

Living Well



this is
Redcar & Cleveland

For people living with dementia in Redcar and Cleveland

EDITION 4 November 2019



Saltburn Arts are dreaming of a White Christmas

Saltburn Community and Arts Association are getting into the festive spirit by holding their first dementia friendly film screening.

On Wednesday 11 December, they will be showing White Christmas at their beautiful premises in Albion Terrace, Saltburn, TS12 1JW

Doors will be opening a 1pm for a 1.30pm start. Tickets cost £4 for members and £6 for visitors and are available from the 'Coming Events' section of their website:

saltburnarts.co.uk

What a wonderful way to kick start the festive season!



Are you a Dementia Friend?



Did you know over the last year we have created over 2510 Dementia Friends across the borough?

These 1 hour awareness sessions have gone down so well, we always have people contacting us for more. We are so grateful for the fantastic communities and organisations that have really taken this issue to their hearts.



If you would like to become a Dementia Friend, please contact:

The Health Improvement Team, Redcar and Cleveland Borough Council

01287 612456

Healthimprovement@Redcar-Cleveland.gov.uk

For more info see <https://www.dementiafriends.org.uk/WEBChampionSessionResources>

Over to You

If you have an item you would like us to include in the next edition of Living Well, or you have any ideas of how we can develop it, please contact :

Sharon Chappell

Tel 01287 612491

Mob 07966625156

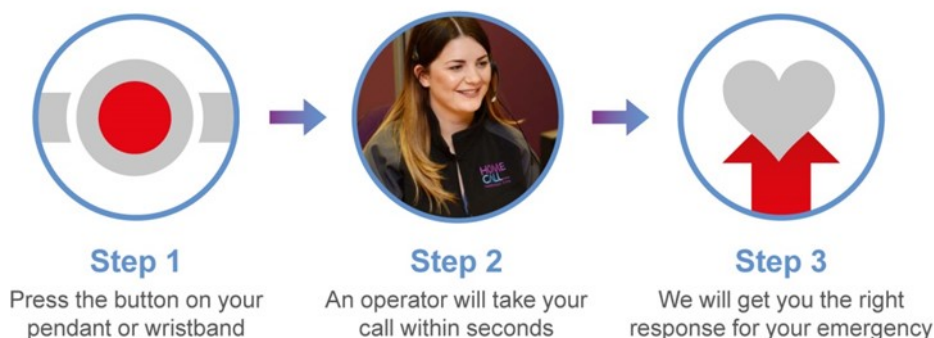
Sharon.Chappell@redcar-cleveland.gov.uk



What is HomeCall?

Independence is something that we all cherish. However, there comes a time when you may need a bit of support to live in your own home. Our HomeCall team work hard to give you and your family the support and reassurance that no matter what the emergency, or when it happens, our service is there for you 24/7 every day. Whether you choose to use one service or a combination, you can be assured that HomeCall will help you to remain independent.

The image below shows how HomeCall works:



At HomeCall, we try to keep things as simple as possible, so you can be confident you are getting a high quality service at a fair, affordable price from as little as **£3.96 per week** . All of our equipment is installed by our highly experienced HomeCall staff.

Contact us today on **01642 771339** to learn more about what HomeCall can do for you.

Redcar and Cleveland College Go Dementia Friendly

The 13th November was a BIG day for Dementia Friendly Redcar and Cleveland!!

Over 400 Dementia Friends were signed up from the staff and students across Redcar and Cleveland College.

From beauticians to engineers, the young people really took the issue seriously as they signed up in their droves to become Dementia Friends.



Vanessa Newlands from the Health Improvement Team at RCBC said, “We were delighted to help the college fulfil their aim of becoming fully dementia friendly. They have supported the programme for such a long time and it was wonderful to see today actually happen. A big thanks to the staff and Brian from Clevearc who organised the whole thing.”

Sharpen your Mind sessions in Skelton Library

Friends of Skelton Library host a monthly session between 10am and 12pm every 4th Friday of the month. Everyone is welcome to drop in for tea and cake, along with taking part in the activities ranging from crafts to informative talks.

Dancing in the aisles

A chair dance/exercise class is on **every Friday** at:

Shepherdson Court

South Bank, TS6 6XF

9am – 10am

Everyone is welcome, please just turn up

£2 a session



What's on Guide



Whippet Up

Those amazing guys over at Whippet Up have certainly whipped it up again!

