

Winter Music Event



On Friday 16th December 2016 at the LiveWell Dementia Hub in Thornaby, we were lucky enough to be joined by the Ian Ramsey School choir for a morning of Christmas music and festivities. This is the third time that the Ian Ramsey School Choir has joined us after also coming to the Summer Music Event in July and they were just as amazing as the first time they came. Once again a huge thank you to the members of the Choir and their teachers for joining us and making it the enjoyable and emotional morning that it was.

VOLUNTEER



Would you like to volunteer with us?

We are always looking for more volunteers and if you think that is something that you would be interested in please do get in touch! You can contact Lucy on the information details at the bottom of this newsletter.

Dementia Awareness Week

This year Dementia Awareness Week is the 14th- 20th May 2017 and the theme is United Against Dementia. The aim of Dementia Awareness Week this year is to encourage people to put aside their differences, such as rivaling football teams, and stand together. **Stockton will be launching their week with a fun walk around the Tees Barrage 14th May 2017 and we hope you will come and join us!** There will also be a full programme across the week, including awareness raising and intergenerational sessions with schoolchildren, public information stalls in the town centres, information sessions in the LiveWell Hub and a Dementia Friends session in Stockton Central library on 15th May 2017, 10-11am. There will also be a poetry competition for adults and children around the theme of United against dementia, with prizes to be won and a "Forget me not flower", knitting campaign has been launched to remember the person who is living with dementia but needs support to live life well.

We encourage you to get involved in any way that you can. For example, you can knit/crochet flowers, help with the donations of prizes and fundraising and support the events. A full timetable of events will be made available nearer the date but please contact the LiveWell Hub if you would like more details on any of the above. 01642 527363

Comic Relief

On Wednesday 8th March 2017, we were lucky enough to be joined by journalists, a representative from Comic Relief and two very special guests... The Hairy Bikers. We spent a lovely morning displaying everything that Dementia Voices Stockton has accomplished in the past two years and the impact that we have had upon the local community. We would like to thank everybody that came to the Livewell Dementia Hub to celebrate with us. It was an amazing day and we would like to extend our gratitude to The Hairy Bikers for spending their time with us and being so enthusiastic about the project. Did you see us on the BBC's Red Nose Day broadcast?



COMIC RELIEF



Cleveland Alzheimers Residential Centre Limited



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Dementia Voices Stockton

NEWSLETTER

Welcome to the 3rd Edition of the 'Dementia Voices Stockton Project' newsletter; March 2017. This is a newsletter developed to keep people living with dementia 'Up to Date' with the project, and to ensure that you can get involved and have your say in developing and shaping dementia services in Stockton on Tees. The project is fully funded by the charities below and is FREE!

'MAKE YOUR VOICE HEARD TO HELP MAKE A DIFFERENCE'

What is Dementia Voices Stockton?

Dementia Voices Stockton was developed following the launch of 'Dementia Friendly Stockton' and it being identified from this, the need for people to have their voices heard. The project is funded for 2 years. It is hoped that due to the demand and need, the service will be able to carry on beyond the two years. The project not only offers an advocacy service to those living in Stockton on Tees, but it also runs a volunteer programme.

The Advocacy Service

An advocate is an independent person who can support you personally with an issue or help you to resolve a situation that is particularly difficult. Having an advocate can also help to assist you in getting your voice heard and empower you to have your say. It can be very difficult once a diagnosis has been given. Along the dementia journey, there may be many difficult decisions to make and experiences that can be challenging. Having an advocate can help you to stay in control of your decisions and choices, and or those of your loved ones. The advocate can support and guide you in a non-judgemental way and help provide independent support.

Examples of Advocacy

- **Making and attending GP appointments for those who might not feel that they can get their point across. An advocate can help to support you and empower you to have your voice heard.**
- **Help assist in situations where you feel that you have nowhere to turn such as;**
- **Disagreements between family members**
- **Complaints about care providers**
- **Financial matters which are too frightening to deal with**
- **Decisions that you do not agree with regarding yourself or the person you care for**

Working in partnership Celebration event



We are holding an event at The Livewell Dementia Hub on Wednesday 10th May 2017, 10.30am-12.30pm. The event will focus on how Healthwatch Stockton and Dementia Voices Stockton work together to shape services and support those with dementia and their carers'. The event will also launch a continence survey to help understand how this affects people living with dementia. Your feedback will help to influence change, Please book for this event on the number below.

**COMIC
RELIEF**

BALLINGER
CHARITABLE TRUST

**northern rock
foundation**



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