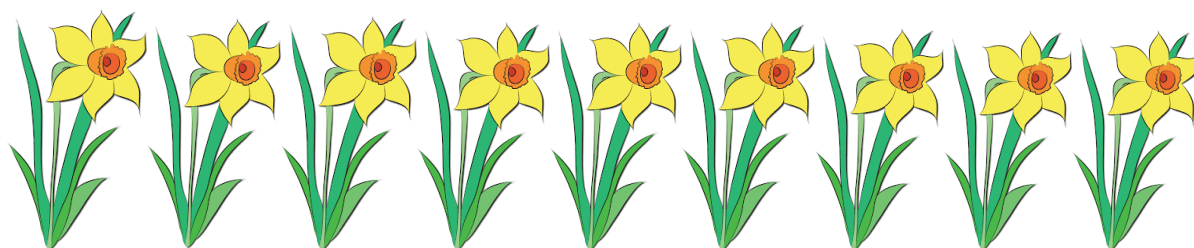


# ESSENCE ACTIVITIES

## April 2025



HAPPY  
EASTER



# GOOD NEWS!

## Now Open!!

A quiet waiting room at Sunderland Royal Hospital Accident & Emergency Department has been created for people with dementia and their carers. With thanks to the carers who access the Essence Service, South Tyneside & Sunderland Foundation Trust (ST&SFT) and Healthwatch who came together to make this happen.



A dedicated, quiet space for dementia patients and their carer's to wait in the Accident & Emergency Department. It has comfortable seating, is beautifully and calmly decorated, and has a cabinet filled with games and books to keep people occupied and distracted while they wait. It has dedicated male and female toilet facilities, keys will be issued upon arrival at the Triage desk where you will also have access to a trolley containing incontinence products, should these be required.



Part of the Essence Team, their Volunteer's, Healthwatch and Chris Cairns (Nurse Consultant for Older Persons at STSFT) visiting the room on 18th September 2024, and presenting Chris with his Healthwatch Star Award for making the Quiet Room a reality.

## ACTIVITIES AT THE ESSENCE CENTRE, DOXFORD PARK

### PHASE 1 CLIENT & CARER

DAY	MORNING	AFTERNOON
MONDAY	10am – 12 noon The Crafty Club	Living Well with Dementia (Dementia awareness course) Please call for more information
TUESDAY	10am – 12 noon Tuesday Men's Group Lady Carer's Corner	2pm – 3.30pm Tuesday Singers incorporating 'Music for the Mind'
WEDNESDAY		2pm - 3.45pm Gentlemen Carers Lovely Ladies Group
THURSDAY	10am – 12 noon Thursday Coffee Morning	1.30pm - 2.30pm Strength, Mobility and Falls Prevention Activity  2.45pm – 4.30pm Indoor Curling
FRIDAY	10am – 12 noon Music & Memories	12 noon – 1.30pm Lunch Club Menu changes daily please contact us for more details: <b>0191 5221310</b>

## ESSENCE ACTIVITIES IN LOCAL COMMUNITY VENUES

### PHASE 1 CLIENT & CARER

DAY	TIME & ACTIVITY	VENUE
MONDAY	2pm – 3.30pm Community Group	The Avenue Pub Roker SR6 0EQ
TUESDAY	2pm – 3.30pm Community Group	The Holiday Inn City Centre, Sunderland SR1 3DS
WEDNESDAY	2pm – 3.30pm Community Group	Biddick Arts Centre Washington NE38 8AB
FRIDAY	2pm – 3.30pm Community Group	Kepier Hall Houghton Le Spring DH4 4DN



## ESSENCE CARERS ACTIVITIES IN LOCAL COMMUNITY VENUES

### ESSENCE PHASE 2 – CARERS ACTIVITIES

DAY	TIME & ACTIVITY	VENUE
TUESDAY	2.00pm – 4pm Carer's Peer Support Group	Millennium Centre, The Oval, Concord, Washington NE37 2QD
THURSDAY	2pm - 4pm Phase 2 Carers	The Avenue Pub, Roker SR6 0EQ

## EXTRA SESSIONS

### LIVING WELL with DEMENTIA DEMENTIA AWARENESS TRAINING Held at the Essence Centre

**Living Well with Dementia - Dementia Awareness Training**  
New upcoming dates in March and April for both 4 hours and 2 x 2  
hour sessions.