They run fabulous weekly wellbeing and creativity sessions across the borough

Mighty Mondays 11am to 3pm, Bellamy Pavilion, Kirkleatham Museum site. Sessions are every Monday from June onwards.

Choosedays Wellbeing in the Woods every Tuesday from 11am to 3pm in and around the Saltburn Woodland Centre



Reflections Dementia Cafe

Reflections Dementia Support group is a project of Footprints in the Community, a local organisation which exists to help reduce poverty and isolation in the Redcar and Cleveland area.

Reflections meet every **Wednesday between 10am and noon at the 25k Community Centre on Ayton Drive in Redcar**. Whether you are living with or caring for someone with dementia, why not pop in for a cuppa and a chat in a friendly, supportive and relaxed atmosphere.

Come and tell us how we can help, we look forward to meeting you.



Dementia Support

For more information ring us on: **01642 484842**

Guisborough Bridge

The Guisborough Bridge Association aims to provide life and support in the heart of the Guisborough community. It was set up as a community project by Churches Together in Guisborough and is an independent charity.



Charity No. 1086425

Guisborough Bridge run a number of activities:

- Wednesday luncheon club at Kemplah House—informal get together with board games and an opportunity to read the papers. Three course lunch and transport can be arranged. Price on application
- Friday mornings 10.30am weekly at Hinton Court—Chair-based exercise to music with a light lunch (£2.50 for exercise or £4 for exercise and lunch)
- ****NEW**** Launching Friday 29 November 1.30pm at St Paulinas, Guisborough—Music and Memories. Will continue every third Friday from January 2020

For more information, visit <http://www.guisborough-bridge.org.uk/>



Carers Together Singalong Sessions

If you fancy a good sing-song, why not attend one of Carer's Together sessions?

Singalong with Malcolm, Parkhouse Care Home, Guisborough

First Tuesday of the month, 2.30pm

6 August, 3rd September, 1st October

Singalong with Maggie, 25K Centre, Ayton Drive, Redcar

3rd Wednesday of the month, 1pm

21st August, 18th September, 16th October

Singalong with Maggie, The Dunes, Low Farm Drive, Redcar

Last Friday of the month, 2.30pm

30th August, 27th September, 25th October



Cleveland Bay Activity and Friendship Group

The Cleveland Bay host an activity and friendship group every Thursday for people who live with dementia and their carers.

Each week has a different topic such as various crafts, exercise, music, board games, picnics, etc. so there's always an activity to suit all. If you don't want to join in, that's fine too, just pop along for a chat and an afternoon out.

The Cleveland Bay, Ings Road, Redcar,

Every Thursday, 2-4pm

Age UK Teesside Befrienders needed for the Redcar area



Age UK Teesside are looking for new befrienders to help their services in the borough of Redcar. Could you spare up to 2 hours a week to visit someone isolated and lonely in your community?

The purpose of the role is to offer support and friendship to those over 65 or to the cared for, allowing their carer a much needed break. Our volunteers either, visit clients in their own homes and chat over a cuppa or support clients to attend community activities. We try and match our befrienders with clients with common interests so there is always something to chat about.

We are looking for confident people who have great communication skills.

We are particularly looking for men to befriend other men in the community, so if you like chatting about football, the news or sport, this is definitely one way you can make a difference in your area.

To find out more about the role, please get in touch with Marie Kerr at Age UK Teesside, Redcar office on 07834 181190 or drop an email to

marie.kerr@ageukteesside.org.uk



Dementia Friendly Organisations

The list of organisations who have signed up to work towards becoming Dementia Friendly is growing by the week. Since our last edition, the following organisations have made the commitment.

- Lazenby Village Hall
- Kirkleatham Memorial Park and Crematorium
- Costa Coffee Redcar (Inside Tesco)
- Satori – Life & Health
- Springwood Surgery
- Department for Work and Pensions - Job Centre
- Rose & Potter
- East Cleveland Employment and Training Group Ltd
- SABIC UK Petrochemicals
- Guisborough Bridge Association

This takes the total number of organisations to 119.

If you would like to sign up your company or organisation, please contact:

The Health Improvement Team, RCBC

01287 612456, email healthimprovement@redcar-cleveland.gov.uk

***Wishing you a peaceful Christmas
and a wonderful 2020***



Photo by [Marina Khrapova](#) on [Unsplash](#)