




# The Blue Book

A summary of activities and  
support for older people and  
people living with dementia

Northumberland  
2023 - 2024



*"This is a wonderful resource for older people living in Northumberland. It provides a great source of information for older people, including those with dementia, which will help them engage fully with their communities. I only wish we had an equivalent resource for my patients!"*

**Dr Charlotte Allan, Consultant Old Age Psychiatrist,  
Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust**

*"Fabulous resource to support older people and their family / carers in remaining independent and active. Positive feedback received from numerous carers trying to find appropriate social interaction for their loved ones"*

**Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust**

*"Many of the information booklets have now been given out by staff from the West Northumberland Memory Service and the Older Adults Community Treatment Team, both of which are based in the Fairnington Centre at Hexham General Hospital.*

*These Teams offer assessment, diagnosis, and treatment for older adults living within the West of Tynedale who are experiencing concerns around their mental health, following referrals from their GPs or other clinical teams.*

*Nurses from the Teams have reported on how well they have been received, especially by carers, who can often struggle to find appropriate places to take their loved ones when seeking meaningful social interactions. They also provide a valuable resource to carers when looking for contacts across Tynedale, who might be able to offer support and advice on non-medical dementia related concerns, as well as more general support to older adults."*

**Fairnington Centre, Hexham, Northumberland**

*"What an absolutely brilliant and invaluable resource you have created."*

**Alex Wilson, CEO, Tyneside and Northumberland Mind**

# Welcome

We're delighted to share with you the latest edition of The Blue Book for Northumberland. We hope you find it useful and informative.

Passionate about supporting older people and people living with dementia, we first launched this booklet for West Northumberland in 2017, to provide a tangible summary of activities and support available in the area. Its creation and production has always been a family project - a voluntary initiative which came about through personal experience. Each year, it is updated and shared across the community.

It's our goal to support as many people as possible, so we've expanded our reach to cover the whole of Northumberland and North Yorkshire, and we have launched a website so the relevant edition can be easily accessed and shared digitally.

As always, it's been a privilege to work with so many wonderful organisations in the community and to bring them together in The Blue Book. We thank them all for being part of it, for their support and for the invaluable work they do.

If you have any questions or feedback, or would like to include an entry in the next edition, or to order copies, please get in touch. We'd love to hear from you.

With best wishes

Adele Kinsella and The Blue Book Team

[info@the-blue-book.org.uk](mailto:info@the-blue-book.org.uk)

[www.the-blue-book.org.uk](http://www.the-blue-book.org.uk)

**270 +**  
organisations and  
activities included

**10,000 +**  
copies distributed  
in 2022

**30,000 +**  
copies  
distributed  
to date

\* Figures above relate to the Northumberland edition of The Blue Book

# A snapshot of some organisations included in this edition



**MACMILLAN**  
CANCER SUPPORT

**Macular Society**  
Beating Macular Disease

**MEMORY SPARKLES**

**Musical Memories**

**mind**

**Magic Memories**

**My Life TV**  
The dementia-friendly channel

**Queen's Hall Arts Centre**

**MUSICAL CONNECTIONS**

**NORTHUMBERLAND CANCER SUPPORT GROUP**

**Mindful Chef**

**MIND AND SOLE**

**Music for my Mind**

**Northumberland County Council**

**NHS**

**Morrisons**  
Since 1899



**Memory Linkers**

**MOVING MINDS**

**Newcastle Building Society**

**Northumberland communities together**

**MS Society**

**Marie Curie**

**NORTHUMBERLAND Frontline**

**NORTHUMBRIA CANCER PATIENT & CARER GROUP**

**NDAS**

**peggi**  
The stories of your life

**Queen's Hall Arts Centre**

**RNIB**  
See differently

**Remap**

**PARKINSON'S UK**  
CHANGE ATTITUDES. FIND A CURE. JOIN US.

**Playlist for Life**

**Revitalise**  
We're the people who create revitalising holidays for disabled people

**RNID**  
Supporting people who are deaf, have hearing loss or tinnitus

**Reengage**

**SAMARITANS**  
Call free day or night on **116 123**  
Email [jo@samaritans.org](mailto:jo@samaritans.org)  
samaritans.org A registered charity

**ROYAL VOLUNTARY SERVICE**

**silver talk**

**Royal Osteoporosis Society**  
Better bone health for everybody

**Seenin**

**Specsavers**

**Morpeth Group RDA**  
Riding for the Disabled Association

**ShineCare**  
at home

**Sibstär**

**TechSilver**

**The Dementia Centre.**

**CWC the care workers' charity**

**SYCAMORE COUNSELLING SERVICE**  
A PLACE TO GROW

**TNF**

**Talking News Federation**

**THE HAPPY NEWS**  
BY EMILY COXHEAD

**Transition Tynedale**

**HammondCare h.**

**THE ALNWICK GARDEN TRUST**

**THE ABLE LABEL**  
Beautiful clothes, easier to dress

**THE HEXTOL FOUNDATION**  
FOR WORKING OPPORTUNITIES

**THE CINNAMON TRUST**

**TESCO**

**Thrive**  
using gardening to change lives

**TYNEDALE HOSPICE AT HOME**

**The Silver Line**  
helpline for older people  
0800 4 70 80 90

**Unforgettable Experiences**

**VERSUS ARTHRITIS**

**THE READING AGENCY**

**What I wish people knew about dementia**  
from someone who knows  
Wendy Mitchell

**WATBUS**  
COMMUNITY TRANSPORT

**Vision Northumberland**

**Wellbeing Tree**

**West Northumberland FOOD BANK**

**WAITROSE & PARTNERS**

## **COVID-19**

Although some of the activity and support groups listed in this booklet may still not be able to meet face-to-face at the moment due to COVID-19, they are continuing to provide ongoing support either online, over the phone or through the post.

Please contact the individual organisations for the latest information on the availability of their services.

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**The Blue  
Book**



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## Books, factsheets, information guides and useful resources

## Further info



### Age UK - Information Guides and Factsheets

Age UK information guides are short and easy to digest, giving an overview of the relevant topic. Factsheets are longer with more detail, for those who want more information.

[www.ageuk.org.uk/services/information-advice/guides-and-factsheets](http://www.ageuk.org.uk/services/information-advice/guides-and-factsheets)



### Alzheimer's Research UK - Information

Alzheimer's Research UK is the UK's leading dementia research charity, dedicated to causes, diagnosis, prevention, treatment and cure. With your help, we are making great progress.

We offer free information booklets about dementia, including about Alzheimer's disease, vascular dementia, dementia with Lewy bodies and frontotemporal dementia.

0300 111 5 111

Monday - Friday, 9am - 5pm

[infoline@alzheimersresearchuk.org](mailto:infoline@alzheimersresearchuk.org)

[www.alzheimersresearchuk.org](http://www.alzheimersresearchuk.org)



### Alzheimer's Society - Publications, Factsheets and the Dementia Together Magazine

A wide range of publications, factsheets and magazines designed to support and inform anyone affected by dementia. The Dementia Together magazine is produced six times a year.

[publications@alzheimers.org.uk](mailto:publications@alzheimers.org.uk)

[www.alzheimers.org.uk/get-support/publications-factsheets](http://www.alzheimers.org.uk/get-support/publications-factsheets)



### Alzheimer's Society - This is Me

A simple leaflet for anyone receiving professional care who is living with dementia or experiencing communication difficulties. It can be used in any setting to record details about a person to help health and social care professionals to better understand who the person really is, which can help them deliver care that is tailored to the person's needs.

You can download a digital version, or order a hard copy online below:

[publications@alzheimers.org.uk](mailto:publications@alzheimers.org.uk)

[www.alzheimers.org.uk/get-support/publications-factsheets/this-is-me](http://www.alzheimers.org.uk/get-support/publications-factsheets/this-is-me)



### British Red Cross - Help with Loneliness

We provide local support services, workshops and resources to help understand, and overcome living with loneliness.

For telephone support, contact our support line on:

0808 196 3651

Available daily, 10am - 6pm

[www.redcross.org.uk/get-help/get-help-with-loneliness](http://www.redcross.org.uk/get-help/get-help-with-loneliness)



## Books, factsheets, information guides and useful resources

## Further info



### Contented Dementia Trust - Key Resources on the SPECIAL Method

A variety of written and audio-visual material about the SPECIAL method have been produced (see the 'dementia specific' section for more info). A couple of key materials are listed below and there are many more on our website:

- The Book - 'Contented Dementia'
- DVD - 'Finding a Way to Contented Dementia'
- The Brochure - covers the basic theory of the SPECIAL Photograph Album which underpins our whole approach and provides diagrams, explanations and testimonials.

[info@contenteddementia.org](mailto:info@contenteddementia.org)

[www.contenteddementia.org](http://www.contenteddementia.org)



### Dementia Forward - Useful Links

Dementia Forward is North Yorkshire's leading dementia charity commissioned by health and social care to provide the core service of information, advice and support, across York and North Yorkshire. Our Dementia Forward Support Advisors have created a list of the most useful resources for people living with dementia and their families. We hope you find the links and downloads helpful.

03300 578 592

[info@dementiaforward.org.uk](mailto:info@dementiaforward.org.uk)

[www.dementiaforward.org.uk/useful-links](http://www.dementiaforward.org.uk/useful-links)



### The Living with Dementia Toolkit

These resources are based on research evidence, and the expert experiences of people with dementia and carers and aim to:

- give you hope for the future
- inspire you through real-life examples
- offer ideas to help you live your life as you choose

You can download a Guide to the Living with Dementia Toolkit too.

To download the Guide to the Living with Dementia Toolkit, please visit:

[www.livingwithdementia.org.uk](http://www.livingwithdementia.org.uk)

[IDEAL@exeter.ac.uk](mailto:IDEAL@exeter.ac.uk)

[www.idealproject.org.uk](http://www.idealproject.org.uk)



### Dementia UK - Resources and Information Leaflets

Dementia UK is the specialist dementia nurse charity. Our nurses, called Admiral Nurses, have produced a wide range of webpages, information leaflets and advice videos covering everything from getting a diagnosis to end of life care.

[www.dementiauk.org/get-support/resources](http://www.dementiauk.org/get-support/resources)



### HammondCare - The Dementia Centre - Knowledge Hub

HammondCare's Dementia Centre aims to improve the quality of life of people living with dementia, carers and families by providing research, consultancy and education backed by working knowledge and expertise. As leaders in health and aged care, our unique combination of research, real-life practicality and collaborations from around the globe, delivers a diversity of resources to support people living with dementia, carers and families. Visit our Knowledge Hub for our research and resources including a library of information, podcasts, audiobooks, and videos.

[www.dementiacentre.com/resources](http://www.dementiacentre.com/resources)



## Books, factsheets, information guides and useful resources

## Further info



### Independent Age - Information, Guides and Advice Leaflets

We provide information for older people, their families and carers through our website and by distributing free printed advice guides and leaflets. Topics include money, support and care, housing options, health, personal life and future planning.

Order printed copies online or contact our helpline

Helpline  
0800 319 6789

[www.independentage.org/get-advice/advice-guides-factsheets-leaflets](http://www.independentage.org/get-advice/advice-guides-factsheets-leaflets)



### National Health Service - Dementia Guide

An online guide to dementia, including symptoms and diagnosis, living with dementia, available care and support and how people in the community can help.

[www.nhs.uk/conditions/dementia](http://www.nhs.uk/conditions/dementia)



### Northumbria Police - The Herbert Protocol

The Herbert Protocol is an initiative used nationally to support people with dementia who are at risk of going missing. Carers, family or friends of a vulnerable person, or the person themselves, can fill in a Herbert Protocol form in advance, containing information to help the police if the person goes missing.

Keeping a completed form means you don't have to try to remember the information when you are under stress if someone goes missing. It also saves time, so the search can start sooner.

To download a copy of the form, follow the link below:

[www.beta.northumbria.police.uk/advice-and-info/personal-safety/missing-persons/](http://www.beta.northumbria.police.uk/advice-and-info/personal-safety/missing-persons/)



### The Reading Agency - Reading Well for Dementia

Helpful books for people with dementia, their carers, relatives and friends, providing information and advice, support for living well and personal stories. The books are recommended by health professionals and can be found in the local library.

