



Sir Thomas Allen Centre



# Essence Service



## Contact us

To find out more call 0191 522 1310 or email [essenceservice@ageuksunderland.org.uk](mailto:essenceservice@ageuksunderland.org.uk)

Or pop in to the Essence Service centre, at 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.essenceservice.org.uk](http://www.essenceservice.org.uk) and Twitter / Facebook.



prfncentre (0191) 666 5126

## Supporting people in the early stages of dementia and their carers



### **Support for people in the early stages of dementia**

There is a wide range of information and support that is available and our staff can help with any questions you may have about issues that are important to you.

### **Support for carers**

We recognise the vital role of carers and the impact caring for someone with dementia can have.

Our staff can offer a listening ear and provide information, advice and guidance. You can also meet other carers in a similar situation.

### **What is the Essence Service?**

We aim to keep the 'Essence' of the person for as long as possible and support people to stay active, remain independent and access mainstream community activities and services. The Essence service holds a range of activities and drop in sessions across the City of Sunderland.

#### **Quotes from people who have used the Essence Service:**

*"It helps keeping in touch with other people in the same situation."*

*"It is so nice to know that there is always someone to speak to at Essence it's like having a 'good friend'."*

*"Thank you to all the staff at Essence. Your work is an invaluable asset to all."*

