


Community Dementia Services 2023

Information correct at timing of printing.
Please check with individual providers to confirm.

Awareness and risk reduction

NHS Health Check


Free checks for adults in England aged 40-74 without a pre-existing condition.
For further information please contact your GP.

 NHS health check

Dementia Friends Sessions

Free awareness sessions for anyone who wants to know more about dementia.

Tel: 07544 859951

 Dementia Action Teesside
marie@dementiaactionteesside.org

Dementia Friendly Middlesbrough

Helping organisations/businesses become more dementia friendly by making small changes that can have a big impact.

Tel: 07544859951

 Dementia Action Teesside

Dementia Friendly Schools

Helping schools become more dementia friendly through facilitated awareness sessions.

Contact Diane Fleet -
tel: 01642 729417

diane_fleet@middlesbrough.gov.uk

Diagnosis

GP

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

Memory Clinic

Following a referral from a GP the Memory Clinic can provide a more in-depth assessment and diagnosis.

Memory Team - tel: 01642 368930
Social Care Team - tel: 01642 727488

Information and advice

Dementia Advisor Service

Dedicated support for people with memory problems, a diagnosis of dementia and their carers.


Providing practical support, legal support and referrals to other agencies.

carolyn.martell@ageukteesside.org.uk
Tel: 07719 029 674

Alzheimer's Society


For information and advice about dementia and where to go for support.

Tel: 0191 389 0400

 Alzheimer's Society

Middlesbrough Care Matters

An online facility to provide a 'one stop shop' to give people access to information about help and support that can be available to them.

 Middlesbrough Matters

Dementia UK

For information or advice about dementia.

Call the free Dementia Helpline on 0800 888 6678 for support from dementia specialist Admiral Nurses.

The Helpline is open 9am-9pm Mon to Fri and 9am-5pm Sat to Sun

Dementia and Wellbeing Hub

Support, advice and information is available for anyone pre and post-dementia diagnosis.

Call 01642 368945 to find out more.


Woodside Resource Centre,
Cavendish Rd, M'bro. TS4 3EB

Support groups and social opportunities

Aapna Services

Promoting social inclusion, support groups and advice for BME communities.

Tel: 01642 825926

 Aapna Services

Maintenance Cognitive Stimulation Therapy (MCST)

Wednesday 2pm-4pm

Call Carolyn on 07719 029 674

Referral through professional such as Nurse, OT or Social Worker

Woodside Resource Centre,
Cavendish Rd, M'bro. TS4 3EB


Middlesbrough Football Club

Dementia Dances, Football Memorabilia, Dementia Friendly Tours and Match Day Experiences.

Contact Paul Murphy on
paul.murphy@mfcfoundation.co.uk

Sensory Drop In Clinic

For adults partially sighted, blind, D/deaf, or hard of hearing. Free advice and information, activities and support. BSL interpreters available.

Drop in from 10am-12pm
Live Well Centre, M'bro •  Sensory Clinic
Contact Emma McInnes 01642 728756


Middlesbrough Befriending Service

For building relationships with individuals to promote their wellbeing, reduce their isolation and engage them back into the community.

Tel: 01642 805500
 Age UK Teesside

Activities at the South Tees Dementia and Wellbeing Hub

Woodside Resource Centre,
Cavendish Rd, Middlesbrough. TS4 3EB

Contact Rucksana on 01642 368945
check out the monthly timetable
 Dementia Hub activities

Indoor Bowling - Age UK

Fun, Social group (bring a packed lunch)
Mondays 10.30am-1.30pm

Grove Hill Community Hub,
Bishopston Road, Grove Hill, TS4 2RP

Please call 01642 805500 to book.

 Age UK Teesside

Whippet Up Art and Wellbeing Sessions

Every Wednesday

International Centre, Abingdon Rd • 1.30pm-4pm

Every Thursday

Dorman Museum • 10am-12.30pm

Contact Jane on 07771 873057

 whippetup

Music and Memory Singalong Sessions

Last Friday of the month • 11am-12pm

Dressers Tea Room,
Dormans Museum

Contact Marie on 07544 859951

My Place Dementia Café

Live music and afternoon tea with grassroots music

Every other Friday • 11am-1pm

My Place Custom House,
North Street, TS21JP

Contact Tracey Smith - 01642 728015

Aapna Day Care Service

To improve independence and increase social interaction

Womens Day Centre Mon, Tues & Thurs

Mens Day Centre Mon & Weds

 Day Care Service
Aapna Services

Friday Friends - Age UK

Every Friday 1-3pm

Come and join weekly social afternoon.
Please ring to book.

Free refreshments available.

Call Tina 01642 805500 / 07834 181188

Woodside Hub, Cavendish Road,
Middlesbrough TS4 3EB

 Age UK Teesside

TEVV Community Nursing - Learning disabilities dementia group

Designed to help support carers of those living with learning disabilities and dementia.

1st Tuesday of each month.

Please call John Reed on
01642 303903 for further details.

Teesside Hospice Bereavement Support

Bereavement Café takes place every first Tuesday of the month, 2.30pm-4.30pm

Teesside Hospice Coffee Shop

1 Northgate Road, Middlesbrough,
TS5 5NW

Tel: 01642 811075

North Ormesby Resource Centre

For older people to experience social, physical & psychological interactions, to encourage individuals to maintain their independence.

