



SUMMARY OF

ACTIVITIES & SUPPORT IN WEST NORTHUMBERLAND

FOR THOSE AFFECTED BY
DEMENTIA AND MEMORY PROBLEMS

MAY 2019

2ND EDITION





ADVICE AND SUPPORT

ADAPT (NORTH EAST)

Operates a Dial-a-Ride transport service to Hexham, Morpeth, Prudhoe and Ponteland - including a Getabout Car Scheme.

01434 600599
Adapt (North East)
Burn Lane, Hexham, NE46 3HN
generaloffice@adapttyndale.org.uk

AGE UK NORTHUMBERLAND

Provides a range of independent support and advice for the over 50s, their families and carers - including money matters, home and care, health and well-being.

01670 784 800
Age UK Northumberland
Ashington
info@ageuk-northumberland.org.uk
www.ageuk.org.uk/northumberland

ALZHEIMER'S SOCIETY

Provides information, support and advice for people affected by dementia and their families in Northumberland.

A Dementia Adviser Service and Befriending Service are in the area.

01434 607318 (Hexham)
01670 813255 (Ashington)
northumberland@alzheimers.org.uk
www.alzheimers.org.uk

DEMENTIA UK: ADMIRAL NURSES

Provides specialist support for families through our Admiral Nurse service.

0800 888 6678
www.dementiauk.org

FAIRNINGTON CENTRE

The West Northumberland Older Adult Team provides specialist assessment, treatment and care for older people with mental health problems.

01434 612800
Fairnington Centre
Corbridge Road, Hexham, NE46 1QJ
www.ntw.nhs.uk

HEALTHWATCH

The independent champion for users of health and social care services. Listens to your experiences and works with those providing care, to make improvements for everyone. Also runs a signposting service.

03332 408468
info@healthwatchnorthumberland.co.uk
www.healthwatchnorthumberland

NORTHUMBRIA HEALTHCARE NHS FOUNDATION TRUST

Provides Adult Social Care in partnership with Northumberland County Council. For advice and support contact Adult Social Care.

01670 536400
socialcare@northumbria.nhs.uk

ONECALL

If you are worried about an adult's welfare who lives in Northumberland contact OneCall. The experienced team include social workers, district nurses, therapists, early help workers, or specialists in mental health, telecare or home improvement depending on the nature of the enquiry.

Aims to help the most vulnerable people keep safe and well 24 - 7.

Calls after 5pm are redirected to the Emergency Duty Team.

01670 536400
Textphone: 01670 536844
onecall@northumbria.nhs.uk

PATIENT ADVICE AND LIAISON SERVICE (PALS)

Provides confidential advice and support if you have any concerns about aspects of your care.

0800 032 0202
Textphone: 01670 511 098
northoftynepals@northumbria.nhs.uk

ACTIVITY

DETAILS

FOR WHO

TIME AND VENUE

FURTHER INFO

Alzheimer's Society Side By Side Service

Connects a person living with dementia with a trained volunteer and gives them the opportunity to do more of the things that they enjoy, either out in the community, or at home.

People with a diagnosis of dementia.

Available across Northumberland.

Monday to Friday

Community outings/ activities or in peoples home.

01670 813255
sidebysidenorthumberland@alzheimers.org.uk

Alzheimer's Society Drop In

Come and have an informal chat with a Dementia Adviser.

Those worried about their memory or that of a friend or relative.

1st Monday of the month
11am – 1pm

Adapt Café
Burn lane
Hexham
NE46 3HN

01434 607318
northumberland@alzheimers.org.uk
www.alzheimers.org.uk

Alzheimer's Society Singing For The Brain

First half hour for social and refreshments, then singing for pleasure!

For people living with memory problems or early to moderate stages of dementia, and their family and friends.

1st Thursday of the month.
2.30pm – 4.00pm.

The Great Hall, Hexham Abbey
(above the café)
Hexham
NE46 3NB

01434 607318
01670 813255

Art For The Brain

£5 per artist - includes materials and light refreshments.

For anyone with dementia, brain illness or injury (accompanied), and their family and friends.

To be confirmed.

Hexham Community Centre
Gilesgate
Hexham
NE46 3NP

Hexham Community Centre Office
01434 602707
hexcomcentre@gmail.com
www.hexhamcommunitycentre.org

Please book in advance.

