

# ESSENCE ACTIVITIES

## March 2026



## ACTIVITIES AT THE ESSENCE CENTRE, DOXFORD PARK

ESSENCE PHASE 1 – CLIENT & CARER		
DAY	MORNING	AFTERNOON
MONDAY	10am – 11.30am The Crafty Club  12:00 – 13:00 Chair Benders	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 <i>incorporating 'Music for the Mind'</i>
WEDNESDAY		2pm – 3.45pm Gentlemen Carers Lovely Ladies Group
THURSDAY	10am – 11.30am Thursday Coffee Morning	2pm – 4pm 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

ESSENCE 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



## ESSENCE PHASE 2 – CARERS ACTIVITIES

DAY	TIME & ACTIVITY	VENUE
TUESDAY	2pm – 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 for 2026

**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 service provided by the Samaritans**

**'Talk it through!'**

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

**If you would like to talk to someone in confidence, or you would like to know more about the Samaritans 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

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## TRY SOMETHING NEW

**Are you crafty???** Come and join us at the Essence Service on a Monday 10am -11.30am for a mixture of arts and crafts for all abilities.

**A bit craft we've done recently**



**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)



## Data Protection

The Essence Service currently holds your contact details in a mailing list to send you information, such as this quarterly newsletter to inform you of our various activities and events and of additional support services.

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: [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)**

**Thursday Essence Service (2pm - 4pm)**

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

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





# A LIGHT EXISTS IN SPRING

A Light exists in Spring  
Not present on the Year  
At any other period -  
When March is scarcely here

A Color stands abroad  
On Solitary Fields  
That Science cannot overtake  
But Human Nature feels.

It waits upon the Lawn,  
It shows the furthest Tree  
Upon the furthest Slope you know  
It almost speaks to me.

Then as Horizons step  
Or Noons report away  
Without the Formula of sound  
It passes and we stay ---

A quality of loss  
Affecting our Content  
As Trade had suddenly encroached  
Upon a Sacrament.

~ Emily Dickinson



# Recipe of the Month

Indulge your taste buds with these mouth-watering, no-bake Chocolate-Covered Digestive Biscuit Squares that are perfect for any occasion! Made with just a few simple ingredients, this heavenly chocolate treat is quick, easy, and utterly irresistible!

## Ingredients

- 3 tbsp Honey
- 200 g Milk chocolate, Good quality
- 50 g Sugar
- 300 g Digestive biscuits, Plain
- 3 tbsp Drinking chocolate
- 100 g Butter



## Instructions

1. Finely crush the digestive biscuits in either a large sealed freezer bag or just in a bowl using your hands or you can also use food processor.
2. In a medium sized saucepan add the butter, honey and sugar and melt them down.
3. Once the sugar has dissolved into the honey and butter remove the pot from the heat.
4. Add the drinking chocolate, crushed digestives and if using the raisins.
5. Give all a really good mix so that the dry ingredients are fully incorporated into the wet ingredients
6. Take a 9x9 baking tin and line it with parchment paper
7. Press in the digestive mixture firmly into the baking tin.
8. Take the bar of chocolate break it into pieces
9. Using either a double boiler or the microwave (see note) melt the chocolate, make sure not to overcook it. It should be shiny, silky and easy to pour.
10. Spread the melted chocolate over the biscuit mixture. Coat the top nice and evenly with the chocolate.
11. Place the tin into the fridge and leave for at least a couple of hours to cool and set.
12. Remove it from the fridge and lift it out of the tin and place onto a chopping board.
13. Using a sharp knife cut the block into roughly 3"x3" sized square and serve

**Enjoy!**





# Chair Benders

From [www.goodrx.com](http://www.goodrx.com)

## Seated Yoga

Please join us for a gentle and achievable experience. Enjoy the benefits of yogic practice from the safety and comfort of a sturdy and supportive chair.