Referral via Social Worker to assess individual needs.

Derwent Street, North Ormesby,
Middlesbrough, TS3 6JB

Tel: 01642 226105

Singing for the Brain - Alzheimer's Society

Tuesday fortnightly 10:30am - midday
Drop-ins welcome

Woodside Hub, Cavendish Road,
Middlesbrough TS4 3EB

Contact Kirsty on 07738 741318
darlingtonteessidevalleyalzheimers.org

Tea with a Pony

Held monthly with afternoon tea • £5pp

Unicorn Riding for the Disabled
Centre, Hemlington

Call Jackie 01642 576222 for more
information

Music for the Mind

Tea, cake and singalong
Second Monday of the month • 2-3.30pm

No booking needed

Call 01642 710179
for further information

Carers support

Carers Together

Friendly and confidential services that aim to ease the pressure of caring

St Marys Centre,
82-90 Corporation Rd, TS1 2RW.

Tel: 01642 488977


 Carers Together

Middlesbrough and Stockton Mind

Support groups and wellbeing workshops, one to one emotional support and information and advice to carers who are 18 and over.


Call 01642 257020

carerseiddlesbrough
andstocktonmind.org.uk

 Carers and families service

We Care You Care

Includes useful information and a range of support for Carers in Middlesbrough and Redcar & Cleveland.

 We Care You Care

Johns Campaign

Recognises the important role of family members who care for people LWD and people with complex needs.

The campaign also emphasises that carers should be welcomed into all care settings including hospitals, from admission through to discharge.

Carers Emergency Card

Small plastic card that shows you are a Carer and has emergency telephone numbers for Social Care who in an emergency.

For more info call 01642 488977

Social Prescribers

Can support you to improve your health and wellbeing by helping you identify what will make a difference and introducing you to community services in your local area.

Referral through your GP
or call 01642 257020

Planning for the future and welfare advice

Citizens Advice Bureau

CAB aims to enable the people of Middlesbrough to access information, advice and assistance necessary to participate fully within the community.

3 Bolckow Street Middlesbrough.

Tel: 01642 864455

 CAB Middlesbrough

Middlesbrough Welfare Rights

Free independent advice about welfare benefits, support with housing costs, debt and credit unions.

Tel: 01642 729242

welfarerights@middlesbrough.gov.uk

Cost of Living Support Hub

Access information about what help you can get if you're in financial difficulty, and services which can support you.

 Cost of living
Middlesbrough Council



Books on Prescription

A collection of books recommended by health professionals and available to loan from your local library.

Tel: 01642 729417

 Dementia Books on Prescription

Lasting Powers of Attorney

Carers Together - 01642 488977 •  Carers Together
Age UK Teesside - 01642 805500 •  Age UK Teesside

Teesside University

Offering free legal advice, and guidance.

Teesside University Law School.

To discuss an appointment please call 01642 738738

Care and support at home and in the community

First Contact - Adult Social Care

If you think you need help with your everyday needs to help you to live independently you can get in touch with the First Contact Team for an assessment.

Tel: 01642 527764

Helping Hands

Home care specialists in Domiciliary Home Care and Live in Services.

Tel: 03334 143473

 Helping Hands

Older Peoples Community Mental Health Team

Woodside is a Community based team working with older people who have a mental health diagnosis or a diagnosis of dementia as well as early onset dementia.

Tel: 01642 368930

Staying Put Agency

Supports older, vulnerable and disabled people and gives advice on repairs, improvements and adaptations to their homes and information about financial assistance.

Tel: 0800 5875184

stayingputagency@middlesbrough.gov.uk

Telecare

Makes it possible for people to maintain an independent and dignified life in their own home by coupling high-tech equipment and communication technology with care services.

Tel: 01642 726009

telecare@middlesbrough.gov.uk

Meals

A number of organisations deliver meals to peoples homes including:

Wiltshire Farm Foods

Tel: 0800 077 3100

Psychosis Team

Works with adults with a diagnosed mental health disorders such as dementia.

Parkside Community
Mental Health Centre

Tel: 01642 579200

Middlesbrough Intermediate Care (MICC)

To prevent avoidable admissions to hospital or residential care, facilitating safe and prompt discharge from hospital and to promote independent living.

Tel: 01642 513120

Heritage Healthcare

Support with personal care, household and domestic chores or help keep the mind and body active, providing companionship and social support.

TAD Centre, Ormesby Road, TS3 7SF

Tel: 01642 266390

care@heritagehealthcare.co.uk

Healthwatch

Aims to understand the needs, experiences and concerns of people who use health and social care services and to speak out on their behalf with service deliverers, commissioners and strategic decision makers.

 Healthwatch South Tees

Talking Therapies

Alliance Psychological Services Ltd -
0800 230 0688


Insight Healthcare - 0300 555 0555

Middlesbrough and Stockton Mind -
01642 218361

Starfish Health and Wellbeing -
01642 672987

Herbert Protocol

Cleveland Police scheme encouraging people to hold information that can help the police if a person goes missing.

 Herbert Protocol