

LiveWell Dementia Hub NEWSLETTER

LiveWell Dementia Hub, Thorntree Road, Thornaby, Stockton-on-Tees, TS17 8AP : 01642 527363



September 2018

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As a member of our Stockton Dementia Services Mailing List, we are writing to let you know about a number of recent developments and upcoming activities.

I hope this information is of use to you, however if you would prefer not to be contacted by us in the future then please call us on 01642 527363. If you would prefer to receive the Newsletter by email, please let us know at:
Livewell-Hub@stockton.gov.uk

World Alzheimer's Day : Poster Competition

Throughout Autumn 2018 a poster competition will be running in Stockton-on-Tees encouraging young people to submit poster designs relating to the theme of "Living Well with Dementia". The competition will launch on 21 September 2018 (World Alzheimer's Day) and will run until 30 November 2018.

There are three age categories for this competition: 4-10, 11-15 and 16-18.

Winners of each category will be awarded a £25 W H Smith Voucher and there will also be runners-up prizes. Winners will be notified by the end of December 2018. The winning posters will be displayed at venues throughout Stockton-on-Tees.

Entries should be A4 in size and can be sent electronically to:

Livewell-Hub@stockton.gov.uk

or by post to:

Livewell Hub, Thorntree Road, Thornaby, Stockton-on-Tees, TS17 8AP.

Alternatively, hard copy entries can be handed in to any Stockton Library.

All entries must include : name; age; school or college attending; contact number & home address.

World Alzheimer's Day : 21 September : Friday Friends

To celebrate World Alzheimer's Day, Age UK Teesside are inviting people to join them for a special session of their regular Friday Friends group on Friday 21 September. The event will include music and intergenerational activities delivered by Funky Feet. Food and refreshments will also be provided.

The session will also include an opportunity to speak informally with Healthwatch Stockton on Tees regarding their latest investigations.

Age UK Teesside would like to invite people who have never attended the group before to join them for this event, however space is limited so booking is essential.

To book your place please contact the LiveWell Dementia Hub on 01642 527363.

Older People's Day : 2 October : Hippy-Hippy Shake

To celebrate Older People's Day, the Hippy-Hippy Shake will return to Preston Park Hall on Tuesday 2 October 2018 between 1:30pm – 3:30pm. Light refreshments will be provided and there will be live music.

Booking is essential and tickets are £2 per person. Further information and tickets are available from the Visitors Information Centre, Rediscover Stockton, 134B High Street, Stockton-on-Tees, TS18 1LP or phone on 01642 528130

This year's event is sponsored by Age UK Teesside.

Walk Down Memory Lane – Dementia Friendly Coffee Afternoon

Churches Together in Norton are offering coffee afternoons for those affected by dementia or memory loss, for carers and for anyone who would just like to call in when you want, for as long as you want. These sessions offer the opportunity for people to drop in for a cup of tea and a chat and take place at The Forge, Norton Green, Norton, TS20 1EJ on the last Wednesday of each month from 1pm-3pm.

The dates for the remainder of 2018 are:

- Wednesday 26 September
- Wednesday 24 October*
- Wednesday 28 November

(please note that the October session is a week early to avoid half-term week)*

Young Onset Dementia Group – Dates for 2018

Receiving a diagnosis of dementia can be difficult at any age. However, if you are under 65, you may be presented with different challenges. Partners in Stockton have set up a support network for people living with young onset dementia and their carers to meet socially and share experiences.

New dates have been confirmed for the remainder of 2018, these are:

- Monday 24 September
- Monday 29 October
- Monday 26 November
- Monday 17 December

Imagine Series : Everyday living with Dementia with Lewy Bodies

Newcastle University VOICE and the NIHR Innovation Observatory are seeking support for an initiative to improve understanding of what it is like to care for someone living with Dementia with Lewy Bodies.

The 'Imagine Series' is a new patient and public involvement programme devised and co-ordinated by VOICE and delivered in collaboration with the NIHR Innovation Observatory. The Innovation Observatory is a national facility funded by the Department of Health, and aims to see what the management of health conditions could, and should, look like in the future.

The focus of this programme of work within The Imagine Series will be Dementia with Lewy Bodies, with an emphasis on Carer experience.

Further information can be found at :

<https://www.voice-global.org/opportunities/the-imagine-series-everyday-living-with-dementia-with-lewybodies>

Age UK Teesside : Weekly Walking Group

Age UK Teesside are organising a new walking group for people aged 50+ who are living with dementia or caring for someone with dementia in Stockton-on-Tees. The walking group aims to increase people's physical activity and social interaction. The group will meet every Monday morning at 10 am at the LiveWell Dementia Hub.

It would be useful for us to know who will be coming along to this activity, so please call us and book your place. For more information about the walking group and to book a place please contact Age UK Teesside on 01642 805500

Promoting Dementia Research Event

Join Dementia Research, MAC Research and the North of Tees Dementia Collaborative are jointly hosting an event at the LiveWell Dementia Hub on Monday 15 October 2018. The event will take place between 1:30pm-3:00pm and will include information on how you can promote dementia research or get involved in local studies.

