



# Essence Service Newsletter

The Essence Service is the dementia hub of the city and aims to support people in the mild to moderate stage of dementia and their carer/s, across all areas of the City of Sunderland.

## New for 2023 Signage for Essence



**Essence is pleased to announce new signage had been added to the Sir Thomas Allen Centre at Doxford Park.**

The stylish sign (pictured above) over the main entrance is illuminated and gives a fresh new look to the building. We have replaced the old signs on Mill Hill Road and our car park entrance too so people will be able to locate us more easily.

### New Essence Service Website Update

The new Essence Service Website is now up and running where you will be able to find all the latest updates and news about the service and the exciting opportunities we have on offer throughout the year. We hope that the new layout of the website will allow our clients, carers and professionals who are able to access the internet to engage with the service and get the support that they require. Our aim is that by working with our professionals we can better streamline our referral process allowing us to get support to people who need it faster.

Please check our website for all of our latest news and events. <https://essenceservice.org.uk/>

**Supporting people with mild to moderate  
dementia and their carer/s**

On Thursday 8th December we held our **Annual Christmas Party** at The Grand Hotel, Seaburn. This was our first large event since Covid. Demand for places reached a new high and we had many positive comments on the day.

**Many thanks to all who came along and made it a very special day to remember.**



## New Groups at Essence

There are 2 new weekly groups at Essence. The groups will run at the same time every Wednesday 2pm – 3.30pm.

**The Gentlemen Carers Group** is a group specifically for male carers who will meet other men with similar caring roles for peer support, a friendly chat and some brief respite safe in the knowledge that their loved ones are supported in an activity in a nearby room.

The other group is called **The Lovely Ladies Group** which is for ladies who are 'cared for'. This is a supported group where there will be a range of varied activities the ladies can join in with and have an enjoyable afternoon

***If you are a gentleman carer please come along it would be great to see you and your loved one (it is also fine if you want to come on your own).***



## New Venue for our Tuesday Outreach Group

On Tuesday 8th February our Tuesday Outreach group moved to a new venue. The session will now be held in the Bistro area (ground floor) of the Holiday Inn in the city centre, one of the newest additions to the current development program in Sunderland. Unfortunately, there is no designated car park at the hotel but there are some roadside disabled parking spaces near the Empire Theatre as well as the various multi-storey car parks in the vicinity – <https://www.thebridges-shopping.com/centre-information/parking-information/>

There are bus stops near but you would need to check your bus is one of those which you can use to get to and from the group.

Age UK Sunderland has a Dial-a-Driver scheme you may be interested in which costs slightly less than a normal taxi.

Please contact our Community Club Transport Co-ordinator for further information and availability.

**0191 5148339.**



# Dementia Training Sessions

## Carers Only Dementia Training Session

(1 afternoon session)

**at The Essence Centre each second Friday on alternative months  
1pm – 5pm**

We are constantly developing our training provision from information gathered from feedback and the questionnaires we ask you to complete at certain times of the year (many thanks to everyone who contributed) and we understand some people may not be able to commit to courses which may take several weeks to complete due to demands in their caring role. As a result, we have put together a complete 'one-time' session which replaces previous training sessions we have provided.

The first session took place on Friday 13th January. There was a lot of positive feedback from the people who attended the session which gave them the opportunity to meet other carers in similar situations. Attendees were given an information booklet to accompany the training along with a certificate of attendance for completing the session.

Essence will be hosting these regular sessions at Sir Thomas Allen Centre, Doxford Park on each second Friday on alternative months April, June, August from 1pm – 5pm.

## Carer and Cared For Dementia Training Sessions

(2 in total)

**at The Essence Centre each second Friday on alternative months  
2pm – 4pm**

Due to carer need we will also be alternating the training dates with 2 consecutive weeks of a 2 hour session for carers who cannot leave their loved one for 4 hours.

The carer would come along to do the training in our activity room and their loved ones will be supported in the coffee lounge area at the same time.

Essence will be hosting these regular sessions at Sir Thomas Allen Centre, Doxford Park on each second Friday on alternative months March 10th & 17th, May July from 2pm – 4pm.

## Volunteer with Us

If you have a few hours spare on week days between the hours of 9.45am – 12 noon or 1.45pm – 4.30pm (depending on the session times), why not volunteer with the Essence Service.

We have sessions based at the Sir Thomas Allen Centre, Doxford Park and Community Groups in various venues in the Sunderland area. If you would like to join our friendly team or want more information please get in touch we are waiting to welcome you.



## Monthly Carers Forum on ZOOM

We continue to have our regular monthly Carers Forums that are held via Zoom on the first Wednesday of the month 9.30am-10.30am.

If you would like to join us please contact Essence for further details.







## Beamish Visits

The organised Beamish trips are available again for clients and their carer.

We have two types of trip you can choose from. One trip allows you to spend the day at the fabulous open-air museum going around at your leisure. The other trip is where you can spend time in the Pit Village, having a snack from the chip shop or bringing your own packed lunch before getting on the museum transport to go to Orchard Cottage (which is on-site) for a reminiscence session by an open fire before returning home.

Transport is included for the trips. We expect huge demand for the trips so if you are interested please get in touch as soon as possible to reserve a space or get more information.



## Other Services from Age UK Sunderland



**Redwood Day Service** is a chargeable service operating Monday–Friday 10am–3pm at the Bradbury Centre, Sunderland. It offers a range of activities supported by experienced staff and is an ideal opportunity to do new things and meet new friends in comfortable and welcoming surroundings.

The service is for individuals aged 50+ living in the boundaries of Sunderland who require some support to maintain independence and are able to take care of their own personal needs.

If you are interested in the service please contact Age UK Sunderland Tel: 0191 514 1131 or email [enquiries@ageuksunderland.org.uk](mailto:enquiries@ageuksunderland.org.uk) for further information.

### GDPR

In order to comply with the General Data Protection Regulation (GDPR), we need your ongoing consent to continue holding your contact information so we can still get in touch with you to continue to provide support to you via the Essence Service.

If you would like to request removal from the mailing list, please contact us as soon as possible by email [essenceservice@ageuksunderland.org.uk](mailto:essenceservice@ageuksunderland.org.uk) or telephone 0191 522 1310.

## Contact Details

Telephone: **0191 522 1310**

Email: **[essenceservice@ageuksunderland.org.uk](mailto:essenceservice@ageuksunderland.org.uk)**

Address: **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



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Essence Service Sunderland – new



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