Contact your local library:  
[www.gov.uk/local-library-services](http://www.gov.uk/local-library-services)

[www.reading-well.org.uk/books/books-on-prescription/dementia](http://www.reading-well.org.uk/books/books-on-prescription/dementia)



### Stroke Association - My Stroke Guide

My Stroke Guide connects you with others through our online community and provides you with information, and support, 24/7.

[www.stroke.org.uk/finding-support/my-stroke-guide](http://www.stroke.org.uk/finding-support/my-stroke-guide)



## Dementia-specific support

## Further info



### AcTo Dementia

AcTo Dementia provides recommendations and guidance on accessible touchscreen apps for people living with dementia. This website is an ideal resource for anyone with a diagnosis of dementia, or in a supportive role, to find and use touchscreen apps.

[support@actodementia.com](mailto:support@actodementia.com)

[www.actodementia.com](http://www.actodementia.com)



### Alzheimer's Research UK

Alzheimer's Research UK is the UK's leading dementia research charity, dedicated to causes, diagnosis, prevention, treatment and cure. With your help we are making great progress.

If you have questions about dementia, want to know more about dementia research or about how you and your loved ones can get involved in studies, our Dementia Research Infoline can help.

We also offer free information booklets about dementia, including Alzheimer's disease, vascular dementia, dementia with Lewy bodies and frontotemporal dementia.

0300 111 5 111

Monday - Friday, 9am - 5pm

[infoline@alzheimersresearchuk.org](mailto:infoline@alzheimersresearchuk.org)

[www.alzheimersresearchuk.org](http://www.alzheimersresearchuk.org)



### Alzheimer's Society Northumberland

Alzheimer's Society is a care and research charity for people with dementia and their carers. They provide information, advice, and support for people living with dementia and their care partners.

Support can be provided face-to-face, by telephone, email, or video call. A Dementia Adviser Service is also available.

01670 813 255

[northumberland@alzheimers.org.uk](mailto:northumberland@alzheimers.org.uk)

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)



### Alzheimer's Society - Dementia Support Line

A personalised dementia support service for people with all types of dementia, their families and carers. It is free, easy to access, and puts you in touch with the right support. It provides advice, information, emotional support, reassurance or simply a listening ear. From in person help with a local dementia adviser, to phone and online advice.

0333 150 3456

Textphone

18001 0300 222 1122

If required, a simultaneous language translation service can be arranged

[www.alzheimers.org.uk/get-support/dementia-connect](http://www.alzheimers.org.uk/get-support/dementia-connect)



## Dementia-specific support

## Further info



### Alzheimer's Society - Dementia Talking Point

A helpful online community where anyone who is affected by dementia can receive valuable support. It's open 24/7, and is a safe place to ask questions, share your experiences and receive advice and support.

[talkingpoint@alzheimers.org.uk](mailto:talkingpoint@alzheimers.org.uk)

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)



### Alzheimer's Society - Dementia Adviser Service

The Dementia Adviser service is freely available to all people in Northumberland who have received a diagnosis of dementia, are in the process of receiving a diagnosis or are worried about their memory. They also support those who care for them. They can support anyone at any time they need it, offering information, advice and support tailored to individual needs.

01670 813 255  
Monday - Friday

[northumberland@alzheimers.org.uk](mailto:northumberland@alzheimers.org.uk)

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)



### Contented Dementia Trust - SPECAL Method

A UK charity with the overall aim of promoting a sustainable sense of well-being for people with dementia. The Trust achieves this through the application of the SPECAL method.

The Contented Dementia Trust provides a range of courses and services on the SPECAL method to carers, both family and friends, as well as health and social care professionals.

[info@contenteddementiastrust.org](mailto:info@contenteddementiastrust.org)

[training@contenteddementiastrust.org](mailto:training@contenteddementiastrust.org)

[www.contenteddementiastrust.org](http://www.contenteddementiastrust.org)



### Dementia UK - Admiral Nurse Dementia Helpline

Dementia UK is the specialist dementia nurse charity. Our nurses, called Admiral Nurses, offer life-changing support to families facing all forms of dementia. They help families manage complex needs, provide practical and emotional support, and help build links with other health and social care professionals.

Admiral Nurses work on the national Dementia Helpline, in GP services, in the community, in hospitals and in virtual clinics.

Admiral Nurse Dementia Helpline  
0800 888 6678

Monday - Friday, 9am - 9pm  
Saturday and Sunday, 9am - 5pm

[helpline@dementiauk.org](mailto:helpline@dementiauk.org)

[www.dementiauk.org](http://www.dementiauk.org)

Closer to Home virtual clinics via telephone/video, visit:  
[www.dementiauk.org/closer-to-home](http://www.dementiauk.org/closer-to-home)



## Emotional and practical support

## Further info



### AbilityNet

Free IT support for older people and disabled people of any age remotely or where possible, at home. From setting up new equipment, fixing technical issues, showing you how to stay connected to family, using online services and much more.

0800 0487 642

[volunteers@abilitynet.org.uk](mailto:volunteers@abilitynet.org.uk)

[www.abilitynet.org.uk](http://www.abilitynet.org.uk)



### Action for Elders - Digital Support Programme

Offers one-to-one support to help you get online and stay connected. We also offer online guides to help you understand the jargon and stay safe online.

030 330 30132

[info@actionforelders.org.uk](mailto:info@actionforelders.org.uk)

[www.actionforelders.org.uk/digital-and-technology](http://www.actionforelders.org.uk/digital-and-technology)



### Adapt (North East)

Provides a range of services including Transport, Advocacy, Getabout Car Scheme, Healthwatch Northumberland, Café @ Burn Lane, Room Hire, Hexham Enterprise Hub, Wheelchair Loan, Living Well Service Northumberland and a Changing Places accessible toilet.

01434 600 599

Adapt (North East), Burn Lane, Hexham, NE46 3HN

[generaloffice@adapt-tynedale.org.uk](mailto:generaloffice@adapt-tynedale.org.uk)

[www.adapt-ne.org.uk](http://www.adapt-ne.org.uk)



### Age UK

Age UK is a national charity for older people that provides free and independent information, advice, advocacy and support to over 50s, their carers and families.

Support includes advice on money matters, welfare benefits applications and appeals, housing, social care, friendship groups and one to one calls, practical and emotional bereavement support and exercise classes, as well as signposting to other organisations.

Age UK Northumberland, Ashington

01670 784 800

[info@ageuk-northumberland.org.uk](mailto:info@ageuk-northumberland.org.uk)

[www.ageuk.org.uk](http://www.ageuk.org.uk)



### Age UK - Advice Line

Age UK's advice line is a free, confidential national phone service for older people, their families, friends, carers and professionals. Our team will give you information that is reliable and up-to-date and help you to access the advice you need.

0800 678 1602

365 days a year, 8am - 7pm



### Age UK Northumberland Advocacy Support

Our advocacy team can help you to take action, secure your rights and help you to obtain the services that you need.

Monday - Friday, 9am - 5pm.

01670 784 800

[info@ageuk-northumberland.org.uk](mailto:info@ageuk-northumberland.org.uk)

[www.ageuk.org.uk/northumberland](http://www.ageuk.org.uk/northumberland)



## Emotional and practical support

## Further info



### Age UK Northumberland - Scams Awareness Advice

We can all be taken in by scams at some point in our lives but knowing what to look out for and having the right reminders in place can help. Our scams team can provide a range of tools such as door stickers and call blockers to help reduce the risk of scams.

01670 784 800

Monday - Friday, 9am - 5pm

[scams@ageuk-northumberland.org.uk](mailto:scams@ageuk-northumberland.org.uk)

[www.ageuk.org.uk/northumberland](http://www.ageuk.org.uk/northumberland)



British RedCross

### British Red Cross - Support Line

The British Red Cross Support Line provides free and confidential support in more than 200 languages, supporting people who are lonely, worried, and finding it difficult to access food or medication in the UK. We provide emotional support, local services support and wheelchair and other support services.

0808 196 3651

Daily, 10am - 6pm

[contactus@redcross.org.uk](mailto:contactus@redcross.org.uk)

[www.redcross.org.uk/support-line](http://www.redcross.org.uk/support-line)



### British Heart Foundation

We fund vital research into heart and circulatory diseases, and the things that cause them.

We provide information and support online and via our heart helpline. Our experienced cardiac nurses are here to help answer your questions or concerns about heart and circulatory diseases.

Heart Helpline

0300 330 3311

Monday - Friday, 9am - 5pm

[hearthehelpline@bhf.org.uk](mailto:hearthehelpline@bhf.org.uk)

[www.bhf.org.uk](http://www.bhf.org.uk)



### Cancer Research UK

We are the world's leading independent cancer charity dedicated to saving lives through research, influence and information. If you or someone close to you have been affected by cancer and you've got questions, you can call our nurses on our helpline.

Free leaflets and information on prevention, diagnosis and understanding cancer are available on our website.

Nurse Helpline

0808 800 4040

Monday - Friday, 9am - 5pm

Email via form on website below:

[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

To get support online from others affected by cancer, join our online forum [www.CancerChat.org.uk](http://www.CancerChat.org.uk)



### Carer's Northumberland

Support, inform and advise carers, with groups in various locations.

01670 320 025

[info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk)

[www.carersnorthumberland.org.uk](http://www.carersnorthumberland.org.uk)



### Citizens Advice Northumberland

Provides free, confidential and impartial information and advice, on a range of issues.

0808 278 7944 (General Enquiries)

0800 144 8444 (Help to Claim - Universal Credit)

01670 339 960 (Debt/Money Advice)

01670 339 749 (Energy Advice)

[www.citizensadvice.northumberland.org.uk](http://www.citizensadvice.northumberland.org.uk)





## Emotional and practical support

## Further info

### Counselling Directory

Counselling Directory

When you're going through a difficult time, we've learnt how important it is to have relevant, accessible information, and how the right support can help transform lives. We know how important it is to find the right counsellor for you. We provide a directory of over 16,000 qualified counsellors, as well as other directories which cover nutrition, complementary therapies, hypnotherapy, and coaching.

0333 325 2500

[info@counselling-directory.org.uk](mailto:info@counselling-directory.org.uk)

[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

### Cruse Bereavement Support - Helpline



Cruse Bereavement Support is the leading national charity for bereaved people. Our Helpline is run by trained bereavement volunteers, who offer emotional support to anyone affected by grief.

Our volunteers are completely non-judgemental and won't share what you've told them with anyone else, unless you are in danger.

0808 808 1677

Monday and Friday, 9.30am - 5pm

Tuesday - Thursday, 9.30am - 8pm

Saturday and Sunday, 10am - 2pm

[helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

[www.cruse.org.uk/get-support/helpline](http://www.cruse.org.uk/get-support/helpline)

### Cruse Bereavement Support - Local Support Services



Cruse offers a range of local bereavement support services including face-to-face group information sessions and peer to peer support groups including walking groups. We also offer one-to-one sessions.

[www.cruse.org.uk/get-support/local-services](http://www.cruse.org.uk/get-support/local-services)

### Diabetes UK



At Diabetes UK, our vision is a world where diabetes can do no harm. We're here to campaign for and support everyone affected by diabetes. We have a range of support available across the North East and Yorkshire, including our local support groups, our 'Friends in the North' community on Facebook and our Diabetes UK Helpline. For more information, visit our website or contact our Helpline.

Helpline

0345 123 2399

Monday - Friday, 9am - 6pm

[helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)

[www.diabetes.org.uk](http://www.diabetes.org.uk)

### Elderly Accommodation Council (EAC)



Elderly Accommodation Council is a national charity that aims to help older people make informed choices about meeting their housing and care needs.

[www.housingcare.org](http://www.housingcare.org)



## Emotional and practical support

## Further info

### Fairnington Centre



#### West Northumberland Older Adult Team

This NHS Team provides specialist assessment, treatment and care for older people in our area with mental health problems. Referral is through your GP.

01434 612 800

Fairnington Centre, Corbridge Road, Hexham, NE46 1QJ  
[www.cntw.nhs.uk](http://www.cntw.nhs.uk)



### Haydon Bridge Pharmacy

Provides a free Prescription Delivery Service covering Corbridge, Haltwhistle, Hexham, Newburn, Prudhoe, Stocksfield, Throckley and surrounding areas.