Carers Northumberland

Support, inform and advise Carers. Includes 'The Carers Emergency Card' through The Red Cross.

Carers.

For dates see website.

Groups in: Bellingham, Haltwhistle, Hexham, Ponteland and Prudhoe

01670 320025
info@carers
northumberland.org.uk

ACTIVITY	DETAILS	FOR WHO	TIME AND VENUE	FURTHER INFO
Café @ Burn Lane	A community and internet café, and resource centre provided by Adapt (NE). Changing Places available to everyone: you don't need to be a customer.	Fully accessible and provides a friendly, safe environment for everyone in the community.	Open Monday to Friday 9am – 3.30pm Excluding Bank Holidays Adapt Café Burn Lane Hexham NE46 3HN	01434 600599 Gene generaloffice@adapttynedale.org.uk
Chrysalis At Tynedale	An activity club and support group.	For people with dementia. Family and friends welcome. There is a support group for carers and a social drop-in Café.	Monday and Wednesday 2:00pm – 4:00pm Torch Centre Corbridge Road Hexham NE46 1QS	07760 124539 chrysalis.tynedale@gmail.com www.chrysalis-tynedale.org.uk
Community Buddies	Provide companionship, respite, transport, cooking and walking.	Offers services to all age groups and abilities.	Monday - Friday Across Tynedale, and including Crawcrook, Ryton, Greenside, and Ponteland	01661 844456 info.communitybuddies@gmail.com www.communitybuddies.com
Community Buddies Day Centre	Offers a sociable and relaxing environment, and a full range of activities.	For vulnerable adults and those with dementia.	Monday to Friday 10am – 3.30pm Hot meal, snacks and refreshments provided Mickley	01661 844456 info.communitybuddies@gmail.com www.communitybuddies.com Please book in advance
Corbridge Memory Café	Come along for a chat, a social and to pick up information. No need to book – just drop in!	For people living with memory problems or dementia, and their family and friends.	3rd Thursday of the month. 10.30am – 12.30pm The Parish Hall, St Helen's Street Corbridge NE45 5BE	Melvyn Stone 07803 955148 m.stone113@btinternet.com

ACTIVITY	DETAILS	FOR WHO	TIME AND VENUE	FURTHER INFO
Crafternoons	Bring your craft and have a chat and cuppa. Share your skills or just enjoy the company!	All welcome. No charge. Drinks and cakes available to purchase.	Monday 1:30pm – 3:30pm The Lower Hall Hexham Community Church Beaumont Street NE46 2 LS	Hexham Community Church Office 01434 601113 office@hexhamcc.com
Dementia Carer's Lunch Group	Held in Haltwhistle.	Dementia carers.	1st Tuesday of the month 12noon – 2pm Haltwhistle Venue to be confirmed on booking	Chris Jameson 07816 532269 p.jameson051@btinternet.com www.dementiasupportat haltwhistle.co.uk Booking required
Forum Cinema Dementia Friendly Screenings	Turn the sound down a notch, keep the lights on low and encourage people to come and go as they want, with unallocated seating.	For people with dementia and their carers but all are welcome.	Dates and times vary Forum Cinema Market Place Hexham NE46 1XF	01434 601144 1.30pm – 9.30pm daily www.forumcinema.com
Golden Guide Northumberland	Find new social and leisure activities, and expert help with your health, home and finances.	North East daily living guide for over 50s.		www.goldenguide.org.uk
GP Referral Scheme	Offers group supervised exercise classes: water and studio-based; gym workouts; walking football and walking netball. Support and encouragement over 12 weeks. To be referred, you must first make an appointment with your GP.	For those with a medical condition, physical or mental, who want to become more active and enhance their health and well-being.	Exercise programme varies according to location. Wentworth Leisure Centre Ponteland Leisure Centre Prudhoe Waterworld	01670 620200 www.activenorthumberland.org.uk Lindy Robertson lrobertson@activenorthumberland.org.uk Karen Storey kstorey@activenorthumberland.org.uk Dawn Barrett dbarret@activenorthumberland.org.uk