Refreshments will be available.

For further details and to book on event contact: LiveWell Dementia Hub on 01642 527363 email: livewell.hub@stockton.gov.uk

Young at Heart Billingham – Change of venue



The Young at Heart Group are supported and encouraged to take part in a range of activities that promote creativity; cognitive stimulation and physical activity, as well as engaging socially with other group members. There is a small charge of £2 per person.

Every Monday <i>(except Bank Holidays)</i>	St John's Church, Durham Road, Stockton, TS19 0JE	10am – 11.30am
Every Monday <i>(except Bank Holidays)</i>	Old Community Centre, East Avenue, Billingham, TS23 1BY	1pm – 2.30pm
Every Tuesday	LiveWell Hub, Thorntree Road, Thornaby, TS17 8AP	2pm – 3.30pm

For more information please contact Alison Watson on 07590 535 448

www.facebook.com/YoungAtHeartULO

In Our Shoes – Change of venue



'In Our Shoes' is a carers support and social group for carers of people with memory problems or dementia. The group welcomes carers who are currently caring for someone, or who have previously cared for someone and who wish to support & socialise with fellow carers. There is a small charge of £2 per person.

Every Monday <i>(except Bank Holidays)</i>	St John's Church, Durham Road, Stockton, TS19 0JE	10am – 11.30am
Every Monday <i>(except Bank Holidays)</i>	Old Community Centre, East Avenue, Billingham, TS23 1BY	1pm – 2.30pm
Every Tuesday	LiveWell Hub, Thorntree Road, Thornaby, TS17 8AP	2pm – 3.30pm

For more information please contact Alison Watson on 07590 535 448

www.facebook.com/YoungAtHeartULO

Hospital of God – Memory Lane Café and Coffee Morning

The last Memory Lane Café for the foreseeable future will take place on Thursday 18 October 2018 at North Billingham Methodist Church between 11:45am-14:45pm.

The last Hospital of God Coffee Morning for the foreseeable future will take place at East Avenue Community Centre, Billingham between 10:15am - 12:15pm on Friday 7 September 2018.

For further information please contact the Hospital of God on 01429 279005.

LiveWell Dementia Hub Timetable for September

Included with this letter is a Hub timetable for September 2018. The information included in this letter is correct at the time of printing however it is advised that you contact the individual service providers to confirm details.

LiveWell Dementia Hub - September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 <ul style="list-style-type: none"> • Walking Club (10:00-11:30) 	4 <ul style="list-style-type: none"> • Cognitive Stimulation Therapy (referral only) • Young at Heart (14:00-15:30) 	5 <ul style="list-style-type: none"> • Thornaby Sociable Club (10:30-12:00) 	6 <ul style="list-style-type: none"> • Cognitive Stimulation Therapy (referral only) • Carers' Course (Session 1) (12:30-14:00) 	7 <ul style="list-style-type: none"> • Friday Friends (13:00-15:00)
10 <ul style="list-style-type: none"> • Walking Club (10:00-11:30) 	11 <ul style="list-style-type: none"> • Cognitive Stimulation Therapy (referral only) • Young at Heart (14:00-15:30) 	12 <ul style="list-style-type: none"> • Thornaby Sociable Club (10:30-12:00) 	13 <ul style="list-style-type: none"> • Cognitive Stimulation Therapy (referral only) • Carers' Course (Session 2) (12:30-14:00) 	14 <ul style="list-style-type: none"> • Veterans Group (10:00-12:00) • Friday Friends (13:00-15:00)
17 <ul style="list-style-type: none"> • Walking Club (10:00-11:30) 	18 <ul style="list-style-type: none"> • Cognitive Stimulation Therapy (referral only) • Young at Heart (14:00-15:30) 	19 <ul style="list-style-type: none"> • Thornaby Sociable Club (10:30-12:00) 	20 <ul style="list-style-type: none"> • Cognitive Stimulation Therapy (referral only) 	21 <ul style="list-style-type: none"> • Dementia Voices Coffee Morning (10:00-12:00) • World Alzheimer's Day Event with Friday Friends (13:00-15:00)
24 <ul style="list-style-type: none"> • Walking Club (10:00-11:30) • Young Onset Dementia Group (13:00-15:00) 	25 <ul style="list-style-type: none"> • Cognitive Stimulation Therapy (referral only) • Young at Heart (14:00-15:30) 	26 <ul style="list-style-type: none"> • Thornaby Sociable Club (10:30-12:00) 	27 <ul style="list-style-type: none"> • Cognitive Stimulation Therapy (referral only) • Carers' Course (Session 3) (12:30-14:00) 	28 <ul style="list-style-type: none"> • Friday Friends (13:00-15:00)

Dates and times are correct at the time of printing. This timetable outlines public events at the Hub. For further information about all activities at the Hub please contact the LiveWell Dementia Hub on 01642 527363 or email LiveWell-Hub@Stockton.gov.uk