01434 684 354

[info@hbpharmacy.co.uk](mailto:info@hbpharmacy.co.uk)  
[www.haydonbridgepharmacy.co.uk](http://www.haydonbridgepharmacy.co.uk)



### Healthwatch Northumberland

Your local health and social care champion. Listens to your experiences and works with those providing care to make improvements for everyone. Also runs an Information and Signposting Service to help you find services and support.

03332 408 468

[info@healthwatchnorthumberland.co.uk](mailto:info@healthwatchnorthumberland.co.uk)  
[www.healthwatchnorthumberland.co.uk](http://www.healthwatchnorthumberland.co.uk)



### Help for Heroes

We help the Armed Forces community live well after service. There are many ways we help veterans, their relatives, serving personnel, and people who worked alongside the UK military, with their physical and mental health needs, and a range of welfare issues.

0300 303 9888

Monday - Friday, 9am - 5pm  
[www.helpforheroes.org.uk/get-help](http://www.helpforheroes.org.uk/get-help)



### Hexham Community Partnership - No. 28 Community House

We offer a programme of activities including gardening, crafts, digital skills and a community lunch every Thursday. We can also point you in the right direction for support around housing, debt and benefits.

Tuesday - Thursday, 10am - 4pm.

Grace Dunne

07772 451 639

[number28@hexhamcommunity.net](mailto:number28@hexhamcommunity.net)  
[www.facebook.com/number28hexham](https://www.facebook.com/number28hexham)



### Independent Age Helpline

Independent Age offers information, advice and support for older age. Call us for information, to arrange free, impartial advice from an adviser, or to order one of our free guides.

Our key areas of knowledge include care and support, money and benefits, and health and mobility.

0800 319 6789

Monday - Friday, 8.30am - 6.30pm  
[advice@independentage.org](mailto:advice@independentage.org)  
[www.independentage.org/get-support/call-helpline](http://www.independentage.org/get-support/call-helpline)



## Emotional and practical support

## Further info



### Limbless Association

Offers information, advice and support pre- and post-amputation for amputees, family, friends, and professionals. Support includes our helpdesk, 1:1 peer support, as well as group peer support and opportunities to network with other amputees.

0800 644 0185  
[support@limbless-association.org](mailto:support@limbless-association.org)  
[www.limbless-association.org](http://www.limbless-association.org)



### Macmillan Cancer Support

Macmillan is here to do whatever it takes to help everyone with cancer live life as fully as they can.

If you have a question about cancer, or you just need someone to listen, you can chat to our cancer experts. From cancer treatment, to money worries, to feeling down, there is no problem too big or small and we will do whatever it takes to support you.

Macmillan Support Line  
0808 808 00 00  
7 days a week, 8am - 8pm  
[www.macmillan.org.uk](http://www.macmillan.org.uk)



### Macular Society

The Macular Society is the national charity for anyone affected by central vision loss. We provide free advice and information via our helpline.

We also have over 300 Macular Society support groups around the UK. Visit our website to find your local support group.

Helpline  
0300 3030 111  
[help@macularsociety.org](mailto:help@macularsociety.org)  
[www.macularsociety.org](http://www.macularsociety.org)



### Marie Curie

If you're living with a terminal illness or caring for someone, we're here with practical and clinical information, and emotional support.

We're here for family and friends too - no one is turned away, so please don't hesitate to call if you need us.

Helpline  
0800 090 2309  
Monday - Friday, 8am - 6pm  
Saturday, 11am - 5pm  
[www.mariecurie.org.uk/support](http://www.mariecurie.org.uk/support)



### Mind

We're Mind. We're here to fight for mental health.

We make sure that information and support is available for anyone who needs it.

Our Infoline can give you information and support on mental health. And our Legal line can help you with general advice on mental health law.

Infoline  
0300 123 3393  
Legal line  
0300 466 6463  
Monday - Friday, 9am - 6pm  
(except Bank Holidays)  
[info@mind.org.uk](mailto:info@mind.org.uk)  
[www.mind.org.uk](http://www.mind.org.uk)



## Emotional and practical support

## Further info



### MS Society

Our MS Helpline gives emotional support and information to everyone living with MS. Give us a ring to chat about everything MS, or get help with benefits, legal advice and getting active.

Monday - Friday, 9am - 7pm (ex Bank Holidays)

Helpline

0808 800 8000

[helpline@mssociety.org.uk](mailto:helpline@mssociety.org.uk)

[www.mssociety.org.uk](http://www.mssociety.org.uk)



### National Health Service - Social Prescribing Link Workers

Work out of GP practices and provide one-to-one support - connecting people with local activities and services that can help improve their health and wellbeing.

Please contact your local GP

[www.england.nhs.uk/personalised-care/social-prescribing](http://www.england.nhs.uk/personalised-care/social-prescribing)



### Northumberland Communities Together

If you or anyone you know needs a bit of extra support, please get in touch:

- Perhaps your financial circumstances have changed with reduced hours, redundancy, or benefit changes.
- Worried about bills or financial pressures.
- Feeling lonely or overwhelmed.
- Worried about someone experiencing domestic abuse or concerned about a neighbour.

01670 620 015

9am - 6pm, 7 days a week

[NCT@northumberland.gov.uk](mailto:NCT@northumberland.gov.uk)

[www.northumberland.gov.uk/communities](http://www.northumberland.gov.uk/communities)

Text relay: If you are deaf or can't speak on the phone, contact us using Relay UK. 18001 01670 620 015

If English is not your preferred language, you can ask the advisor to use a translator while on the call.



### Northumberland Domestic Abuse Service

We support families around Domestic Abuse through a telephone and face to face service to all. Victims can ring in to our Initial Response team who will take initial details and carry out immediate safety planning. Victims will then be offered support from a qualified DA practitioner.

01434 608 030

Monday - Friday, 9am -5pm

[admin@nda.services](mailto:admin@nda.services)

[www.nda.services](http://www.nda.services)



### Northumberland Frontline

A free community website which helps frontline workers and the public find details quickly on local health and wellbeing services. You can also refer directly into services where appropriate.

Call Northumberland Communities Together

01670 620 015

9am - 6pm, 7 days a week

[www.northumberlandfrontline.org.uk](http://www.northumberlandfrontline.org.uk)



### North Northumberland Adult Community Treatment Team

This NHS Team provides specialist assessment, treatment and care for older people in our area with mental health problems. Referral is through your GP.

Alnwick: 01665 608 000

Berwick: 01289 301 301

[northcmht@cntw.nhs.uk](mailto:northcmht@cntw.nhs.uk)

[www.cntw.nhs.uk](http://www.cntw.nhs.uk)



## Emotional and practical support

## Further info



### Onecall

Northumberland County Council provides Adult Social Care. For advice and support, contact Adult Social Care. All adult social care services can be contacted through our single phone number, Onecall.

If you are worried about an adult's welfare who lives in Northumberland, contact Onecall.

Onecall aims to help the most vulnerable people keep safe and well 24/7.

01670 536 400

[onecall@northumberland.gov.uk](mailto:onecall@northumberland.gov.uk)  
[www.northumberland.gov.uk/care/contact-adult-services.aspx](http://www.northumberland.gov.uk/care/contact-adult-services.aspx)



### Parkinson's UK

The Parkinson's UK helpline is a free and confidential service for Parkinson's information and support.

We support anyone affected by Parkinson's and also work locally, linking people into groups, activities and services to promote health and wellbeing.

Helpline

0808 800 0303

[hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)

Text relay: 18001 0808 800 0303

Parkinson's UK  
020 7931 8080

[www.parkinsons.org.uk](http://www.parkinsons.org.uk)



### Patient Advice and Liaison Service (PALS)

Provides confidential information, advice for patients, their families and carers, about NHS services and can provide support if you have any concerns about aspects of NHS care.

0800 032 0202

[northoftynepals@northumbria.nhs.uk](mailto:northoftynepals@northumbria.nhs.uk)

## RNIB

See differently

### Royal National Institute of Blind People (RNIB)

RNIB is the leading sight loss charity in the UK. We offer practical and emotional support to blind and partially sighted people, their families and carers. We raise awareness of the experiences of blind and partially sighted people and campaign for change to make our society more accessible for all.

Helpline

0303 123 9999

Monday - Friday, 8am - 8pm

Saturday, 9am - 1pm

[helpline@rnib.org.uk](mailto:helpline@rnib.org.uk)

[www.rnib.org.uk](http://www.rnib.org.uk)



### Royal National Institute for Deaf People (RNID)

We're here for the 12 million people in the UK who are deaf, have hearing loss or tinnitus.

Our Contact Centre provides information and support for anyone who is deaf, has hearing loss or tinnitus.

Get in touch via email or live chat, call or text, or by using SignLive, our BSL translation service:

[www.rnid.org.uk/contact](http://www.rnid.org.uk/contact)

0808 808 0123

Monday - Friday, 8.30am - 5pm

[contact@rnid.org.uk](mailto:contact@rnid.org.uk)

[www.rnid.org.uk](http://www.rnid.org.uk)



## Emotional and practical support

## Further info



Better bone health for everybody

### Royal Osteoporosis Society - Helpline

The free osteoporosis Helpline service is provided by nurses with specialist knowledge of osteoporosis and bone health. The Helpline is free from UK landlines, mobiles and call boxes.

Monday - Friday, 9am - 12.30pm, 1.30pm - 5pm

0808 800 0035

[nurses@theros.org.uk](mailto:nurses@theros.org.uk)

[www.theros.org.uk/information-and-support/free-osteoporosis-helpline](http://www.theros.org.uk/information-and-support/free-osteoporosis-helpline)



### Samaritans

Provides emotional support for anyone who's struggling to cope, who needs someone to listen without judgment or pressure. They are there 24 hours a day, 365 days a year.

116 123

Free from any phone

[jo@samaritans.org](mailto:jo@samaritans.org)

To find your nearest branch, visit: [www.samaritans.org](http://www.samaritans.org)



### South Central Northumberland Older Adult Team

This NHS Team provides specialist assessment, treatment and care for older people in our area with mental health problems. Referral is through your GP.

01670 844 730

[www.cntw.nhs.uk](http://www.cntw.nhs.uk)



### Specsavers Home Visits

If you, or someone you know, are unable to leave home unaccompanied due to a physical or mental illness or disability, we can come to you. Our team of mobile opticians provide a comprehensive eyecare service to those who cannot get to one of our stores unaccompanied.

0808 239 8718

Monday - Friday, 9am - 5pm

[www.specsavers.co.uk/home-eye-tests](http://www.specsavers.co.uk/home-eye-tests)



### Stroke Association

We're a charity that supports people to rebuild their lives after a stroke. To help the recovery, we provide information, support and advice. From local support services and groups to our dedicated Stroke Helpline, we're here to support you.

Helpline

0303 3033 100

Monday - Friday, 9am - 5pm  
Saturday, 10am - 1pm

[helpline@stroke.org.uk](mailto:helpline@stroke.org.uk)

[www.stroke.org.uk](http://www.stroke.org.uk)



### Sycamore Counselling Service

Provide a general counselling service, available to all adults. No set fees, donations welcome. Appointments available on Mondays, Wednesdays and Thursdays in person between 9am - 6pm. Based in Hexham.

07939 493 030

[sycamorecounselling@gmail.com](mailto:sycamorecounselling@gmail.com)

[www.sycamorecounselling.com](http://www.sycamorecounselling.com)



## Emotional and practical support

## Further info



### The Silver Line Helpline

The Silver Line Helpline is the only free, 24-hour, national telephone service for older people. We offer friendship, support, and a listening ear at any hour of the day or night.

Helpline  
0800 470 8090

[info@thesilverline.org.uk](mailto:info@thesilverline.org.uk)  
[www.thesilverline.org.uk](http://www.thesilverline.org.uk)



### Tynedale Hospice at Home

A registered charity which provides end of life nursing care in the person's own home, a patient transport service, complementary therapies and bereavement and counselling support for children and adults.