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Haltwhistle Memory Café	Friendly social group, coffee & craic followed by invited guest activity.	For those with dementia, memory problems, family and friends	Every 2nd Thursday. 10:00am – 12:00 noon Community Room Haltwhistle Hospital NE49 9AJ	Chris Jameson 07816 532269 p.jameson051@btinternet.com www.dementiasupportat haltwhistle.co.uk
Haltwhistle Support Group		Carers.	Every 1st Tuesday Haltwhistle Library NE49 0AX	Chris Jameson 07816 532269 p.jameson051@btinternet.com
Health Walks	A great way to exercise and meet others. Free. Walks are graded.	All welcome. Those with memory problems or dementia accompanied.	Days vary according to location. Walks from: Allendale, Bellingham, Corbridge, Haltwhistle, Hexham, Prudhoe, Stocksfield and Wark.	Loraine Oliver 01670 622368 loliver@active northumberland.org.uk
Health And Wellbeing Classes	Offer a combination of sitting and standing exercises, and a friendly and supportive place to get fit whatever your ability or age.	Over 50s. All welcome. Those with memory problems or dementia accompanied.	For dates and times contact Anne Robinson. Classes held in Allendale, Haydon Bridge, Hexham, Ovingham, Ponteland, Riding Mill, Slaley and Wylam.	Anne Robinson 01670 784800 anne.robinson@ageuk- northumberland.org.uk
Hexham Abbey Silver Screen	Classic films with refreshments.	All welcome.	Every last Thursday at 2:30pm North Transept, Hexham Abbey NE46 3NB	Hexham Abbey Office 01434 602031
Hextol Foundation	Provides working/volunteering opportunities for people in early-stage dementia.	Anyone in early-stage dementia, who wants to continue in a working environment.	Days vary according to service. Opportunities offered in Hextol Tans Café; handyperson services; gardening; catering; warehouse; and pack and post. In and around Hexham	Bruce, Cherie or Nicky 01434 605523 contact@hextol.org.uk www.hextol.org.uk

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Hextol Tans Café	Run by the Hextol Foundation, a dementia friendly charity which provides working opportunities to people with learning disabilities and mental health needs.	All welcome.	Open Monday to Saturday 10am – 4pm Hextol Tans Café 11-13 St Mary's Chare Hexham NE46 1NQ	Bruce, Cherie or Nicky 01434 605523 contact@hextol.org.uk
Inspired Pots	A contemporary paint-your-own ceramic studio, providing a friendly relaxed environment. Ceramic items from £4 + Studio Fee £3.75 per artist-covers materials, glazing and firing, assistance and a hot drink.	For anyone with dementia, brain illness or injury (accompanied), and their family and friends.	2nd Thursday of the month 11am – 12.30pm School term time only Inspired Pots 6 Eastgate Hexham NE46 1BH	Niky 01434 605649 enquiries@inspiredpots.co.uk www.inspiredpots.co.uk Please book in advance
Karbon Homes Silver Talk	A free telephone befriending service, which gives people the opportunity to connect for regular social telephone chats, with our friendly, fully trained volunteers.	Carers	Weekdays 10am – 4pm Volunteers make the calls from Karbon Homes, Burn Lane, Hexham, NE46 3RU	0808 164 0111 silvertalk@karbonhomes.co.uk
Let's Get Growing	Fresh air, friendship and fun – gentle walks and gardening nature-based arts and crafts – cooking and preserving produce.	A mixed-age, mixed-needs group who enjoy the outdoors. Minibus provision from Hexham, Corbridge and Riding Mill.	Tuesday and Thursday 10:30am – 4:30pm Lunch provided The Peace Garden Minsteracres Retreat Centre Consett DH8 9RT	Ross Menzies 07762 244 381 Katrina Padmore 07748 600 498 www.letsgetgrowing.co.uk
Lunch Clubs Age UK	Provide a hot two-course lunch and social interaction.	For older people. All welcome. Subsidised transport available for Corbridge.	For dates and times contact Heather or Susan Allendale Village Hall NE47 9PR Corbridge Parish Hall NE45 5BE	Heather McVicar or Susan Chrisp 01670 784800 heather.mcvicar@ageuk-northumberland.org.uk susan.chrisp@ageuk-northumberland.org.uk