**Please contact the Essence Service if you would like more information or  
if you would like to reserve your place.**

**If you are unable to attend due to your caring role, to help ease some anxieties  
we have special sessions where your loved ones will be supported by our  
Essence staff whilst you can attend the sessions in the adjacent training room.**

**A new service provided by the Samaritans, delivered at our Essence Centre  
'Talk it through!'**

**This drop-in service provides you with an opportunity to talk through matters of  
concern.**

**Dates and times to be confirmed**

**If you would like to talk to someone in confidence, or you would like to know  
more about this new service please call:**

**The Essence Centre on: 0191 522 1310 or The Bradbury Centre on: 0191 5141131**



## **Friday Lunch Club**

### **12 noon until 1.30pm**



Why not come and join us for a delicious low-cost hot meal that can be enjoyed at our lunch club or to take away!

Main Meal £5 and Dessert £1.50

Don't forget to pre-book by calling the Essence Service or speaking to a member of staff.



**Do you want to improve your mobility, strength & flexibility?**

**Come and join our gentle, seated exercise group to improve strength, balance and mobility and social wellbeing! SOUND INTERESTING?**

**Contact us directly on: 0191 522 1310**



# TRY SOMETHING NEW

**Are you crafty???** Come and join us at the Essence Service on a Monday 10am-12pm for a mixture of arts and crafts for all abilities.



**We celebrated Chinese New Year and made Chinese Lanterns in our craft class**

**2025 The Year of the Snake**

**For all of the above activities you can contact us on:**

**0191 522 1310**

or email us:

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



We have volunteering opportunities at the Essence Service, Doxford Park, for the following weekly sessions:

**Tuesday Holiday Inn (2pm – 4pm)**

**Wednesday Biddick Art Centre (2pm - 4pm)**

For more information, please contact us directly on: **0191 522 1310**

Or

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

(Stating a preference for a volunteering role at **Essence**)

We would love to hear from you!



## **DEMENTIA SERVICES AVAILABLE IN THE COMMUNITY & OTHER USEFUL CONTACTS**

**North East Dementia Care - 07585 381336**

**Action on Dementia Sunderland – 07740 111 182**

**Alzheimer’s Society (National) - 0330 333 0804**

**Initial Response Service (IRS) – 0303 123 1145.** To access the IRS (formerly the Crisis team) 24/7 or to make a referral to access the Older Persons Mental Health Team. This can be used to obtain a dementia / medication review in future with a Consultant / Community Psychiatric Nurse.

**Sunderland Adult Care – 0191 5205552.** To access a care needs assessment. This could be used in future to make contact with the social work team should any help be needed, e.g., for personal care, meals, medication, etc. Alternatively, using the same number you can refer in for any aids or equipment you may need.

**Healthwatch Sunderland – 0191 5147145.** An independent watchdog service for any issues relating to health & social care services in Sunderland.

**Sunderland Carers Centre – 0191 5493768.** Providing support for people who look after others. Offering information, advice and guidance to carers in and around Sunderland.

**Metcalfe Dementia Support Service – 0191 526 9274**

**Redwood Day Service – 0191 514 1131**

## **ESSENCE CONTACT DETAILS**

**Main Reception - Tel - 0191 5221310**

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

**Website – <https://essenceservice.org.uk>**

**Twitter - <https://twitter.com/EssenceService>**

**Facebook - <https://www.facebook.com/Essence-Service-Sunderland1824116444497695/>**

**Post - Essence Service, Sir Thomas Allen Centre, Mill Hill Road, Doxford Park, Sunderland, SR3 2ND**

**If you would like to attend any of the activities mentioned in this newsletter or require more information about our services please get in touch with us.**

**The Essence Service strives to improve and expand the current range of activities, available to our clients, and would greatly appreciate any new ideas you may have, which could be of benefit or interest to others.**

**To share your ideas, please contact your support worker, our office, or email us at [essenceactivity@ageuksunderland.org.uk](mailto:essenceactivity@ageuksunderland.org.uk)**



## Data Protection

The Essence Service currently holds your contact details in a mailing list to send you information, such as this monthly Activities & Events information sheet, the quarterly newsletter etc.

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

If you would like to request removal from our mailing list, please contact us on:

**0191 522 1310**

or email us at: [essenceservice@ageuksunderland.org.uk](mailto:essenceservice@ageuksunderland.org.uk)



### **Memory Café – Whitburn Library**

**Offer a Drop-in for people living with dementia, their families, friends and carers.**

**Relax with tea/coffee/cakes and activities**

**Cost £3.00**

**Sessions take place monthly, on the third Friday of each month**

**Time: 2 pm – 4 pm**

**For more information please call: Whitburn Library on: 0191 529 3098**

**Sponsored by: Seaburn Rotary Club**

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## **A Poem To Share**