01434 600 388  
[admin@tynedalehospice.com](mailto:admin@tynedalehospice.com)  
[www.tynedalehospice.com](http://www.tynedalehospice.com)



### Tyneside and Northumberland Mind

We are an independent, local charity that delivers mental health services across the whole of Tyneside and Northumberland. We exist to promote positive mental health, providing flexible, responsive and sustainable support services to anyone in need.

We offer a range of services, including counselling, a listening service, wellbeing groups, fundraising and training based on the principals of wellbeing, recovery, resilience and prevention. We offer a support line providing easy access to mental health and wellbeing information as well as practical and emotional help for anyone in need aged 16 and over.

Support line  
0191 477 4545  
0330 174 3174  
[admin@tynesidemind.org.uk](mailto:admin@tynesidemind.org.uk)  
[www.tynesidemind.org.uk](http://www.tynesidemind.org.uk)



### Versus Arthritis

Whether you are looking for information about your arthritis, or want to support a relative or friend, we can help.

Helpline  
0800 5200 520  
Monday - Friday, 9am - 6pm  
[enquiries@versusarthritis.org](mailto:enquiries@versusarthritis.org)  
[www.versusarthritis.org](http://www.versusarthritis.org)



### Vision Northumberland

Client-led support service for individuals living with visual impairment. Services include low vision help, technology support, café, sport and leisure, volunteering, outreach and driving.

01670 514 316  
Monday - Friday, 9am - 4.30pm  
[info@visionnorthumberland.org.uk](mailto:info@visionnorthumberland.org.uk)  
[www.vision-northumberland.org](http://www.vision-northumberland.org)



## Publications and resources by people living with dementia

## Further info



### Dementia Alliance International (DAI)

A collaboration of like-minded individuals diagnosed with dementia providing a unified voice of strength, advocacy, and support in the fight for individual autonomy for people with dementia. DAI supports people diagnosed with dementia to live more positively, through role modelling and peer to peer support.

DAI was established in January 2014 to promote education and awareness about dementia - in order to reduce stigma and discrimination - and to improve the quality of the lives of people with dementia. DAI adopts the philosophy of “Nothing about us, without us”.

DAI provides a wide range of resources to support people living with dementia and their care partners and families including blogs, publications, a Brain Health Hub, useful websites, signposting to other organisations, an award winning YouTube channel, as well as peer to peer support groups and events.

[www.dementiaallianceinternational.org](http://www.dementiaallianceinternational.org)

### Kate Swaffer



Kate Swaffer, MSc (Dementia Care), Bachelor of Psychology, Bachelor of Arts, GradDip Grief Counseling and Retired Nurse.

Kate was 49 years old when she was diagnosed with younger onset dementia. She is an author, researcher and international speaker, based in Australia, and a global Campaigner for dementia to be managed as a disability, and for human rights for older persons including those with dementia. Kate focuses on the critical issues impacting a person living with a diagnosis of dementia and their families, care partners and close friends, as well as academics, health care professionals, and civil society.

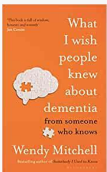
Kate’s books include:

- What the hell happened to my Brain? Living beyond dementia
- Diagnosed with Alzheimer’s or another dementia

To access Kate’s blog, books and for more information about her, visit her website below:

[www.kateswaffer.com](http://www.kateswaffer.com)

### Wendy Mitchell



Wendy spent twenty years as a non-clinical team leader in the NHS before being diagnosed with young-onset dementia in July 2014. Shocked by the lack of awareness about the disease, both in the community and amongst healthcare professionals, she vowed to spend her time raising awareness about dementia and encouraging others to see that there is life after a diagnosis.

Wendy has a blog and has released two books which have become Sunday Times Bestsellers - who would have thought that possible after a diagnosis of dementia?

Now proud and humbled to be DrDr from Hull and Bradford Universities.

Wendy’s books include:

- What I wish people knew about dementia
- Somebody I used to know

Please feel free to read my blog on living with dementia: [www.whichmeamitoday.wordpress.com](http://www.whichmeamitoday.wordpress.com)

or follow me on Twitter: @WendyPMitchell





## Support for carers, family and friends

## Further info



### Carer's Northumberland

Support, inform and advise carers, with groups in various locations.

01670 320 025

[info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk)

[www.carersnorthumberland.org.uk](http://www.carersnorthumberland.org.uk)



### Carers Trust

Carers Trust work to transform the lives of unpaid carers through collaboration, influence, evidence and innovation. We provide help, information and sources of local support for carers on our website.

0300 772 9600

Monday - Friday, 9am - 5pm

[info@carers.org](mailto:info@carers.org)

[www.carers.org](http://www.carers.org)



### Carers UK

Carers UK is the leading national charity for unpaid carers. We're here to listen, to give you expert information and guidance, to champion your rights and support you in finding new ways to manage at home, at work, or wherever you are.

0808 808 7777

[info@carersuk.org](mailto:info@carersuk.org)

[www.carersuk.org](http://www.carersuk.org)



### Dementia Carers Count

Offers practical advice on the everyday reality and challenges of being a carer; including the importance of looking after yourself, how to manage your financial situation - and where you can go for help. You and your personal experience of dementia will be different from anyone else's, but sometimes it can help to share what you're going through.

Dementia Carers Count also provides a safe space to connect with other people in a similar situation.

Call our free support line for support and advice from our friendly team

0800 652 1102

Monday - Friday, 9am - 5pm

[support@dementiacarers.org.uk](mailto:support@dementiacarers.org.uk)

[www.dementiacarers.org.uk](http://www.dementiacarers.org.uk)



### ESCAPE Family Support

ESCAPE works across Northumberland with those affected by a loved ones addiction, offering a range of services. We recognise carers require services in their own right and know they can often be instrumental in encouraging substance users to access treatment. Monday - Friday, 9am - 5pm.

Helpline

07702 833 944

Head office

01670 544055

[admin@escapefamilysupport.org.uk](mailto:admin@escapefamilysupport.org.uk)

[www.escapefamilysupport.org.uk](http://www.escapefamilysupport.org.uk)

Susan Kennedy Centre, 63 South View, Ashington, NE63 0SF



### The Care Workers' Charity (CWC)

The Care Workers' Charity's mission is to advance the financial, professional, and mental well-being of current and former care workers by signposting to resources and providing access to mental health support, as well as one-off crisis grants.

[info@thecwc.org.uk](mailto:info@thecwc.org.uk)

[www.thecareworkerscharity.org.uk](http://www.thecareworkerscharity.org.uk)

# Activities

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## Art, dance and music

## Time & venue

## Further info

### Bell View Arts Group



We have a regular art group, card & craft and rag rug group. We also have an active singing and book group. We are also open to suggestions for new groups! Donations welcome!

**Who for: All welcome.**

#### Times vary

Bell View  
Resource Centre,  
33 West Street,  
Belford,  
NE70 7QB

01668 219 220

[bellviewreception@hotmail.co.uk](mailto:bellviewreception@hotmail.co.uk)  
[www.bellviewbelford.co.uk](http://www.bellviewbelford.co.uk)

### Briardale House - Art Class



Join our friendly weekly art class and meet new people whilst learning new or developing existing art skills. Open to all abilities from complete beginners to experienced painters. £4 per session.

**Who for: All welcome.**

#### Weekly

Tuesday  
2pm - 4pm

Briardale House,  
Briardale Road,  
Blyth, NE24 5AN

Lynne Cheeseborough  
01670 359 135

[lynne@briardalehouse.co.uk](mailto:lynne@briardalehouse.co.uk)  
[www.briardalehouse.co.uk](http://www.briardalehouse.co.uk)

### Briardale House - Craft & Chatter



Come and join the weekly Craft & Chatter group to meet new people, chat and enjoy a cuppa too! Bring along your own craft project to work on and join in the chatter whilst keeping those fingers busy!

**Who for: All welcome.**

#### Weekly

Thursday  
10am - 12pm

Briardale House,  
Briardale Road,  
Blyth, NE24 5AN

Lynne Cheeseborough  
01670 359 135

[lynne@briardalehouse.co.uk](mailto:lynne@briardalehouse.co.uk)  
[www.briardalehouse.co.uk](http://www.briardalehouse.co.uk)

### Briardale House - Knit & Natter



We're keen to start a little Knit & Natter group where people can come along on their own or with a friend to knit, sew or crochet whilst enjoying a cuppa and a piece of cake, and meet new people in a friendly, warm space.

**Who for: All welcome.**

#### Weekly

Friday  
1pm - 2pm

Briardale House,  
Briardale Road,  
Blyth, NE24 5AN

Lynne Cheeseborough  
01670 359 135

[lynne@briardalehouse.co.uk](mailto:lynne@briardalehouse.co.uk)  
[www.briardalehouse.co.uk](http://www.briardalehouse.co.uk)



## Art, dance and music

## Time & venue

## Further info

### Forum Cinema Dementia Friendly Screenings



Film screenings at which the sound is turned down a notch, the lighting is kept on low, and seating is unallocated to encourage people to come and go as they want.

**Who for:** *People with dementia and their carers but all are welcome.*

#### Dates and times vary

Forum Cinema,  
Market Place,  
Hexham,  
NE46 1XF

01434 601 144

[www.forumhexham.com](http://www.forumhexham.com)

### Hexham Abbey Silver Screen



Classic films with refreshments.

**Who for:** *All welcome.*

#### Monthly

Last Thursday  
Meet 1.30pm,  
start 2pm

North Transept,  
Hexham Abbey,  
Hexham, NE46 3NB

Hexham Abbey Office

01434 602 031

[admin@hexhamabbey.org.uk](mailto:admin@hexhamabbey.org.uk)

### Hexham Art 4 You



A weekly art class for people affected by cancer to get together and to chat and do something arty, in a safe and confidential space. Led by a trained volunteer. No experience needed in art.

**Who for:** *Anybody affected by cancer.*

#### Weekly (term time)

Monday  
9.30am - 12pm

Hexham Abbey,  
Beaumont Street,  
Hexham,  
NE46 3NB

07802 935 143

[art4youhexham@outlook.com](mailto:art4youhexham@outlook.com)

### Inspired Pots



A contemporary paint-your-own ceramic studio, providing a friendly relaxed environment. Ceramic items from £4 + studio fee.

£3.75 per artist - covers materials, glazing and firing, and assistance.

**Who for:** *Open to anyone, including those with dementia, brain illness or injury (accompanied), and their family and friends. All welcome!*

#### Daily

Thursday - Saturday  
10am - 5pm

Open by  
appointment only at  
other times for  
groups of 10 or more

Inspired Pots,  
6 Eastgate,  
Hexham,  
NE46 1BH

Niky

01434 605 649

[enquiries@inspiredpots.co.uk](mailto:enquiries@inspiredpots.co.uk)

[www.inspiredpots.co.uk](http://www.inspiredpots.co.uk)



## Art, dance and music

## Time & venue

## Further info

### Let's Sing



Come and have fun singing favourites from the 1930-1980s. Learn some new songs, sing local choruses & material from the musicals. £3.50 per person. Hot drinks: 50p

**Who for: All welcome.**

#### Weekly

Tuesday  
10.15am - 11.45am

New venue to be confirmed (in or near Hexham)

01434 607 490

[musicalmemories17@gmail.com](mailto:musicalmemories17@gmail.com)

Anyone coming for the first time, please ring or email beforehand to check it's on that morning.

### Memory Laner's - Music for Dementia Group



We meet to talk, to laugh and to sing, to remember old songs and learn new ones. Led by a musician who brings a sense of fun.

**Who for: People living with dementia and their carers.**

#### Fortnightly

Wednesday  
10.30am - 12.30pm

Maltings Theatre and Arts Centre, Eastern Lane, Berwick, TD15 1AJ

Jan Casson (Social Prescribing Link Worker - Dementia)

0748 531 4252

[janette.casson@nhs.net](mailto:janette.casson@nhs.net)

[www.nnvforum.org.uk/memory-laners-music-group](http://www.nnvforum.org.uk/memory-laners-music-group)

### Queen's Hall Arts Centre - Relaxed and Dementia Friendly Theatre Performances, Workshops and Exhibitions



A regular programme of relaxed performances, workshops and exhibitions for anyone who feels that they would benefit from them. For performances, auditorium lights will be raised slightly, volume of performance and foyer music will also be lowered. Breakout spaces are available should you need a break during your visit. Costs vary. Usually £10 - 20. Free for carers.

