

Dementia Advisory Outreach Service Monthly Newsletter



**MARCH
2025**

Welcome

Welcome to Teesside Mind's Dementia Service
March newsletter!

We are here to give advice, information, and
support around living well with dementia to the
people of Redcar and Cleveland.

If you have dementia, or are close to someone
with dementia we can support you.

If you would like help from us, or you want to
find out more, please get in touch!

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Call us on 01642 257020 or email daos@teessidemind.org.uk

Our team



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Strategies for Relatives

At Teesside Mind we deliver an 8 week group called 'Strategies for Relatives' (START) for those close to people with dementia. We help people learn about dementia, and how to manage change. We help you to understand how to support your loved one and yourself, and give ideas about how to plan for the future.

What does our 1:1 wellbeing support look like?

We aim to offer support that suits you. You might want to join one of our start groups (see above) or you may just be ringing for some advice or information. You might choose to have what we call 'one to one' (1:1) support. That would mean we get in touch with you regularly for a while to give you some practical and emotional support and to help you work through your thoughts and feeling with someone who is trained to help.

Our 1:1 support could mean you come to our offices once a week and have a session with someone, talking through how you're doing and helping with your wellbeing. Or it could mean speaking on the phone every week or two, to talk things through, and share ideas about how you can manage and work towards your goals.

If you get in touch, one of our people will talk through your options, and will work something out with you so that we can support you in a way that works for you. You might feel a bit uncertain about whether you want to have 1:1 support - don't worry, our friendly staff will talk to you about it and you can change your mind if you decide it's not for you.

Our free 1:1 support is available to people living with dementia including family, friends, and unpaid carers.

If you'd like to know more about Start or our 1:1 support, please get in touch on 01642 257020 or email daos@teessidemind.org.uk

Dementia Friendly Communities

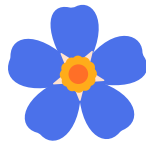
A dementia friendly community is one where people know about dementia and about how to help people living with dementia. The Alzheimer's Society says it's **'a community where people living with dementia are understood, respected, and supported'**.

Everyone has a part to play in working towards being a dementia friendly community, from shops, local businesses, libraries, GP's, police, hairdressers, bus drivers, schools, and workers in all sorts of roles.

Dementia Action Teesside offer awareness sessions to help start the dementia friendly journey and Teesside Mind can give advice and information. The Alzheimer's Society website alzheimers.org.uk has lots of useful information and resources.

If you know a business, place, or person who could help by becoming dementia friendly, please tell them about us, and if they get in touch we can help. If you use any local businesses or facilities and you think they could benefit from some dementia information, please let us know and our friendly team will get in touch with them.

Have you seen this symbol?



It is a forget me not flower and is used by many people to show their support for people living with dementia. This little flower is often worn by people who are themselves affected by dementia either directly or through family and friends.

If you have any ideas about how we can make our communities in Redcar and Cleveland more dementia friendly, please get in touch!

01642 257020 (ask for the Dementia Advice Service)
daos@teessidemind.org.uk

Lasting power of attorney

At Teesside Mind we are not trained to give advice about Lasting Power of Attorney, but we can point you to the right information. Your chosen attorney(s) can be family or trusted friends, and you can choose to make the application yourself using forms from the government (you can download them from the website or ring the Office of the Public Guardian to ask them to post you the forms), or you can get a solicitor to help (this is likely to cost more).

Here is some information from the UK Government (www.gov.uk):

A lasting power of attorney (LPA) is a legal document that lets you (the ‘donor’) appoint one or more people (known as ‘attorneys’) to help you make decisions or to make decisions on your behalf.

This gives you more control over what happens to you if you have an accident or an illness and cannot make your own decisions (you ‘lack mental capacity’).

You must be 18 or over and have mental capacity (the ability to make your own decisions) when you make your LPA.

There are 2 types of LPA: **‘health and welfare’**, **‘property and financial affairs’**

You can choose to make one type or both.

Health and welfare lasting power of attorney

Use this LPA to give an attorney the power to make decisions about things like:

Your daily routine, for example washing, dressing, eating; medical care;
moving into a care home; life-sustaining treatment

It can only be used when you’re unable to make your own decisions.

