Dementia Friends Sessions Free awareness sessions for anyone who wants to understand dementia in an easy to understand manner. Tel: Middlesbrough Central library 01642 729502 or e-mail dementiastaff@middlesbrough.gov.uk

Interactive school class sessions Suitable for Yr 1-6, which help to equip students with an early understanding of dementia. Tel: Middlesbrough Central library on 01642 729502 or email dementiastaff@middlesbrough.gov.uk

NHS Health Check Free checks for adults in England aged 40-74. Tel: 01642 729502

For further information please contact your GP or the Live Well Centre on 01642 727195

www.nhs.uk/conditions/dementia/

GP

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

Aging Better Middlesbrough Programme aimed at enhancing quality of life and social inclusion for older people in Middlesbrough.

Visit ABM www.ageingbettermiddlesbrough.org.uk to get useful links and information on a quarterly newsletter and what's on guide.

Alzheimer’s Society - Singing for the Brain Trinity Centre, North Ormesby Tuesdays from 16.01.2019 • 2-3.30pm

Contact Kiri on 07378 743108 or email kiri.richardson@alzheimers.org.uk

Alzheimer’s Society - Care and Support Information and advice for informal carers and professionals. Tel: 0191 389000 • alzheimer.org.uk

Books on Prescription for Dementia Health professional recommended books if you have, or care for someone with dementia. Activation is free from your local library or the Live Well Centre. Tel: 01642 805500 • www.ageuk.org.uk

Middlesbrough Care Matters An online facility to provide a one stop shop for people to access information about help and support that can be available to them. Tel: 01642 729417

Sanctuary Supported Living Dementia Advice Service Specialist support for people with a diagnosis of dementia and their carers. Providing practical support and help with legal orders and referrals to other agencies. Tel: 01642 727186

The Live Well Centre Dunes Shopping Centre, TS1 1HR

A single wellbeing hub (Alzheimer’s is now a range of support services available in Middlesbrough who want to lead healthy and happy lives.

Tel: 01642 727579

Support groups and social opportunities

Aapa Supporting BAME Communities Vassyl, Social care, can live with dementia and other long term conditions.

Tel: 01642 820926 • www.aapaptopsingbame.org.uk

Carpet Bowls - Age UK Grow Hill Community Hub, Boulevard Road, Grange Hill, TS4 2PB

Monday 10.30am-2pm

For a small group (looking a packed lunch). Tel: 01642 805500 • www.ageuk.org.uk

Creative Age MIMA Arts Centre, Centre Square Every Thursday 1:30-3:30pm

A diverse range of activities, including art, craft, creative writing, local history, music, drama, animation and ideas in a safe and relaxed environment. www.visitmiddlesbrough.co.uk/whatstoangles/celebratingageing

Memory Lane Dementia Café Acland Library & Community Hub, Acland Road, Adden, TS5 7AG

Every Thursday at 1:30-3:30pm

Joanne Brown on 01642 817910 • middlesbrough.gov.uk/ja/Acland_Library

Music for the Mind St Mary’s Cathedral, Dalby Way, Coulby Newsam 2nd Wednesday of each month • 2-3.30pm

Tel: Chris or Dot on 01642 710179

Singing for the Brain St Mary’s Church Hall, Grange Lane, Acklam, TS5 7RX

Tuesdays fortnightly • 2-3.30pm

Email: robyns@inmyownvoice.org

Carers Together St Mary’s Centre, Corporation Road, Middlesbrough

For adults experiencing a sensory impairment which gives advice on repairs, improvements and technology with care services.

Tel: 01642 672987 • www.starfishhealth.co.uk

Ex Carer’s Group St Mary’s Centre, Corporation Road, Middlesbrough

Fortnightly Mondays • 10.30am-12.30pm

Tel: 01642 248645

Middlesbrough Welfare Rights Free independent advice about welfare benefits, support with helping and providing credit for telephone and gas etc.

Tel: 01642 729522

www.middlesbroughwelfarerights.org.uk

NHS Health Check

Free checks for adults in England aged 40-74. Tel: 01642 729502

For further information please contact your GP or the Live Well Centre on 01642 727195

www.nhs.uk/conditions/dementia/

Books On Wheels Library Service A home delivery service to anyone living in Middlesbrough. Can also support with a library delivery to those ill due to illness or mobility problems.

Tel: 01642 249509

Email: Books_on_Wheels@middlesbrough.gov.uk

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Carers Together

St Mary’s Centre, Corporation Road, Middlesbrough

Fortnightly Mondays • 10.30am-12.30pm

Tel: 01642 248645

This map is to help you find out about dementia support services in Middlesbrough. Information is correct at the time of printing. Please check with individual providers to confirm times etc.

For further information about dementia and what support is available in Middlesbrough please contact Emma McInnes - tel: 01642 728756 • email: emma_mcinnes@middlesbrough.gov.uk