**Who for: All welcome.**

Please check the Queen's Hall website, or speak with a member of the Box Office team for more information

Queen's Hall, Beaumont Street, Hexham, NE46 3LS

01434 652 477

[boxoffice@queenshall.co.uk](mailto:boxoffice@queenshall.co.uk)

[www.queenshall.co.uk](http://www.queenshall.co.uk)

If you prefer not to queue or would like additional seats reserving for extra space, please let Box Office know when booking.

### The Alnwick Garden Elderberries Programme



The Elderberries Programme is co-ordinated by The Alnwick Garden Trust with the aim of making Northumberland a great place to grow old, be active, take positive steps to mental wellness, keep learning, and stay connected.

**Who for: Anyone over 55.**

#### Day and time depends on session

The Alnwick Garden, The Gardeners Cottage, Greenwell Road, Alnwick, NE66 1HB

01665 511 356

[elderberries@alnwickgarden.com](mailto:elderberries@alnwickgarden.com)

[www.alnwickgarden.com/the-charity/community-programmes/elderberries](http://www.alnwickgarden.com/the-charity/community-programmes/elderberries)

This Programme aims to combat the impact of loneliness and isolation for people over 55 living in Northumberland.



## Art, dance and music

## Time & venue

## Further info



### The Elderberries Blooming Well

The aim is to improve the quality of life for people with early stage dementia, as well as provide support for their carers. A mixture of craft sessions, informative talks, hand-eye co-ordination games, and music are delivered with the aim of reducing isolation, improving wellbeing and promoting positive mental health. Outdoor sessions take place wherever possible during spring and summer. Donations for refreshments welcome.

**Who for: People living with dementia and their carers.**

**Weekly**  
Monday and Wednesday  
1.30pm - 3.30pm  
The Elderberries Room at The Alnwick Garden

01665 511 356  
[elderberries@alnwickgarden.com](mailto:elderberries@alnwickgarden.com)  
[www.alnwickgarden.com/the-charity/community-programmes/elderberries](http://www.alnwickgarden.com/the-charity/community-programmes/elderberries)  
Please contact Elderberries before attending these sessions.



### The Elderberries Ukulele for Fun

This is a volunteer led session which is for keen beginners to give it a try over a 12 week period and have some fun. The Elderberries Program has a limited number of ukuleles to loan out. Donations for refreshments welcome.

Limited spaces so please book your place in advance.

**Who for: Over 55's.**

**Weekly**  
Tuesday  
10am - 11.30am  
The Elderberries Room at The Alnwick Garden

01665 511 356  
[elderberries@alnwickgarden.com](mailto:elderberries@alnwickgarden.com)  
[www.alnwickgarden.com/the-charity/community-programmes/elderberries](http://www.alnwickgarden.com/the-charity/community-programmes/elderberries)  
Please contact us to find out when the next group starts.



### The Elderberries Tunes on Tuesday

You don't need to be Pavarotti or Celine Dion to attend. These sessions are more about getting together in a group to sing and feel happier, leave all other stresses and anxieties behind and promote positive energy. Be in the moment, have some fun, and meet new friends. No need to book in advance, just turn up. Donations for refreshments welcome.

**Who for: Over 55's.**

**Monthly**  
First Tuesday  
1.30pm - 2.30pm  
The Elderberries Room at The Alnwick Garden

01665 511 356  
[elderberries@alnwickgarden.com](mailto:elderberries@alnwickgarden.com)  
[www.alnwickgarden.com/the-charity/community-programmes/elderberries](http://www.alnwickgarden.com/the-charity/community-programmes/elderberries)



## Day centres and group outings

## Time & venue

## Further info

### Bell View Day Care



We provide a high quality Day Care service in Belford, North Northumberland on weekdays, providing meaningful and fun activities within a caring, supportive environment. Transport is available for participants.

**Who for: All welcome.**

#### Daily

Monday - Friday  
10am - 3pm

Bell View Day Care,  
33 West Street,  
Belford, NE70 7QB

01668 219 221

[daycare@bellviewbelford.co.uk](mailto:daycare@bellviewbelford.co.uk)

### Community Buddies Day Centre



Offers a sociable and relaxing environment, and a full range of activities. Hot meal, snacks and refreshments provided. Please book in advance.

**Who for: Vulnerable adults and people with dementia**

#### Daily

Monday - Friday  
10am - 3.30pm  
Mickley

01661 844 456

[info.communitybuddies@gmail.com](mailto:info.communitybuddies@gmail.com)

[www.communitybuddies.com](http://www.communitybuddies.com)

### Deneholme Care Centre



We provide person centred day care for anyone seeking company or struggling with Dementia. We provide showering facilities. Hot meal and good company

**Who for: All welcome.**

#### Daily

Tuesday - Friday  
10am - 3pm

Deneholme Care  
Centre, The Dene,  
Allendale,  
Hexham, NE47 9PX

Kathryn Moralee  
07885 271 735

[info@thornleyleazes.com](mailto:info@thornleyleazes.com)



## Exercise, health and sport

## Time & venue

## Further info



### Active Northumberland

Age Well gentle and sociable exercise including Age Well Aquafit, Exercise on referral Scheme: a 24-week group exercise support scheme, Momenta Weight Management Programme, Walking Football, and Wellbeing Walks

**Who for: All welcome.**

**Availability, dates and times vary according to location**

Locations include: Alnwick, Ashington, Berwick, Blyth, Cramlington, Hexham, Morpeth, Prudhoe, Ponteland

01670 620 200  
[enquiries@active.northumberland.org.uk](mailto:enquiries@active.northumberland.org.uk)

[www.active.northumberland.org.uk](http://www.active.northumberland.org.uk)



### Age UK Northumberland Exercise Classes

We have classes for all abilities running across Northumberland.

**Who for: Anyone over 50.**

**Days vary according to location**

01670 784 800

[info@ageuk-northumberland.org.uk](mailto:info@ageuk-northumberland.org.uk)

[www.ageuk.org.uk/northumberland/activities-and-events/](http://www.ageuk.org.uk/northumberland/activities-and-events/)



### Bell View Exercise & Gym Clubs

We have a number of classes running in North Northumberland, for all abilities from line dancing to mini gym inductions; from 'sit-fit' to 'get fit'; from walking groups to yoga.

**Who for: All welcome.**

**Days vary according to location**

01668 219 220

[bellviewreception@hotmail.co.uk](mailto:bellviewreception@hotmail.co.uk)

[www.bellviewbelford.co.uk](http://www.bellviewbelford.co.uk)



### Broomley Grange Outdoor Centre

Residential Activity Centre - opening soon.

**Who for: Carers.**

Get in touch for more information

07928 827 397

[maggie.martin@broomleygrange.co.uk](mailto:maggie.martin@broomleygrange.co.uk)

[www.broomleygrange.co.uk](http://www.broomleygrange.co.uk)



### Golf in Society

Helps people living with chronic health issues enjoy the health and wellbeing benefits of playing golf. They run weekly golf sessions where carers can be confident to leave their loved ones to play golf with others in similar circumstances. No previous experience of playing golf is required and the first taster session is free.

**Who for: People living with a chronic illness such as dementia and Parkinson's, or following a stroke.**

**Daily**

Monday - Friday  
10am - 12pm,  
1pm - 3pm

Matfen Hall Golf Course, Matfen Hall, Matfen, NE20 0RH

Morpeth Family Golf Centre, Ponteland Road, Morpeth, NE61 3FR

Anthony Etchells  
07984 374 441

[anthonye.golfsociety@gmail.com](mailto:anthonye.golfsociety@gmail.com)

[www.golfsociety.com](http://www.golfsociety.com)





## Exercise, health and sport

## Time & venue

## Further info



### GP Referral Scheme

Offers group supervised exercise classes: water and studio-based, and gym workouts. Also a weight management programme. Support and encouragement over 24 weeks. To be referred, you must first make an appointment with your GP.

**Who for: Those with a medical condition, physical or mental, who want to become more active and enhance their health and wellbeing.**

**Exercise programme varies according to location**

See full details below:  
[www.active-northumberland.org.uk/centres.aspx](http://www.active-northumberland.org.uk/centres.aspx)

01670 620 200  
[enquiries@active-northumberland.org.uk](mailto:enquiries@active-northumberland.org.uk)  
[www.active-northumberland.org.uk](http://www.active-northumberland.org.uk)



### Health And Wellbeing Classes

Offer a combination of sitting and standing exercises, and a friendly and supportive place to get fit whatever your ability or age.

**Who for: Anyone over 50. Those with memory problems or dementia accompanied.**

**For dates, times and venues, contact Anne Robinson**

Anne Robinson  
01670 784 800  
[anne.robinson@ageuk-northumberland.org.uk](mailto:anne.robinson@ageuk-northumberland.org.uk)



### HospiceCare North Northumberland - Dementia Walking Football

A fun session taken by a coach from the Newcastle United Foundation. The players can have a game of football and the carers can chat to other carers. They can have a chat afterwards with tea and biscuits.

**Who for: People living with dementia and their carers.**

#### Alnwick

Every Wednesday  
11am - 12pm

Willowburn Leisure Centre, NE66 2JH

#### Berwick

Every Monday  
10.30am - 11.30am

Swan Centre,  
Berwick, TD15 2AS

Doreen Scantlebury  
01665 606 515  
[dscantlebury@hospicecare-nn.org.uk](mailto:dscantlebury@hospicecare-nn.org.uk)



### Mind and Sole - Health and Wellbeing Hub

Mind and Sole is a Health and Wellbeing Community Hub based in Alnwick. We offer various sessions including Health and Wellbeing Classes in The Hub.

**Who for: All welcome.**

**Contact The Hub for details of what is on and when**

454 Wagonway Road, Alnwick, NE66 1QQ

Christine Smith  
01665 603 040  
[mindandsole1@gmail.com](mailto:mindandsole1@gmail.com)  
[lynn.mindandsole@gmail.com](mailto:lynn.mindandsole@gmail.com)  
[www.mindandsolealnwick.com](http://www.mindandsolealnwick.com)



### Mind and Sole - Walking and Talking Session

We deliver Walking and Talking sessions in various places.

**Who for: All welcome.**

**Days and times vary according to location**

10.30am or 1.30pm

Christine Smith  
01665 603 040  
[mindandsole1@gmail.com](mailto:mindandsole1@gmail.com)  
[www.mindandsolealnwick.com](http://www.mindandsolealnwick.com)



## Exercise, health and sport

## Time & venue

## Further info

### The Elderberries Foot Care



Toenail clipping, rough skin removal and hot foot massage. Booking is essential. £12 for half an hour session.

**Who for: Anyone over 55.**

**Weekly**  
Monday  
10am - 12.30pm  
The Elderberries Room at  
The Alnwick Garden

01665 511 356  
[elderberries@alnwickgarden.com](mailto:elderberries@alnwickgarden.com)

### The Elderberries Pilates and Yoga



These sessions are suitable for all abilities, please bring your own mat, drink and wear comfortable clothing. £4 per session.

**Who for: Anyone over 55.**

Pilates with Samantha Kelly  
**Monday**  
9.15am - 10.15am  
**Monday**  
10.30am - 11.30am  
Pilates with Sophie Hastings  
**Wednesday**  
9.15am - 10.15am  
Yoga with Sally Brown  
**Wednesday**  
10.30am - 11.30am

01665 511 356  
[elderberries@alnwickgarden.com](mailto:elderberries@alnwickgarden.com)  
The Pavilion Room at  
The Alnwick Garden  
[www.alnwickgarden.com/the-charity/community-programmes/elderberries](http://www.alnwickgarden.com/the-charity/community-programmes/elderberries)

### The Elderberries Walking Group



This is a walking session and suitable for mixed walking abilities. It runs regardless of the weather, so please dress appropriately. Donations for refreshments welcome.