Property and financial affairs lasting power of attorney

Use this LPA to give an attorney the power to make decisions about money and property for you, for example:

Managing a bank or building society account; paying bills;
collecting benefits or a pension; selling your home

It can be used as soon as it’s registered, with your permission.

How to make a lasting power of attorney

- [Choose your attorney](#) (you can have more than one).
- Fill in the forms to [appoint them as an attorney](#).
- [Register your LPA](#) with the Office of the Public Guardian (this will take 8 to 10 weeks if there are no mistakes in the application).

It costs £82 to register an LPA unless you get a [reduction or exemption](#).

For help contact the Office of the Public Guardian.

customerservices@publicguardian.gov.uk

Telephone: 0300 456 0300

Textphone: 0115 934 2778

Monday, Tuesday, Thursday, Friday, 9am to 5pm, Wednesday, 10am to 5pm

If you are unsure about LPA you can find more information on the government website, or you can get advice from a legally trained professional. You may also be able to get help from the Alzheimer’s Society by calling [0333 150 3456](tel:03331503456)

Help for all the family

When someone is affected by dementia it's important that their friends and family look after themselves as well.

At Teesside Mind we offer a range of support to help with your wellbeing.

For adults (18+) there's the **Redcar and Cleveland Wellbeing service** - which gives one to one wellbeing support where you can talk through what's going on for you and make a plan to maintain or improve your wellbeing.

For adults who are carers (if you help someone who would struggle to live everyday life without that support) we have our **Carers Wellbeing Service**. This provides emotional and practical support for carers to keep themselves well and work towards their goals.

For Young people aged 11-16 we have the **'Be Heard'** service, which is a drop in space to talk at Guisbrough Youth centre on Thursday evenings.

Our **Children Young People and Families Service** helps children and young people aged 5 to 18 with their emotional wellbeing.

For information on any of our Teesside Mind services please call 01642 257020 or check our website at www.teessidemind.org.uk

Some other useful services in the area include:

The Junction foundation for young people and families (01642 756000),
Turning Tides who offer coaching to help people aged 15-21 with their wellbeing (turning-tides.org).

You can also see the rest of this newsletter for lots of services and organisations who support people living with dementia and families and friends.

What's on locally

Here's our directory of dementia friendly events.

Whilst we try to make sure our information is accurate, we advise that you contact any groups/activities before attending to double check times, locations and availability. Not all of these activities are specially for people with dementia but they are all classed as suitable and welcoming for those living with dementia

Mondays

Footprints In the Community

Reflections Dementia Service
Footprints Cafe, High Street, Redcar
9.30am to 11.30am
Contact Kathryn on 01642 484842
administrator@footprintsinthecommunity.co.uk

Age UK Teesside

Age UK Coffee Morning
Whitehouse Markse
Opposite St Marks Church
11am to 12pm
01642 805 500/info@ageukteesside.org.uk

Tea Dance at Skelton Court

Station Lane, TS12 2LR
1st Monday of the Month
2-4pm
01287 651394

Age UK Teesside

Age UK walk
Meeting at Marske Square
10.30am to 11am
01642 805 500/info@ageukteesside.org.uk

Age UK Teesside

Age UK Social group and activity afternoon
Marske Cricket Club
2pm to 4pm
01642 805 500/info@ageukteesside.org.uk

Redcar & Cleveland Council

Low Level Activities
Ormesby Library
10.30am-11.30am
paula.carroll@redcar-cleveland.gov.uk

Bridge Coffee Morning

with puzzles and books, every Monday 9am - 11.40am at Sunnyfield House, West Gate
Guisborough. (Carpark and disabled access to the rear) .
All enquiries to staff@guisboroughbridge.org.uk
01287 638771

**For Further information on any of the above groups please
call us on 01642 257020 (ask for Dementia Service) or email
DAOS@teessidemind.org.uk**

Tuesdays

Age UK Teesside

Age UK Dementia Benefit drop-in
Ormesby Library
10.30am to 12pm
01642 805 500/info@ageukteesside.org.uk

