

Here are some quotes from people who have accessed our service:

“ It’s so nice being in touch with other people in the same situation.

The Essence centre is lovely – we like coming here. The staff make you feel welcome and comfortable.

There’s a thing about the place – as soon as you walk in the door. ”

How can I find out more information?

Contact the Essence Service by:

Telephone: **0191 522 1310**

Email: **essenceservice@ageuksunderland.org.uk**

Call in to the **Sir Thomas Allen Centre**
Mill Hill Road, Doxford Park, Sunderland, SR3 2ND

Details about the Essence Service are also available on our website: **www.ageuksunderland.org.uk** or on Twitter **@ageuksunderland**



The Essence Service is a joint collaboration between **Age UK Sunderland** and **Sunderland Carers' Centre**.

A service funded by **Sunderland Clinical Commissioning Group**.

prftccentre: 01911 565 5126



Supporting people with dementia and their carers



The Essence Service is provided by Age UK Sunderland and Sunderland Carers' Centre. The service aims to support people in the early stages of dementia and their carers, across all areas of the City of Sunderland.

We appreciate that there is a lot of information to take in and people are not always aware of what support is available to them.

Our support is person centred which means that we put you first and we understand that everyone is different.

How we can help:

Information

On a range of subjects such as: staying healthy, preventing falls and legal information, such as power of attorney. We can also arrange benefit checks and help to claim.

Accessing other services

We will let you know what services are available in your area and can help with any questions you may have about issues such as adult social care.

Emotional and peer support

We enable people to get together. People using our service tell us that being able to talk things through and just having someone to ask when you are not sure about something makes a big difference.

Wide range of other support

We can help with issues such as arranging home safety checks or devices that can support people to carry out everyday tasks, stay independent and keep safe (Telecare).

Support for carers

We recognise the vital role of carers and the impact caring for someone with dementia can have. As such we equally aim to support carers. We can offer a listening ear, someone to answer your questions and provide you with information, advice and guidance. Additionally we provide Understanding Dementia sessions and other opportunities for carers to come together, as meeting others in similar caring roles can help.

Activities

Keeping active and stimulated is essential. Evidence shows that engaging with activity, keeping stimulated and socialising slows progression and maintains wellbeing.

We encourage people to pursue interests and access mainstream activities for as long as possible. We will research and let you know what activities are available locally for you.

In addition we hold activities both at our centre and also across the 5 areas of Sunderland.

Examples of activities include:

Coffee Mornings • Reminiscence Sessions • Seated Exercise
Tai Chi • Arts and Craft • Men's Group / Sporting Memories

