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**Alzheimer’s Society Services we offer in Northumberland**

**Dementia Adviser service**: **Berwick and District (North), Tynedale (West),**

 **Blyth Valley (South), Morpeth (Central)**

Our Dementia Advisers work one to one with people with dementia and their carers/family members. They are available to provide advice, guidance and information whilst people are going through the diagnosis process, or after a diagnosis. They also work with people who are worried about their memory to guide them in terms of the next steps they should take.

Dementia Advisers usually visit people at home, but they also offer in-office meetings, and speak to people via telephone and email. They will talk through a person’s individual needs and work with them to plan how these needs can best be met. This may include signposting to local care and support services or providing information on specialised topics such as medication and legal matters.

**South East & Central Northumberland Dementia Adviser Service – Tel: 01670 813 255**

**West Northumberland / Tynedale Dementia Adviser Service – Tel: 01434 607 318**

**Berwick & North Northumberland Dementia Adviser Service – Tel: 01289 303 143**

**Befriending Service: Blyth Valley (South), Morpeth (Central)**

The Befriending Service currently covers South East and Central Northumberland and is available, free of charge, to anyone living in the community who has a diagnosis of dementia. The team thoroughly assess the needs of the person with dementia before pairing them up with an appropriate volunteer.

We recruit and train volunteers to act as Befrienders, offering regular visits, usually for an hour or two every week. All volunteers are DBS checked. Many of our clients are looking for a Befriender simply to visit at home, to have a cup of tea and a chat. Others want help to access the community, for example going for walks or drives out, or visiting cafes and shops. Our Community Support Workers also provide direct Befriending support to someone living with dementia while we are waiting to make a suitable volunteer match, or in circumstances where a volunteer may find the role particularly challenging.

**The Befriending Team can be contacted on 01670 813 255.**

**Dementia Action Alliance:** **South East and Central:**

The Dementia Action Alliance brings together local organisations that are committed to improving the lives of people with dementia in their area. They often include local transport providers, retailers, faith and community groups, and local branches of national organisations such as banks. They meet regularly and initially focus on general awareness campaigns like Dementia Friends, and partnership working in their specific area. Dementia Action Alliances help to develop Dementia Friendly Communities and in some cases, may choose to go on to sign up the DFC process.

**The Dementia Alliance team can be contacted on 01670 813 255**

**Dementia Friendly Communities and Dementia Friends Sessions:**

We are working across Northumberland to develop more ‘Dementia Friendly Communities.’ Essentially a Dementia Friendly Community (DFC) is a community with increased public awareness and understanding of dementia. As two thirds of people with dementia still live at home, the idea behind DFCs is that these people will feel able to remain active and involved locally, and able to make use of local amenities such as shops, banks and leisure facilities, knowing that if they were to become confused, people around them would be supportive and non-judgemental.

One of the main ways we are building Dementia Friendly Communities is through the delivery of our free Dementia Friends Information Sessions. **For further information contact our central Northumberland office on 01670 813 255.**

**Singing for the Brain Groups:**

Singing for the Brain groupsare informal, relaxed and friendly and are for anyone who has dementia or memory problems and their carers/family members to come along to together. **We currently have groups running monthly at Hexham Abbey, Blyth Phoenix Theatre and The Alnwick Garden.**

Singing is not only an enjoyable activity, it can also provide a way for attendees to express themselves and socialise with others in a fun and supportive group. Hidden in the fun are activities which build on the preserved memory for song and music in the brain. Even when words and memories are hard to retrieve, music and song can be easy to recall.

We also try to personalise the groups by taking requests and we always have time for a cup of tea/coffee and a chat. Carers often tell us that this is a fun activity for them to experience with the person they care for.

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