

Newcastle Carers Centre

Newcastle Carers Centre, 135-139 Shields Road, Byker, Newcastle

The Centre offers a range of information and support services from their base in Shields Road and other venues across Newcastle. If you are an adult unpaid carer who is caring for someone living in Newcastle then check out the website at

<http://www.newcastlecarers.org.uk/>

Or contact the Carers Information Line on 0191 275 5060.

Dementia Information & Advice Sessions

6 sessions run by the Carers Centre from the Shields Road Centre. All sessions are informative, supportive, friendly and welcoming. Ring the Carers Centre above for more information.

Dementia Carer Café

This runs on the last Friday of every month between 1.00 pm and 2.30 pm. Just pop into the Newcastle Carers Centre. Everyone is welcome. Contact the Centre above for further information. Cafes before Christmas take place on 27th Oct and 24th Nov.

Jesmond Library Dementia Information Hub

The Hub includes a range of ***Reading Well Books on Prescription for Dementia***. The books have been recommended by health professionals and have been tried and tested by people with experience of dementia. As well as books the Hub holds a variety of information from organisations which support people with dementia and their carers. Why not pop along to Jesmond Library, have a look and let us know what you think? Open Tues, Thurs, Sat.

Jesmond Dementia Action Alliance is now on Facebook and Twitter

Email: dementiafriendlyjes@gmail.com Tel: 0191 281 8255

Jesmond Dementia Action Alliance Newsletter

Issue 6

Autumn 2017

Sing, Mobilise and Socialise *Dementia Friendly Activities in Jesmond*

Jesmond Dementia Action Alliance was recently awarded a National Lottery grant of £10,000 to organise and evaluate dementia friendly activities in Jesmond, for a period of one year. The activities which we chose initially were table tennis, singing and dance, all of which have been shown to have significant benefits for people with dementia.

The table tennis sessions ran for a short period from May 2017, at Jesmond Pool. A singing group which also began in May, continues to take place at St George's Church Hall on Friday mornings.



The dance group started on 14th September at Holy Name Church Hall on Thursday mornings. Later in the autumn we hope to run a couple of South-American inspired dance sessions at another venue. We hope that running activities throughout Jesmond, in a variety of venues, and coordinated with other dementia-friendly activities, will make these sessions more accessible to all.

More details about the regular singing and dance sessions are listed on page 4.

Dementia Friends in Jesmond

Since July 2015 approximately 431 people from the Jesmond community have become Dementia Friends.

You can become a Dementia Friend by attending a free 1 hour information session run by volunteer Dementia Friends Champions who are trained and supported by Alzheimer's Society.

During an information session you can learn more about dementia and the small ways you can help those living with dementia.

Sessions are offered on a monthly basis in Jesmond Library. You can call in and sign-up for the sessions or you can sign-up online via the Dementia Friends website at:

<https://www.dementiafriends.org.uk>

Apart from our public sessions in the Library, we also hold private sessions for organisations and businesses in Jesmond who wish to become dementia friendly. If you would like to come to an information session, or you would like us to run a private session for your organisation, please contact us by email on :

dementiafriendlyjes@gmail.com Tel: 0191 281 8255

Please vote for Jesmond Dementia Action Alliance

We are pleased to announce that JDAA has been shortlisted to be eligible for an award of £500 from the Skipton Building Society's Grassroots Giving Fund. This award will be used to fund transport for people attending our dementia friendly activities over the winter months. Please vote for us online at:

<https://www.skiptongrg.co.uk/apply-for-funding/2017-shortlisted-groups/north-east/jesmond-dementia-action-alliance/>

Or you can also vote in your local Skipton Building Society.

Information and Support

Alzheimer's Society, Newcastle offers a range of support services and information for people living with dementia and their families and carers in Newcastle.

For more information about these services, contact:

Alzheimer's Society, Room 1, Ground Floor, Beacon Centre, Westgate Rd, Newcastle, NE4 9PQ. Tel: 0191 2983989. Email:

newcastle@alzheimers.org.uk

Alzheimer's Society National Helpline (free of charge)

If you have any questions or concerns about dementia and you would like information and support, please call this number

0300 222 1122

Talking Point – Online Dementia Support Forum

This is Alzheimer's Society's online dementia forum. You will find a community of people all affected by dementia in some way. It can be a great source of support.

Click on Alzheimer's Society website and type **Talking Point** in the search box on the site:

<https://www.alzheimers.org.uk>

Dementia Connect

This is Alzheimer's Society's online services directory for anyone affected by dementia. You can search the directory according to your postcode.

Click on Alzheimer's Society website and type **Dementia Connect** in the search box on the site:

<https://www.alzheimers.org.uk>

Dementia Conference in Jesmond

Community, Spirituality and Dementia

Sat, 11th November 2017 in St Hilda's Church, Thornleigh Rd, Jesmond. 9.30 am to 4.00 pm.