**Who for: Anyone over 55.**

**Weekly**  
Friday  
10am - 12pm  
Meet outside  
The Elderberries Room

01665 511 356  
[elderberries@alnwickgarden.com](mailto:elderberries@alnwickgarden.com)  
The Elderberries Room at  
The Alnwick Garden  
[www.alnwickgarden.com/the-charity/community-programmes/elderberries](http://www.alnwickgarden.com/the-charity/community-programmes/elderberries)

### The Elderberries Wellbeing Talks



Contact Elderberries to find out which talks are coming up and when these will be (not every week). Booking is essential.

**Who for: Anyone over 55.**

**Days and times vary**

01665 511 356  
[elderberries@alnwickgarden.com](mailto:elderberries@alnwickgarden.com)  
[www.alnwickgarden.com/the-charity/community-programmes/elderberries](http://www.alnwickgarden.com/the-charity/community-programmes/elderberries)

### Wellbeing Walks in Northumberland



A great way to exercise and meet others. Walks are graded.

**Who for: All welcome. Those with memory problems or dementia accompanied.**

**Days vary according to location**

Walks from: Allendale, Alnwick, Ashington, Bellingham, Berwick, Blyth, Corbridge, Cramlington, Hexham, Morpeth, Newbiggin, Pegswood, Ponteland, Prudhoe, Rothbury, Stocksfield, Wark and Wooler

Loraine Oliver  
07599 656 996  
[www.active.northumberland.org.uk](http://www.active.northumberland.org.uk)



## Garden and outdoor activities

## Time & venue

## Further info



### Alpaca Encounters

Come and experience being around or walking with Alpacas. They will steal your heart!

**Who for:** *Anyone welcome.*

### Days and times vary

Hillfield, Allendale Road, Hexham, NE46 2NJ

Also home visits

Call Paul to find out more and to book 07984 458 869

[info@alpacaencounters.co.uk](mailto:info@alpacaencounters.co.uk)

[www.alpacaencounters.co.uk](http://www.alpacaencounters.co.uk)



### Grow Hexham

Matching idle gardens with gardeners wishing to grow fruit and veg. The aim is to grow food locally and share resources. DBS checks will be in place.

**Who for:** *All welcome.*

### Times vary

Hexham

Project Officer Amy Hemmings  
01434 609 575

[growhexham@hexhamtowncouncil.gov.uk](mailto:growhexham@hexhamtowncouncil.gov.uk)

[www.facebook.com/growhexham](http://www.facebook.com/growhexham)



### Hexham Space for Nature

Volunteer-led community projects improving biodiversity in Hexham including wildflower gardening on the Sele, guided nature walks, Hexham Town of Trees etc. Subscribe to the newsletter and get regular updates.

**Who for:** *All welcome.*

### Times vary

Hexham

[hexhamnature@gmail.com](mailto:hexhamnature@gmail.com)

<https://blog.transitiontynedale.org/hexham-space-for-nature/>



### Hexham Community Garden

Hexham Community Garden, a free Transition Tynedale initiative. Gardening sessions open to everyone at Hexham Community Garden, on the old middle school site. A range of activities available to suit all abilities.

**Who for:** *All welcome.*

### Weekly

Tuesday  
10am - 12pm

### Monthly

Saturday  
Open daily to the public

Hexham Community Garden, Broadgates, Hexham, NE46 1BZ

[growhexham@hexhamtowncouncil.org.uk](mailto:growhexham@hexhamtowncouncil.org.uk)

[www.facebook.com/hexhamcommunitygarden](http://www.facebook.com/hexhamcommunitygarden)

### Hexham Community Partnership - No. 28 Gardening Group

Our community garden is a place where people of all ages and abilities come together to grow vegetables, fruit, flowers and herbs. We host an informal Gardening Group where we can learn from each other and enjoy being outside. Whether you're green-fingered or all fingers and thumbs, everyone is welcome!

**Who for:** *All welcome.*

### Weekly

Tuesday  
2pm - 4pm during gardening season!  
28 Derwent Road, Hexham, NE46 1DJ

Grace Dunne  
07772 451 639  
01434 605 553

[number28@hexhamcommunity.net](mailto:number28@hexhamcommunity.net)

[www.hexhamcommunity.net](http://www.hexhamcommunity.net)  
[www.facebook.com/number28hexham](http://www.facebook.com/number28hexham)





## Garden and outdoor activities

## Time & venue

## Further info

### Let's Get Growing



Fresh air, friendship and fun; gentle walks and gardening; nature-based arts and crafts; and cooking and preserving produce.

Minibus provision from Hexham, Corbridge, Riding Mill and Stocksfield.

**Who for: A mixed-age, mixed-needs group who enjoy the outdoors.**

#### Weekly

Tuesday and Thursday  
10.30am - 4.30pm  
The Peace Garden, Minsteracres Retreat Centre, Consett, DH8 9RT

Ross Menzies  
07762 244 381  
Katrina Padmore  
07748 600 498  
[www.letsgetgrowing.co.uk](http://www.letsgetgrowing.co.uk)

### The Alnwick Garden Club



Friendly club of amateur gardening enthusiasts who meet once a month to share ideas, listen to talks and socialise with like minded people. £15 per year membership or £3 per event

**Who for: All welcome.**

#### Monthly (Sept - May ex Dec)

Last Tuesday  
7.30pm  
The Pavilion Room. The Alnwick Garden, Greenwell Road, Alnwick, NE66 1HB

Jaci Beaven  
01665 510 713  
[jacquelinebeaven@btinternet.com](mailto:jacquelinebeaven@btinternet.com)

### The Elderberries Gentlemen's Garden



This session encourages gentlemen to socialise, share traditional skills, and learn new ones, while working on their own allotment plots under the guidance of a senior gardener. During the winter months the Gents come indoors to participate in woodcrafts, quizzes, and winter projects. Assessment needed before attending. £3 per session.

**Who for: Over 55's.**

#### Weekly

Thursday  
10am - 12pm  
Roots and Shoots or Community Room at The Alnwick Garden

01665 511 356  
[elderberries@alnwickgarden.com](mailto:elderberries@alnwickgarden.com)  
[www.alnwickgarden.com/the-charity/community-programmes/elderberries](http://www.alnwickgarden.com/the-charity/community-programmes/elderberries)

### The Morpeth Group Riding For The Disabled - Tea with a Pony



Come along and enjoy a cup of tea or coffee with a slice of cake. You'll then be able to meet the ponies up close, stroking and grooming them if you'd like to. The session will finish off by walking through the stables and tack room, taking in the sights and smells of the stable yard.

**Who for: Anyone including people living with any disability accompanied by their carers or family members.**

#### Days and times vary

For further details or to book a place, please get in touch

Kirkley Equine Coordinator  
03007706000 Ext 08660  
[morpethrdavolunteers@gmail.com](mailto:morpethrdavolunteers@gmail.com)  
[www.morpethrda.com](http://www.morpethrda.com)  
Morpeth Group RDA,  
Kirkley Hall Equine Centre,  
Ponteland, NE20 0AQ



## Social and support groups

## Time & venue

## Further info

### Age UK Northumberland - Live Well with Dementia Groups



A friendly weekly social group, which incorporates friendship, peer support, laughter and fun activities that follow cognitive stimulation therapy guidelines, to help improve memory, cognition and mood.

**Who for: People living with dementia, family and carers.**

#### Alnwick

**Weekly:** Wednesday  
10am - 2pm  
St James' Church

01670 784 800

[info@ageuk-northumberland.org.uk](mailto:info@ageuk-northumberland.org.uk)  
[www.ageuk.org.uk/northumberland/activities-and-events/live-well-social-groups/](http://www.ageuk.org.uk/northumberland/activities-and-events/live-well-social-groups/)

#### Ashington

**Weekly:** Tuesday  
10am - 12pm  
Age UK Northumberland, Ashington

#### Hexham

**Weekly:** Thursday  
10am - 2pm  
(every third Thursday,  
12.30pm - 2.30pm)  
Adapt North East

#### Morpeth

**Weekly:** Monday  
10am - 12pm  
Morpeth Methodist Church

### Age UK Northumberland - Lunch Clubs



Lunch and the chance to catch up with friends old and new in a social environment. Subsidised transport is available.

**Who for: Anyone over 50. All welcome.**

**Days and times vary according to location**

01670 784 800

[info@ageuk-northumberland.org.uk](mailto:info@ageuk-northumberland.org.uk)  
[www.ageuk.org.uk/northumberland/activities-and-events](http://www.ageuk.org.uk/northumberland/activities-and-events)

### Age UK Northumberland - Social Groups



We'd love to see you at our friendly social groups. Every week is different, so pop along and enjoy a cuppa and a chat with friends.

**Who for: Anyone over 50.**

**Weekly: Days and times vary according to location**

Amble, Ashington, Bedlington, Blyth, Cramlington, Morpeth and Ponteland

01670 784 800

[info@ageuk-northumberland.org.uk](mailto:info@ageuk-northumberland.org.uk)  
[www.ageuk.org.uk/northumberland/activities-and-events/social-groups](http://www.ageuk.org.uk/northumberland/activities-and-events/social-groups)

### Ashington Stroke Group - Stroke Support and Socialisation



Meet with other Stroke survivors and carers for a cuppa and a chat. Occasional visits to local attractions and events. £4 per session.

**Who for: Stroke survivors, carers and volunteers.**

**1st and 3rd Fridays of the month**

11am - 1pm  
The Round House (Age UK), Lintonville Parkway, Ashington, NE63 9JZ

Barbara Pearson

07960 500 884

[barbarapearson2405@hotmail.com](mailto:barbarapearson2405@hotmail.com)



## Social and support groups

## Time & venue

## Further info

### Bell View - Coffee Mornings



Join us for homemade cakes and hot drinks at our sociable coffee mornings. Donations welcome!

*Who for: All welcome.*

**Dates vary according to location in North Northumberland**

01668 219 220  
[bellviewreception@hotmail.co.uk](mailto:bellviewreception@hotmail.co.uk)  
[www.bellviewbelford.co.uk](http://www.bellviewbelford.co.uk)

### Bell View - Community & Internet Café



Come in for a cup of tea, a cake and a chat. Games, books, jigsaws, computers available on request. Stay as long as you wish! Donations welcome!

*Who for: All welcome.*

**Daily**  
Monday - Friday  
9.15am - 4.15pm  
Bell View Resource Centre, 33 West Street, Belford, NE70 7QB

01668 219 220  
[bellviewreception@hotmail.co.uk](mailto:bellviewreception@hotmail.co.uk)  
[www.bellviewbelford.co.uk](http://www.bellviewbelford.co.uk)

### Bell View - Interest Groups



We host a book club, camera, history, genealogy and a 'Tea, Talk & Tech' group and many other interest groups in Belford. Join us and/or request new groups. Donations welcome!

*Who for: All welcome.*

**Days and times vary**  
Bell View Resource Centre, 33 West Street, Belford, NE70 7QB

01668 219 220  
[bellviewreception@hotmail.co.uk](mailto:bellviewreception@hotmail.co.uk)  
[www.bellviewbelford.co.uk](http://www.bellviewbelford.co.uk)

### Bell View - Lunch Clubs



Join us for a two course lunch, a hot drink & the chance to socialise in our café in Belford. Subsidised transport is available on request. £5 per person.

*Who for: All welcome.*

**Weekly**  
Monday, Tuesday and Thursday  
Time varies  
Bell View Resource Centre, 33 West Street, Belford, NE70 7QB

01668 219 220  
[bellviewreception@hotmail.co.uk](mailto:bellviewreception@hotmail.co.uk)  
[www.bellviewbelford.co.uk](http://www.bellviewbelford.co.uk)

### Bell View - Men's Shed



Join us in our new Men's Shed, to connect, converse and create!

*Who for: All welcome.*

**Days and times vary**  
Bell View Resource Centre, 33 West Street, Belford, NE70 7QB

01668 219 220  
[bellviewreception@hotmail.co.uk](mailto:bellviewreception@hotmail.co.uk)  
[www.bellviewbelford.co.uk](http://www.bellviewbelford.co.uk)

### Bell View - Soup & Sandwich Lunches



Soup and sandwich lunches served across North Northumberland, with a smile. Join us for lunch and the chance to socialise. £5 per person.