Good Vibes

Afternoon Social event
Dorman's Social Club - Middlesbrough
1 to 4pm
Contact Tracey on 01642 823819

Lets Sing

Teacups and Tunes - Sing along
Daisy Mae's Vintage Tea Room Redcar
Second Tuesday of Every Month
10.30am-11.30am

Carers Together

Virtual Coffee Morning
First Tuesday of each month
11am to 12pm
01642 488977

Redcar & Cleveland Council

Low Level Activities
South Bank Library
12pm-1pm
paula.carroll@redcar-cleveland.gov.uk

Tea and Memories

Social group with Teesside Mind
Most Tuesdays but please ring to check
Guisborough Library
2.30-4pm
01642 257020 (ask for DAOS)

2nd Time Around

Fun and Games - Suitable for anyone living
with Dementia or their families
2nd Time Around Loftus High street
10am-12pm

Dementia Action Teesside

Dementia Dance - Redcar
Most Tuesday's - Must email to
confirm attendance -
info@dementiaactionteesside.org

Wednesdays

Age UK Teesside

Age UK Coffee morning
Morrisons Guisborough
10.30am to 11.30am
01642 805 500/info@ageukteesside.org.uk

Senses Skelton

Open to all seated Chair Fitness Group
Skelton Industrial Estate
11.15am to 12pm (Refreshments until 12.30pm)
Funded but donations welcome
Please contact Karen:
karen@senseswellbeingcentre.co.uk

**For Further information on any of the above groups please
call us on 01642 257020 (ask for Dementia Service) or email
DAOS@teessidemind.org.uk**

Sleights Community Hub

Sleights Court, Guisborough, TS14 6TE, 01287 773322 / 773323

Warm space and community cafe open 10am - 6pm

Advice, support and carer support, signposting and information as well as activities including

10am-3pm Citizens Advice Growing older project - advice, support, and information

10.30-12 - free chair based exercise

1-3pm art and wellbeing

Also, sewing, knit and natter, arts and crafts, felting, pottery, quizzes, music

Contact Sleights Court for details

Supper Club

Sleights Community Hub

3rd Wed of the month 6pm-8pm

For carers and loved ones living with dementia

Contact Sleights Court Hub for details on

01287 773322 / 773323

Art for wellbeing

Sleights Community Hub

free art and craft session on a Wednesday

Wednesday 5th March 1pm - 3pm

then 10am - 12pm every Wednesday after

Contact Sleights Court Hub for details on

01287 773322 / 773323

Thursdays

Alzheimer's Society

Singing for the brain, Guisborough,

3rd Thursday of the month 2-4pm

MHA Hinton Court, Lumley Terrace, Guisborough, TS14 6HN

No booking required, call

07738741318

Redcar & Cleveland Council

Dementia Friendly Walk

Guisborough Branch Walkway (visitor Centre)

1pm, first Thursday of every month

Paul: 01287 631132

Age UK Teesside

Walking Group

Locke Park - Meeting at the Bandstand

10am to 11am

01642 805 500/info@ageukteesside.org.uk

**For Further information on any of the above groups please
call us on 01642 257020 (ask for Dementia Service) or email
DAOS@teessidemind.org.uk**

Age UK Teesside

Coffee Group
Locke Park - Meeting at the Tennis Court
11am to 12pm
01642 805 500/info@ageukteesside.org.uk

Whippet Up

Thursday Makers - Arts and crafts session
Saltburn Community Centre
1pm to 4pm
Contact Jane: info@whippetup.org.uk

Everyone Active

Everyone's Friendly - Activity Group
Redcar Leisure Centre
1pm to 3pm
01642 771070

Redcar & Cleveland Council

Dementia Friendly Woodland stroll
Flatts Lane Woodland Country Park
Meet at the visitor centre at 1pm
Third Thursday of every month
01642 459629
Please wear suitable footwear!

