

The Essence Service - Dementia Support in Sunderland



Location

Northern Ireland, County Durham

<https://www.freeadsz.co.uk/x-562699-z>

Age UK Sunderland is working in partnership with Sunderland Carers' Centre, The Alzheimer's Society and many other partners across the city of Sunderland, to provide a unique service that is dedicated to people in the early stages of dementia and their carers.

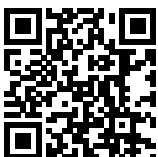
Sunderland Carers' Centre

The service gives a wide range of practical support by giving information in areas around health, wellbeing and legal issues whilst ensuring that people are aware of how to access services that are of benefit. People with an early dementia diagnosis also receive emotional and peer support to help understand and deal with their dementia diagnosis in a positive way.

Evidence suggests that keeping active and stimulated when a person is in the early stages of dementia is essential as it slows down its progression and maintains wellbeing. With this in mind, the Essence Service offers a variety of activities at the centre and in the wider community. Activities can include coffee mornings, reminiscence sessions, seated exercise, iPad workshops, arts and crafts and many more.

The service also recognises the vital role of carers and the impact caring for someone with dementia can have, and is dedicated to providing a listening ear to carers as well as practical support.

The Essence building has recently received a gold award by an international centre of excellence for its dementia-friendly design, every attention to detail has been made to ensure that those who receive support feel as comfortable as they can.



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