
Tel: 01429 273223
www.hartlepoolnow.co.uk/CAB

West View Advice & Resource Centre
Provides free, confidential and impartial advice.
Tel: 01429 271294
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

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

Advice at Hart
Provides free, confidential and impartial advice.
Tel: 01429 748010
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

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

Handyperson Service
Small household repairs service for essential jobs
Tel: 01429 272905
www.hartlepoolnow.co.uk/handyperson

Mobility Services
Organisations that can help with mobility equipment, Red Cross, GP, Zenith Shop Mobility
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

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

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

Intensive Community Liaison Service (ICLS)
Offer assessment and intervention for people with dementia.
Tel: 01429 368900
www.tewv.nhs.uk

Mobility Services
Organisations that can help with mobility equipment, Red Cross, GP, Zenith Shop Mobility
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

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

Community Pastimes
Provides group activities in various locations in Hartlepool.
01429 871442
www.hartlepoolnow.co.uk



HartlepoolNow