Sleights community hub

The Pubtastics - Tea at the Pub & Dementia Peer Support
First Thursday of Each Month. Booking recommended
Each person is responsible for paying for their own meals and drinks
Call 07392 110453 to book

Fridays

Senses Skelton

Older Adults inclusive social group with different themes each week
Skelton Industrial Estate
12.15pm to 2.45pm
Contact Karen: karen@senseswellbeingcentre.co.uk

Alzheimer's Society

Singing for the brain, Senses Skelton
First Friday of the month 1-2.30pm
No booking needed
Call 07738741318
Unit 2 Skelton Industrial Estate, TS12 2LQ

The Link Charitable Trust

Gentle Exercises for over 60's, chair yoga/relaxation/meditation, No booking required
The Link warm space (at the front of the Palace Hub, Redcar Esplanade)
Fridays (contact the Link on 01642 989198)
11-12pm

Carers Together singalong

Two Fridays a Month
Saltburn Cricket Club
2pm-3.30pm
Ring 01642 488977 for dates and to book (you will need to register to be able to attend but it's free to register)

**For Further information on any of the above groups please
call us on 01642 257020 (ask for Dementia Service) or email
DAOS@teessidemind.org.uk**

Saturdays & Sundays

Sundays at Sleights Community Hub

Sleights Court, Guisborough, TS14 6TE

01287 773322 / 773323

Warm space and community cafe open from 10am

Advice, support and carer support, signposting and information and activities such as sewing, knit and natter, arts and crafts, felting, pottery, quizzes, music.

Contact Sleights Court for details

Eco Swap Shop

Last Sunday of the month
Sleights Community Hub
Guisborough, TS14 6TE
01287 773322 / 773323

Land of Iron

Movement and memories (dancing)
Mill Lane, Skinningrove, TS13 4AP
01287 642877
nicola@ironstonemuseum.co.uk
8th Dec
1-3pm

The Weekenders

Sleights community Hub

Carer and Dementia Social Group with lots of different activities.
Free to attend & 2 course meal with drinks provided at a cost of £7.50 per person
Sunday Fortnightly 11am-5pm
01287 773322 / 773323

One off events

Cooking on a budget - Sleights Court community Hub, 2 hour free session with a free slow cooker to take home. 30th April, time tbc. Booking advisable 01287 773322 / 773323.

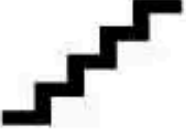

Cooking on a budget - Sleights Court community Hub, 2 hour free session with a free air fryer. 26th March time tbc. Booking advisable 01287 773322 / 773323.

If you notice any errors on our what's on guide or know of anything that could be added, please let us know.

For Further information on any of the above groups please call us on 01642 257020 (ask for Dementia Service) or email DAOS@teessidemind.org.uk

Rebus Puzzle

Can you guess the words and expressions?

M1Y L1H1E	Get it Get it Get it Get it	Try $\frac{\text{stand}}{2}$
$\frac{\text{TRAVEL}}{\text{CCCCCCC}}$	FAST	T O W N
EYE EYE	father 	ONCE 
POT OO OO OO OO	D movie D movie D movie	SECRET ← SECRET SECRET

Answers on the next page

Puzzle answers

- 1 – For once in my life (four ones in my life)
- 2 – Forget it
- 3 – Try to understand
- 4 – Travel overseas or overseas travel
- 5 – Breakfast
- 6 – Downtown
- 7 – Eyeshadow
- 8 – Stepfather
- 9 – Once upon a time
- 10 – Potatoes (pot 8 O's)
- 11 – 3D movie
- 12 – Top secret

Useful Numbers

Alzheimer's Society support line: 0333 150 34 56

Reed Marsh House memory clinic: 01642 777 400

Useful local websites

www.dementiaactionteesside.org

www.teessidemind.org.uk

www.wecareyoucare.info

www.parkinsons.org.uk

(local advisor is Sue Rowe 07842449297 srowe@parkinsons.org.uk)

Useful national websites

www.nhs.uk/conditions/dementia

www.alzheimers.org.uk

www.dementiafriends.org.uk

www.dementiauk.org

www.carerstogether.co.uk

www.ageuk.org.uk

Thank you!