*Who for: All welcome.*

**Monthly**  
12pm  
Days vary according to location. We're open to providing more lunches, but currently provide lunch in Beadnell, Bowsden, Cornhill and Glanton

01668 219 220  
[bellviewservices@hotmail.com](mailto:bellviewservices@hotmail.com)  
[www.bellviewbelford.co.uk](http://www.bellviewbelford.co.uk)



## Social and support groups

## Time & venue

## Further info

### Bell View - Soup Club



Join us for soup and a bread roll in Belford. A chance to socialise and enjoy nutritious homemade soup. Subsidised transport is available on request. Donations welcome!

**Who for: All welcome.**

### Weekly

Wednesday and Friday 1668 219 220  
12pm - 4pm

Bell View Resource Centre, 33 West Street, Belford, NE70 7QB

[bellviewreception@hotmail.co.uk](mailto:bellviewreception@hotmail.co.uk)  
[www.bellviewbelford.co.uk](http://www.bellviewbelford.co.uk)

### Berwick & District Friends of Dementia Alz Café



Provide a safe and welcoming environment for people with mild to moderate dementia and their carers to come for peer support, social interaction and dementia friendly activities. Refreshments are provided. Donations welcome!

**Who for: People with mild to moderate dementia and their carers.**

### Weekly

Thursday 10.30am - 12.30pm  
St Cuthbert's Parish Centre, Walkergate, Berwick, TD15 1DJ

01668 219 642  
[badfod@yahoo.com](mailto:badfod@yahoo.com)

### Briardale House - Friendship Club



Our over 70s club addresses isolation for potentially vulnerable local people, offering door to door collection with friendship, conversation; games & activities and a two course lunch. Meal is £5, transport is £4 and games vary depending on choice of individual.

**Who for: Older people.**

### Weekly

Tuesday and Thursday 9.30am - 2.30pm  
Briardale House, Briardale Road, Blyth, NE24 5AN

Lynne Cheeseborough 01670 359 135  
[lynne@briardalehouse.co.uk](mailto:lynne@briardalehouse.co.uk)  
[www.briardalehouse.co.uk](http://www.briardalehouse.co.uk)

### Café @ Burn Lane



A community and internet café, and resource centre provided by Adapt (North East). Changing Places toilet available to everyone: you don't need to be a customer.

**Who for: All welcome.**

### Monday - Friday

9am - 2.30pm (ex bank holidays)  
Adapt Café, Burn Lane, Hexham, NE46 3HN

01434 600 599  
[generaloffice@adapt-tyndale.org.uk](mailto:generaloffice@adapt-tyndale.org.uk)  
Fully accessible and provides a friendly, safe environment for everyone in the community.

### Chrysalis Club Tynedale



We hold tutored activity sessions, walks and trips, providing stimulation and social opportunities, carer support, and information sessions. Counselling available together with informal 1:1 support. We also have a younger-onset dementia club.

**Who for: People with dementia and their families, friends and carers from pre-diagnosis onwards.**

### Days and times vary

Sessions held in both Hexham and Prudhoe/ Wylam Unit 1 Dene Park, Corbridge Road, Hexham, NE46 1HN  
Parking and disabled access

01434 408 080  
[info@chrysalisclub.org.uk](mailto:info@chrysalisclub.org.uk)  
[www.chrysalisclub.org.uk](http://www.chrysalisclub.org.uk)



## Social and support groups

## Time & venue

## Further info

### Church and Community Partnership (CCP)



We support Church Leaders, Congregations, Communities and other Organisations to work together to improve the well-being, health and opportunity of residents in Tynedale.

**Who for: All welcome.**

**Days and times vary**  
Get in touch for more information

Caroline Clarke  
(Facilitator and Co-Ordinator)  
07385 238 987  
[caroline.clarke@ccp.tynedale.org.uk](mailto:caroline.clarke@ccp.tynedale.org.uk)  
[www.ccptynedale.org.uk](http://www.ccptynedale.org.uk)

### Coping with Cancer North East



Offers help and support through a range of Counselling Services (which can be face-to-face or telephone) and Complementary Therapies.

Services are free to both NHS referrals and self-referrals (people can self-refer through our contact page).

**Who for: Anyone in the North East who is or has been affected by a cancer diagnosis, including family, friends, and carers.**

**Appointments available Monday - Friday**

A time can be arranged to suit service user and therapist / counsellor

Face-to-face counselling and complementary therapies: The

Woodruff Centre, Annitsford, Cramlington, NE23 7BF

Face-to-face counselling: Adapt, Burn Lane, Hexham, NE46 3HN

0191 250 2026  
[info@copingwithcancer.org.uk](mailto:info@copingwithcancer.org.uk)  
[www.copingwithcancer.org.uk](http://www.copingwithcancer.org.uk)

### Corbridge Community Hub



The Corbridge Community Partnership is in the process of turning the former Methodist Church Building into a Community Hub for Corbridge in order to deliver Community Services from the Building. If you are interested in providing a Community Service at the Hub or want to join any of the activities, do get in touch.

**Who for: All welcome.**

**Days and times vary**

Corbridge Community Hub, 20 Princes Street, Corbridge, NE45 5DB

[corbridgecommunitypartnership@gmail.com](mailto:corbridgecommunitypartnership@gmail.com)

### Corbridge Memory Café



Come along for a chat, a social and to pick up information. No need to book - just drop in!

**Who for: People with dementia and their families and friends.**

**Day and time to be confirmed**

Corbridge Community Hub, 20 Princes Street, Corbridge, NE45 5DB

Melvyn Stone  
07803 955 148  
[m.stone113@btinternet.com](mailto:m.stone113@btinternet.com)





## Social and support groups

## Time & venue

## Further info



### Falstone Coffee Morning

Run by St. Peter's Falstone and St. Aidan's Thorneyburn PCC, an opportunity for a coffee and chat.

**Who for: All welcome.**

### Monthly

3<sup>rd</sup> Tuesday (except August and December)  
10.30am - 11.30pm

Falstone Village Hall,  
Matthew Ridley  
Memorial Hall, Falstone,  
Hexham, NE48 1AA

Marie Ness  
[marie@training4business.org](mailto:marie@training4business.org)



### Get2gether

We are a social and friendly group, who offer fun and companionship, and a range of activities and outings.

Tea, coffee and toast provided, and homemade lunch too! £5 per person.

**Who for: Older people and those with disabilities - all welcome.**

### Weekly

Monday  
9.30am - 2.30pm

North Seaton Colliery  
Community Centre,  
27 Links View,  
Ashington, NE63 0XQ

Mary Heron  
01670 715 183  
07507 291 212

Jean Morris  
01670 826 563  
07879 858 194

WATBus provide return transport - pick up from Ashington, Cramlington and Newbiggin - £5 per person



### Glendale Connect - Over 50's Youth Club and Film Afternoon

Provides a much loved and valued service for the Glendale Community. As well as our annual Community Christmas Day lunch and entertainment, we have - bought Friendship benches for Wooler Market Place, near the fountain - organised the weekly over 50's Youth Club - laid on an afternoon Film showing twice a month... with cake!

**Who for: Everyone welcome.**

### Weekly

Tuesday  
6pm - 8pm  
The Anchor Inn,  
Cheviot Street, Wooler,  
NE71 6LN

### Film afternoon

**Wednesday – every two weeks**

Wooler Warm Hub,  
United Reform Church,  
Cheviot Street, Wooler,  
NE71 6LP

Geoff Dade  
07455 108 788  
[glendaleconnect@gmail.com](mailto:glendaleconnect@gmail.com)



### Haltwhistle Memory Café Plus

Supported by Haltwhistle Partnership, delivered by volunteers-supporting people, their carers/supporters affected by memory loss, linked to Dementia, Parkinson's, Stroke, Brain Injury, Covid etc. No diagnosis needed. Monthly drop in for friendship, information, listening ear, signposting, events and activities, refreshments. Donations welcome!

**Who for: People with dementia and their families and friends.**

### Monthly

2<sup>nd</sup> Thursday  
10am - 12pm

Community Room  
Haltwhistle War  
Memorial Hospital,  
Westgate, Haltwhistle,  
NE49 9AJ

Annette McGlade  
07968 229 767  
[hp.memorycafe1@gmail.com](mailto:hp.memorycafe1@gmail.com)



## Social and support groups

## Time & venue

## Further info

### Haltwhistle Older People's Project



With Town Council support this project supports older people in Haltwhistle and the surrounding area to socialise. Drop ins, lunch club, special lunches and teas, and trips are organised such as to pantomimes, day visits or the annual holiday to Scarborough. Donations welcome!

**Who for: All welcome.**

#### Weekly

Tuesday  
10am - 12pm  
Drop-in with coffee and biscuits  
Haltwhistle Methodist Church Hall,  
11 Westgate,  
Haltwhistle, NE49 0AX

#### Monthly

First Thursday  
Lunch club  
Haltwhistle Masonic Hall, Bank's Terrace,  
Haltwhistle, NE49 9DQ

For more information and to book lunch, contact:  
Ellen Walton  
01434 321 242  
[ellenwalton@haltwhistle.org](mailto:ellenwalton@haltwhistle.org)

### Hexham Community Partnership - No. 28 Community House



A friendly, supportive session with advisors on hand to help with any issues you have with computers, phones and the internet! We can also offer one-to-one digital skills training.

**Who for: All welcome.**

#### Every Tuesday

10am - 2pm  
(no appointment needed)  
28 Derwent Road,  
Hexham, NE46 1DJ

Grace Dunne  
07772 451 639  
[number28@hexhamcommunity.net](mailto:number28@hexhamcommunity.net)  
[www.hexhamcommunity.net](http://www.hexhamcommunity.net)

### Hextol Foundation



Provides working/volunteering opportunities for people in early-stage dementia. Opportunities offered in Hextol Tans Café; gardening; catering; warehouse; and pack and post.

**Who for: Anyone in early-stage dementia, who wants to continue in a working environment.**

#### Days vary according to service

In and around Hexham

Bruce, Jo or Claire  
01434 605 523  
[contact@hextol.org.uk](mailto:contact@hextol.org.uk)  
[www.hextol.org.uk](http://www.hextol.org.uk)

### Hextol Tans Café



Run by the Hextol Foundation, a dementia friendly charity which provides working opportunities to people with learning difficulties and mental health needs.

**Who for: All welcome.**

#### Monday - Friday

10am - 3.30pm

#### Saturday

9.30am - 3.30pm

Hextol Tans Café,  
11-13 St Mary's Chare,  
Hexham, NE46 1NQ

Bruce, Jo or Claire  
01434 605 523  
[contact@hextol.org.uk](mailto:contact@hextol.org.uk)



## Social and support groups

## Time & venue

## Further info

### HospiceCare North Northumberland - Dementia Cafe



Our Dementia Café is a drop-in venue, a very informal setting for those living with dementia and their carers, a chance to have a game of bingo, have a chat and have a hand massage.

**Who for: People living with dementia and their carers.**

**Alnwick**  
**Monthly** - third Tuesday  
10.30am - 12.30pm  
**Monthly** - fourth Tuesday  
1.30pm - 3.30pm  
Hospice Care,  
Greensfield House,  
Willowburn Avenue,  
Alnwick, NE66 2DG

**Berwick**  
**Monthly** - second Monday  
1.30pm - 3.30pm  
Hazel Marsden House,  
Violet Terrace,  
TD15 1LU

Doreen Scantlebury  
01665 605 515  
[dscantlebury@hospicecare-nn.org.uk](mailto:dscantlebury@hospicecare-nn.org.uk)  
[www.hospicecare-nn.org.uk](http://www.hospicecare-nn.org.uk)

### Luncheon Club in Hexham



A lovely lunch is the least we provide - also companionship and a few laughs. A two-course hot dinner and coffee. Please book in advance. Transport available. £3 per person.

**Who for: All welcome.**

**Weekly**  
Wednesday  
12pm - 1.30pm  
Hexham Community Centre, Gilesgate,  
Hexham, NE46 3NP

Hexham Community Centre Office  
01434 602 707  
[info@hexhamcommunitycentre.org](mailto:info@hexhamcommunitycentre.org)  
[www.hexhamcommunitycentre.org](http://www.hexhamcommunitycentre.org)

### Magic Memories Friendship Group



We are a social group and friendship club for anyone who finds themselves feeling isolated or lonely and want to start socialising. £1.50 per person for teas and coffees, and donations toward some activities.

