

# Community Dementia Services 2017/ 2018

## Awareness and risk reduction

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 Bridge and 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 Sessions**  
Free awareness sessions for anyone who wants to know about dementia.  
Tel: 01429 868587  
[www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

**Dementia Friendly Hartlepool**  
Helping organisations/businesses become dementia friendly.  
Tel: 01429 868587  
[www.hartlepoolnow.co.uk/dfhpool](http://www.hartlepoolnow.co.uk/dfhpool)

**Dementia Friendly Schools**  
Helping schools become dementia friendly  
Tel: 01429 868587  
[www.hartlepoolnow.co.uk/dfhpschools](http://www.hartlepoolnow.co.uk/dfhpschools)

**Delirium Resources**  
Free online information and resources about delirium  
[www.hartlepoolnow.co.uk/delirium](http://www.hartlepoolnow.co.uk/delirium)

## 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)

**Memory Clinic**  
Following a referral from a GP the Memory Clinic can provide a more in-depth assessment and diagnosis  
Tel: 01429 803660  
[www.tevv.nhs.uk](http://www.tevv.nhs.uk)

**Cognitive Stimulation Therapy**  
Provided by the Memory Clinic for 14 sessions.  
Tel: 01429 803660  
[www.tevv.nhs.uk](http://www.tevv.nhs.uk)

For further information about dementia and what support is available in Hartlepool, please contact The Bridge, Gemini Centre, Villiers Centre, Hartlepool, TS24 7SA Tel: 01429 868587  
Email: [thebridge@hospitalofgod.org.uk](mailto:thebridge@hospitalofgod.org.uk) [www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

## Information and advice

**The Bridge**  
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)

**Dementia Advisor**  
Specialist information and advice for people with dementia and carers  
Tel: 01429 868587  
[www.hospitalofgod.org.uk](http://www.hospitalofgod.org.uk)

**Books on Prescription**  
A collection of books about dementia recommended by health professionals and available to loan from libraries and The Bridge. Tel: 01429 272905  
[www.hartlepool.gov.uk/libraries](http://www.hartlepool.gov.uk/libraries)

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

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

**Speech & Language Therapy for Adults**  
Working with adults from 19 years of age who have speech, language or communication needs or difficulties with eating, drinking and swallowing.  
[www.nth.nhs.uk/services/adults](http://www.nth.nhs.uk/services/adults)

## 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)

**Hartfields Singing Group**  
Takes place every Monday from 2pm. Contact Hartfields for more information.  
Tel: 01429 855070  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Staying Out**  
Every Wednesday from 10am - 3pm at Billingham Bowling Club, John Waterhead Park, Billingham.  
Tel: 01642 525183  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Coffee Morning**  
First Friday of every month, 10.15am - 12.15pm at the Hereford Centre, Billingham.  
Tel: 01429 279005  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Fusion Cafe**  
Last Friday of each month from 2pm - 4pm at Clevearc Training Suite, Kirkdale, Thornaby.  
Tel: 01642 611110  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Hartfields Nostalgia Cafe**  
Takes place once a month. Contact Hartfields for more information.  
Tel: 01429 855070  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Memories in Tune**  
Every Thursday from 2pm - 3pm at Laurel Gardens, Marlowe Road, Hartlepool.  
Tel: 01429 868587  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Our Voice Matters – Deep Group**  
Contact The Bridge for more information.  
Tel: 01429 868587  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.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)

**Memory Lane Café**  
Second Friday of every month, 12noon - 3pm at Salvation Army, 135A Park Road, Hartlepool.  
Tel: 01429 279005  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Service Veterans Group**  
Second Friday of each month 10.00 - 12:00 at the LiveWell Dementia Hub, Thornaby. Tel: 01642 527363  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Get Hartlepool Active**  
Physical and sporting activities for children and families.  
Tel: 01429 284050  
[www.gethartlepoolactive.co.uk](http://www.gethartlepoolactive.co.uk)

**Waverley Allotment**  
For more information or to arrange a visit contact the allotment.  
Tel: 01429 868616  
[www.waverleyterraceallotments.org](http://www.waverleyterraceallotments.org)