Organised by St George's Church in Jesmond, this conference will explore the interface between Community, Spirituality and Dementia. The Keynote Speaker is Revd Canon Prof James Woodward, Principal of Sarum College, Salisbury. As a Practical Theologian James has focussed particularly on areas of health and healing, old age, the practice of theological reflection and end of life care. There will be a variety of other speakers and practical workshops.

The cost is £10 waged (£6 unwaged) to include tea /coffee and a sandwich lunch. For further details:

Tel: (0191) 281 1659 or email: office@stgeorgesjesmond.org.uk

Dementia and Council Tax

If you or a loved one have been diagnosed with dementia, you may be able to get a reduction in your council tax bill...

Whether you're renting or buying, you usually have to pay council tax on the property you live in. However, a dementia diagnosis might affect this, and could result in you – or the person you're caring for – paying a lot less, or even nothing at all.

A Council Tax Factsheet which provides more detail is available from Alzheimer's Society. Contact the Society on 0300 222 1122 for information. Jesmond Library has a reference copy of this Factsheet in the Dementia Information Hub.

JDAA welcomes new members

We recently welcomed 2 new members to Jesmond Dementia Action Alliance (JDAA) and they are **Jesmond Pool** and **Honour Health**. Many of the staff of these organisations have attended Dementia Friends information sessions and become Dementia Friends. Both will display information about JDAA, including newsletters, Jesmond Library Dementia Information Hub and specific events and activities.



Dementia Friends from Honour Health in Jesmond

Honour Health, a dental healthcare and skincare practice based on Osborne Road, is the newest member of JDAA. The practice, which offers NHS and private dental care, was formerly named Osborne Dental, and rebranded to Honour Health earlier this year to better reflect the advanced range of dental treatments and skin treatments provided there.

Twenty members of the team from Honour Health, including dentists, nurses, aestheticians, management staff and receptionists attended the Dementia Friends information session.

Onkar Dhanoya, principal dentist at Honour Health, said:

"We all really enjoyed the session led by Felicity and Joan. It was very informative, and it really made us think a lot more about what it must be like to have dementia. As a result of the session, we are having further talks within the team about how best we can support people with dementia".

What's On in Jesmond

Singing Group, St George's Church Hall, Osborne Rd, Jesmond
Free session every Friday from 11 am to 12 noon. No experience required, just a desire to have fun and enjoy singing popular songs in good company. Family members and carers welcome.

"I look forward to the singing sessions. I find them stimulating and enjoyably sociable. Laura is a lovely person and leads us with enthusiasm" Denis

Mobilise & Socialise, Holy Name Church Hall, Towers Ave, Jesmond

Free session every Thursday from 10.15 to 11.45 pm. No experience or special clothes needed, just come as you are. Refreshments served.

"Lovely to find again the joy of movement." "It's really fun isn't it?"

For more information about our dementia friendly singing and dance groups, please contact 0191 281 8255 or email us at dementiafriendlyjes@gmail.com

Afternoon Tea Club, The Holy Name Church Hall, Towers Ave, Jesmond

Every Thursday from 2 to 4 pm. £2 per person but no charge for carers accompanying guests. Enjoy afternoon tea, activities, company and conversation at this friendly tea club in Jesmond. Ring The Holy Name Church on 281 0940 to find out more.

The Friday Café, St George's Church Hall, Osborne Rd, Jesmond
Every Friday from 10.00 am to 12 noon. Everyone warmly welcomed. Contact the Parish Office on 281 1659 to find out more.

What's On in Jesmond... continued

Vintage Lunch Club, Holy Trinity Church, Churchill Gdns, Jesmond
Meets every Thursday at 12.00 and lunch is served at 12.30 pm for a contribution of £3.00. Ring 281 3399 or email office@htj.org.uk for more information.

What's On Elsewhere

Tyneside Cinema, Pilgrim St, Newcastle



The cinema offers a popular monthly film for people with dementia and their carers. Trained staff are on hand with a warm welcome. Contact the Tyneside Cinema for further information on 0191 227 5500

Alzheimer's Society Newcastle organise the activities listed below. Contact the Society on 0191 298 3989 for further information and dates.

Games for the Brain, various venues

Games for the Brain is a six week programme of active sessions for people with dementia and their carers. The sessions take place weekly for one and a half hours and are facilitated by a Dementia Support Worker and volunteers.

Singing for the Brain, Northern Stage, Barras Bridge, Newcastle
Organised by Alzheimer's Society, this monthly session takes place between 2.30 and 4.00 pm on a Thursday.

Dementia Café, Blackfriars Hall, New Bridge St, Newcastle
Monthly café organised by Alzheimer's Society on a Thursday between 2 and 4 pm.