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Luncheon Club In Hexham	A lovely lunch is the least we provide – also companionship and a few laughs.	Over 50s. All welcome. Transport available.	Every Wednesday during school term-time. 12:00pm – 1:30pm Hexham Community Centre, NE46 3NP	Hexham Community Centre Office 01434 602707 hexcomcentre@gmail.com www.hexhamcommunitycentre.org
Movement For The Mind	A seated dance class £5 per participant. Carers/Companions FREE.	For those with memory or brain related issues; with a neurological condition; post-op; or those who just want to release their inner dancer! All ages and abilities welcome.	Every Tuesday during school term time only. 1pm – 2pm Torch Centre Corbridge Road Hexham NE46 1QS	Molly 07943 804161 mollyfreelancedance@yahoo.com Please book in advance.
Northumberland Cancer Support Group	Offers support, advice, talks, events and outings.	Welcomes anyone who has been affected by cancer.	1 st Tuesday of the month 6:30pm Meeting rooms, Hexham Hospital NE46 1QJ 4 th Tuesday of the month 1:00pm Community Room, Hexham Trinity Methodist Church NE46 3LS	info@northumberlandcancersupportgroup.co.uk www.northumberlandcancersupportgroup.co.uk
Northumberland Libraries	Network of 30 libraries throughout Northumberland providing information and resources. On line services include e books and e magazines. We hold regular events including Knit and Knatter, and Reading groups.	For everyone.	Opening hours of all our libraries and full details available on www.mylibrary.co.uk Online services available 24/7 Volunteers deliver our Home Library Service direct to those who can no longer visit the library themselves.	01670 620450 (Hexham) mylibrary@northumberland.gov.uk www.mylibrary.co.uk

ACTIVITY	DETAILS	FOR WHO	TIME AND VENUE	FURTHER INFO
Opens Arms	Bringing together the older and younger generations.	All welcome. Come along for chats, games, companionship and cake!	Tuesday 3:30pm – 5:00pm Hexham Community Centre NE46 3NP	Hexham Community Centre Office 01434 602707 hexcomcentre@gmail.com www.hexhamcommunitycentre.org
Relatively Speaking Support Group	Carers need ‘caring for’ too. Come and join us for a cuppa and a chat - a warm welcome awaits!	For anyone caring for family, friends and children.	1st Friday of the month 1pm – 3pm Room 2 Haltwhistle Library NE49 0AX	Yvonne 07599 831330
ShineCare	Provide companionship and care unique to you in your own home.	A nurse-led service for older people and those living with dementia.	2 hours to 24 hours 7 days a week Across the North of England including Northumberland	0191 653 1977 info@shinecareathome.co.uk www.shinecareathome.co.uk
Stocksfield Drop-in	Pop in for a coffee and a chat.	For those affected by dementia.	Monday 10:30am – 12:00 noon Methodist Church Stocksfield NE43 7HL	Stocksfield Community Centre 01661 842346
Sycamore Counselling Service	Provide a general counselling service, available to all adults. No set fees, donations welcome.	Individuals over the age of 18.	Appointments available on Wednesdays 9am - 6pm Based in central Hexham	07939 493030 sycamorecounsellingservice@gmail.com www.sycamorecounselling.btck.co.uk
Tynedale Mental Health Friends And Family Drop-in	We are a small and friendly group, who will welcome you along for a chat; help with information and resources; and of course tea, coffee and biscuits.	Friends and family of anyone with mental health or dementia issues.	3rd Tuesday of the month Drop-in anytime between 1.30pm – 3.30pm 1st Hexham Scouts 17 Maiden’s Walk, Hexham NE46 1DP	tdmhdropin@gmail.com

ACTIVITY

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FURTHER INFO

Wentworth Leisure Centre

Adult Independent Rehabilitation – quiet Swimming
Aqua Therapy – to improve strength and balance
Walking Football
Walking Netball

All welcome.

Adult Independent Rehabilitation (Studio pool)
Time to be confirmed.

Aqua Therapy (Studio pool)
Every Thursday
2:35pm – 3:20pm
Booking required

Walking Football
Every Thursday
12:15pm – 2:15pm

Walking Netball
Every Wednesday
2:45pm – 3:45pm

Times may vary during school holidays.

01670 620200
mthompson@active
northumberland.org.uk

www.active
northumberland.org.uk

This booklet is provided for the purpose of general information only. It does not take into account any persons individual situation or needs - users should obtain professional advice relevant to their particular circumstances. The producers of this guide do not accept any liability for the suitability or delivery of any of the services listed.

If you would like to include your group or organisation in our next booklet please contact Adele Kinsella - adelekinsella@hotmail.co.uk