**Monday**  
**12pm-1pm**

### Benefits of Seated Yoga



#### Improved Flexibility

Flexibility helps with your balance and range of motion, and can protect you from injuries



#### Greater Strength

Stronger muscles protect bone health, lower risk of chronic diseases, boost brain function, and support independent living.



#### Stress Reduction

Reduced heart rates and blood pressure can be appreciated, not to mention better sleep and executive functioning.



#### Increased Energy

Shake that chronic exhaustion with body-beneficial activities and find more joy in your day-to-day living.



#### Social Engagement

A healthy and varied social network can greatly improve one's longevity and happiness.



#### Pain Management

The cumulative benefits listed above can help alleviate not only the physical symptoms but also reduce the mental and emotional burdens associated with living in constant discomfort.



## Metcalfe Day Centre

Our Metcalfe Dementia Support Service is a chargeable service available Monday to Friday 10 am–3 pm.

It is available for individuals with moderate dementia who live within the boundaries of the City of Sunderland.



**What support is available** - You/your loved one will be welcomed into our newly refurbished dementia support facility by experienced trained staff. You/your loved one will receive a hot drink/biscuit on arrival and a freshly cooked meal including a dessert at lunchtime. You/your loved one can participate in a wide range of activities designed to improve the wellbeing of those living with dementia. You/your loved one will have support tailored to your/their needs.

**Eligibility criteria** - Aged 50+ Living with moderate dementia. Either able to take care of your own personal care needs or require minimum support. Living within the boundaries of the City of Sunderland. The service can be accessed following an initial “assessment” subject to service capacity. Transport with escort is available if required subject to availability.

**Outcomes for you/your loved one** - Stimulating tailored activities for those living with dementia. Dedicated respite support for carers. A fun day out.



## Redwood Day Service



The Redwood Day Service is a chargeable service available Monday to Friday 10am–2.30pm. It is available for individuals aged 50+ who live within the boundaries of the City of Sunderland.



# **New Project!**



## **Opportunity to share your experiences of bus travel which will be transformed into a theatre group production!**

The project includes gathering stories and experiences, collating the information and turning it into a unique piece of performance art then performed by actors with learning disabilities and/or autistic actors from The Twisting Ducks Theatre Company, a North East charity.

This would be an initial 2 hour workshop here at The Essence Centre and Biddick Art Centre, one Friday in 2026 (dates TBC). You will support the Theatre by sharing your stories at the workshop, take part in a follow up, then finally come and see one of the finished performances.

If this is something you may be interested in please contact The Essence Centre on: 0191 522 1310



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

### Age UK Sunderland Day Centres:

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

**Redwood Day Service – 0191 514 1131**

(For more details about Age UK Sunderland's day centres please contact the Essence Centre.)

**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.

## 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)**



## Further Information.....

Please could you share this with your friends and family!

### **Active Sunderland Walk-To-Fitness Sessions**

A FREE weekly Walk to Fitness session takes place in Barley Mow Park, Hendon.

Activities include walking, light stretching, and some simple exercises aimed at building up muscle strength and improving your flexibility and movement. The session is adapted to meet your needs, whatever your ability.

**Sessions are free to attend but please sign up using this link - <https://forms.office.com/e/d0WuAEDThg>**

#### ***Where are the sessions being held?***

Barley Mow Park, Ryhope Road, SR2 7ST - meet at the tennis courts.

#### ***When are the sessions taking place?***

Every Tuesday morning at 10am.

#### ***How long will they last?***

Sessions last for 1 hour, but you can come and do 5, 10 or 30 minutes, it's up to you!

#### ***Who are the sessions for?***

The sessions are suitable for anyone, but they are aimed at people who haven't been active for a while, or who are looking to start their fitness journey.

#### ***What do I need to wear?***

The sessions are outside, so wear whatever you have that's suitable for exercise and you feel comfortable in, but footwear should be flat and suitable for walking.

#### ***Should I bring anything?***

We'd recommend bringing a full water bottle.