**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/befriendingnetwork](http://www.hartlepoolnow.co.uk/befriendingnetwork)

**Hartlepool Befriending Network Volunteering Opportunities**  
Contact the Befriending Network for more information on how to become a volunteer.  
Tel: 07808 306184  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

**Incontrol-able**  
A disabled peoples user led organisation who currently run two projects, Ricochet Mobile Device Loan Service and Project 65. Tel: 01429 401742  
[www.hartlepoolnow.co.uk/incontrolable](http://www.hartlepoolnow.co.uk/incontrolable)



**HARTLEPOOL BOROUGH COUNCIL**

Tees, Esk and Wear Valleys NHS Foundation Trust



**The Hospital of God at Greatham**



## 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/hartlepoolcarers](http://www.hartlepoolnow.co.uk/hartlepoolcarers)

**Carers Coffee Morning**  
Every Tuesday from 10am - 12noon, 19a Lowthian Road, Hartlepool.  
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)

**Young at Heart Peer Support Group for Carers**  
To find your nearest group  
Tel: 07590 535 448  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.uk)

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

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

**Join 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)

## 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  
[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)

**Recording preferences and wishes**  
There are a number of resources available from The Bridge and available to download from Hartlepool Now.  
Tel: 01429 868587  
[www.hartlepoolnow.co.uk/dfhpoolsources](http://www.hartlepoolnow.co.uk/dfhpoolsources)

**Herbert Protocol**  
A protocol to help Police when people go missing.  
[www.hartlepoolnow.co.uk/herbertprotocol](http://www.hartlepoolnow.co.uk/herbertprotocol)

**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)

**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)

## Care and support at home and in the community

**Stirling University - Dementia Friendly Design Principles**  
A unique insight into what can be done to support people with dementia, based on research and evidence of what makes a difference.  
[www.dementia.stir.ac.uk/design](http://www.dementia.stir.ac.uk/design)

**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)

**Handyperson Service**  
Small household repairs service for essential jobs.  
Tel: 0800 952 0121  
[www.hartlepoolnow.co.uk/handyperson](http://www.hartlepoolnow.co.uk/handyperson)

**Meals**  
A number of organisations deliver meals to people including: Wiltshire Farm Foods 0800 077 3100 RnL's Food Parlour 01429 221115  
[www.hartlepoolnow.co.uk](http://www.hartlepoolnow.co.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)

**Continence Advisory Service**  
A team of specialist nurses providing advice, care and support for people who have bladder and bowel problems.  
Tel: 01429 522500  
[www.nth.nhs.uk/services/continence-advisory-service](http://www.nth.nhs.uk/services/continence-advisory-service)

**Safe Places Scheme**  
Safe Places in the community where people can go if they want some help and support.  
Tel: 01429 523695  
[www.hartlepoolnow.co.uk/safeplacescheme](http://www.hartlepoolnow.co.uk/safeplacescheme)

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

**Mindskills Recovery College**  
Delivering workshops, courses, peer support, social and local community support to improve emotional wellbeing  
Tel: 01429 269303  
[www.hartlepoolnow.co.uk/mindskillsrecoverycollege](http://www.hartlepoolnow.co.uk/mindskillsrecoverycollege)

**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/heathergrove](http://www.hartlepoolnow.co.uk/heathergrove)

**IAPT Programme**  
Aims to make talking therapies more widely available to anyone who needs them.  
Tel: 0345 045 0620  
[www.hartlepoolnow.co.uk/IAPT](http://www.hartlepoolnow.co.uk/IAPT)

**Intensive Community Liaison Service (ICLS)**  
Offer assessment and intervention for people with dementia.  
Tel: 01642 368900  
[www.tevv.nhs.uk](http://www.tevv.nhs.uk)

**Centre for Independent Living (CIL)**  
Provides vital services for people with disabilities and the local community.  
Tel: 01429 401700  
[www.hartlepoolnow.co.uk/CIL](http://www.hartlepoolnow.co.uk/CIL)

**Hartlepool Borough Council Early Intervention Team**  
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 523390  
[www.hartlepool.gov.uk/adultsocialcare](http://www.hartlepool.gov.uk/adultsocialcare)