**Who for: People living with dementia, or Parkinson's Disease and their carers.**

**Every other Monday**  
1pm - 3pm  
Blyth Central Methodist Church Hall,  
Beaconsfield Street,  
Blyth, NE24 2DP

Joanne Nesbit  
07762 403 292  
[magicmemories2018@gmail.com](mailto:magicmemories2018@gmail.com)  
Facebook Group page:  
Magic Memories Friendship Group



## Social and support groups

## Time & venue

## Further info

### Macular Society - Support Group

It's a wonderful way for people affected by macular disease to make friends and grow in confidence, hear about local services and other ways the Macular Society can help, listen to interesting guest speakers, share experiences and tips on living with sight loss and understand your own macular disease better.

**Who for: All welcome that are experiencing sight loss.**

#### Monthly

Last Monday  
10.15am - 12.15pm  
Weavers Court,  
Swordy Drive,  
Alnwick, NE66 1SZ

Lucinda Hardy  
07517 544 027  
[lucinda.hardy@macularsociety.org](mailto:lucinda.hardy@macularsociety.org)  
[www.macularsociety.org](http://www.macularsociety.org)



### Mind and Sole - North Northumberland Cancer Support Group

This is a group to offer support to anyone on the Cancer Pathway. Led by people with lived experience, each month will invite guest speakers or arrange activities but most importantly offer friendship. Donations welcome!

**Who for: All welcome who have been affected by Cancer.**

#### Monthly

Third Monday  
2.30pm - 3.30pm  
The Mind and Sole  
Hub, Wagon Way  
Road, Alnwick,  
NE66 1QQ

Christine Smith  
01665 603 040  
[mindandsole1@gmail.com](mailto:mindandsole1@gmail.com)  
[www.mindandsolealnwick.com](http://www.mindandsolealnwick.com)



### Morpeth Community Lunches

Come along for soup and sandwiches, cake and tea/coffee.

**Who for: All welcome.**

#### Weekly

Tuesday  
12pm - 1.30pm  
Morpeth Methodist  
Church, Howard  
Terrace, Morpeth,  
NE61 1HU

Janet and David Brough  
01670 510 881



### Morpeth Memory Café

Come along for a chat, to pick up information or to enjoy some social time with others in a similar situation.

**Who for: People living with memory problems or dementia, their families and friends.**

**1<sup>st</sup> and 3<sup>rd</sup>  
Thursday**  
10.30am - 12pm

Morpeth  
Methodist Church,  
Howard Terrace,  
Morpeth,  
NE61 1HU

Janet and David Brough  
01670 510 881





## Social and support groups

## Time & venue

## Further info



### MS Society - Support Groups

Provides local information, support, volunteering opportunities and a variety of activities and services for people living with MS, their family and friends. This includes exercise classes and a monthly coffee and chat social group. Donations welcome!

**Who for: People with MS, their family and carers.**

### Varies depending on venue and activity

Alnwick and district, and South Northumberland including Morpeth, Ashington, Cramlington, Blyth, Hexham, Prudhoe areas

**Alnwick:** 07581 460 207  
[alnwick@mssociety.org.uk](mailto:alnwick@mssociety.org.uk)

To see current activities, visit:  
[www.facebook.com/alnwick.ms](http://www.facebook.com/alnwick.ms)  
Twitter MS Society Alnwick & District (@mssoc\_alnwick) /  
Twitter @mssoc\_alnwick

**South Northumberland:**  
07919 698 307

[southnorthumberland@msociety.org.uk](mailto:southnorthumberland@msociety.org.uk)

[www.mssociety.org.uk/care-and-support/local-support/local-groups/south-northumberland-group](http://www.mssociety.org.uk/care-and-support/local-support/local-groups/south-northumberland-group)

Facebook: [www.facebook.com/mssouthnorthumberland/](http://www.facebook.com/mssouthnorthumberland/)

### Northumbria Cancer Patient and Carer Group



We are a patient led group of people affected by cancer who work with professionals to improve services by holding engagement events and listening.

Established in 2012, we have very good working relationships with service providers and commissioners.

**Who for: All welcome.**

### Every 6 weeks

Wansbeck General Hospital,  
Woodhorn Lane,  
Ashington,  
NE63 9JJ

Chris Walker  
07703 184 356

[info@ncpcg.org](mailto:info@ncpcg.org)  
[www.ncpcg.org](http://www.ncpcg.org)

### Northumberland Cancer Support Group



Offers friendship, support, talks events and outings.

**Who for: Welcomes anyone who has been affected by cancer.**

**1<sup>st</sup> Tuesday of the month.** 6.30pm  
Education centre,  
2<sup>nd</sup> Floor, Hexham  
General Hospital,  
Hexham, NE46 1QJ  
**3<sup>rd</sup> Tuesday of the month.** 1pm.

Community Room,  
Hexham Trinity  
Methodist Church,  
Hexham, NE46 3LS

07598 620 599

[info@northumberlandcancer-supportgroup.co.uk](mailto:info@northumberlandcancer-supportgroup.co.uk)  
[www.northumberlandcancer-supportgroup.co.uk](http://www.northumberlandcancer-supportgroup.co.uk)



## Social and support groups

## Time & venue

## Further info



### Northumberland Libraries

Network of 30 libraries throughout Northumberland providing information and resources.

Online services include e-books, magazines and newspapers. Free Digital helpline run by library staff. Virtual Events Programme. Facebook Family History Group.

Friendly social groups meet weekly or monthly with a cuppa in libraries across the county including Knit & Natter, Reading Groups and Talking Tables.

**Who for: Anyone welcome - bringing together the older and younger generations.**

Opening hours of all our libraries and full details available on [www.mylibrary.co.uk](http://www.mylibrary.co.uk)

Online services available 24/7

Volunteers deliver our Home Library Service direct to those who can no longer visit the library themselves

Berwick 01670 626 097  
Blyth 01670 620 201  
Cramlington 01670 620 394  
Hexham 01670 620 450  
Morpeth 01670 620 391

Digital Helpline 0345 600 6400  
[mylibrary@northumberland.gov.uk](mailto:mylibrary@northumberland.gov.uk)



### Opens Arms

Bringing together the older and younger generations. Come along for chats, games, companionship and cake!

**Who for: All welcome.**

### Weekly

Tuesday  
3.30pm - 5pm

Hexham Community Centre, Gilesgate, Hexham, NE46 3NP

Hexham Community Centre Office  
01434 602 707

[info@hexhamcommunitycentre.org](mailto:info@hexhamcommunitycentre.org)

[www.hexhamcommunitycentre.org](http://www.hexhamcommunitycentre.org)



### Parkinson's UK Drop-in Café

A friendly meeting place offering people with Parkinson's and their families, friendship, support and information.

Join us for a cuppa and a chat - new people are always welcome! There is no need to book, come along, get yourself some refreshments and join us.

**Who for: Those affected by Parkinson's.**

### Hexham

**Monthly:** 1st  
Thursday  
10.30am - 12.30pm

### Morpeth

**Monthly:** last  
Wednesday  
2pm - 4pm

The Sun Inn, High Church, Morpeth, NE61 2QT

Linn Rubra  
0344 225 3604

[lrubra@parkinsons.org.uk](mailto:lrubra@parkinsons.org.uk)

Please use the postcode search on our website to check the Hexham venue and time, and for the latest information for both groups as sometimes there are changes.

[www.parkinsons.org.uk](http://www.parkinsons.org.uk)

### Re-engage - Tea Parties



Our tea parties are free monthly social groups open to people aged 75 and over. They are a chance for a change of scenery and regular afternoons of conversation and laughter with friends of all ages. You will even be taken there and home again so you don't need to worry about sorting travel.

**Who for: Older people.**

### Monthly

Usually on  
Sundays

Venues vary - see our website for more information

Deb Meynell  
0800 716 543

[info@reengage.org.uk](mailto:info@reengage.org.uk)

[www.reengage.org.uk/join-a-group/tea-parties/apply-tea-parties](http://www.reengage.org.uk/join-a-group/tea-parties/apply-tea-parties)



## Social and support groups

## Time & venue

## Further info



### Riding Mill Drop-in

Call into our easy access, Millennium Hall for a relaxing Tuesday afternoon of cuppa and cake in good company. Looking for activities or just company, you can enjoy board games, dominoes, cards or Scrabble, bring a hobby or choose something more leisurely. It's always your choice.

**Who for:** *All welcome.*

#### Weekly

Tuesday  
2pm - 4pm

The Millennium Hall,  
Church Lane,  
Riding Mill,  
NE44 6DR

Jan Walmsley  
07955 630 802  
[jwalmsley.bb@gmail.com](mailto:jwalmsley.bb@gmail.com)



### Royal Voluntary Service Living Well with Dementia Groups

Service users and their carers will be able to participate in a range of stimulating and purposeful activities that promote good physical health and mental wellbeing, such as crafts, cookery, nature-based activities, games, puzzles and gentle exercise sessions whilst maintaining their socialising skills. Cognitive Stimulation Therapy – a discussion based group designed to be good fun whilst also stimulating and challenging the brain for people with dementia.

**Who for:** *People living with dementia and their carers.*

#### Berwick

**Weekly:** Monday  
10am - 2pm  
The Granary,  
Dewar's Lane,  
TD15 1DF

Margaret Facey  
07500 033 349

[www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk)

#### Cramlington

**Weekly:** Tuesday  
11am - 2pm, and  
Thursday  
10am - 2pm

Beaconnhill  
Community Centre,  
NE23 8EH



### Royal Voluntary Service Volunteer-run Social Clubs

Provide a range of activities from dancing, gentle exercises to specialist interests, as well as the opportunity to catch up with friends and maybe make new ones.

**Who for:** *Over 60's.*

**Days and times vary according to location**

Clubs in Ashington and Haltwhistle

01668 260 248

[northumberlandhub@royalvoluntaryservice.org.uk](mailto:northumberlandhub@royalvoluntaryservice.org.uk)



### Seaton Sluice Community Centre

Includes Singing, Tea Dancing, Exercise Groups (including Seated Exercises), Craft, Wood Turning, Rug Making, Quilting, Camera Club, Local History Society, Ukulele, Squeezeboxes, Yoga, Monday Café, Luncheon Club and Cinema Club.

**Who for:** *All welcome.*

Get in touch or visit our website for a full list of timings.

Seaton Sluice  
Community Centre,  
Albert Road, Seaton  
Sluice, NE26 4QX

Claire Mitchell  
Liz Vuyk  
0191 298 0323

[seatonsluiceca@yahoo.co.uk](mailto:seatonsluiceca@yahoo.co.uk)  
[www.seatonvalley.org.uk/seaton-sluice](http://www.seatonvalley.org.uk/seaton-sluice)



### Stocksfield Friendly Fridays Chat

Coffees, teas, homemade food, lunches and a warm welcome awaits.

**Who for:** *Everyone welcome.*

#### Every Friday

10.30am - 12pm  
Stocksfield Cricket  
Club Café 7nn, Main  
Road, Stocksfield,  
NE43 7NN

Edna Leeson  
01661 843 081

[e.leeson@talktalk.net](mailto:e.leeson@talktalk.net)  
Melna  
01661 844 040



## Social and support groups

## Time & venue

## Further info



### Stocksfield Tuesday Club

Offers a sociable, relaxing environment and a range of activities, and a pre-booked midday meal for £6. Fully accessible in a friendly and safe environment.

**Who for:** *Anyone in the community.*

#### Weekly

Tuesday (except August)  
10am - 2pm

Stocksfield Community Centre,  
Mount View Terrace,  
Stocksfield, NE43 7HL

Christine Hooks  
01661 844 863  
Melna  
01661 844 040



### Stroke Association - Support Groups

Stroke support groups are a safe and supportive space to try things again, to learn more about stroke and self-care and to build your confidence as you rebuild your life after stroke.

**Who for:** *Stroke survivors and their families.*

Stroke support groups meet in different ways, either face to face, or online.

See what's available online and in your local area via: [www.stroke.org.uk/finding-support/support-groups](http://www.stroke.org.uk/finding-support/support-groups)



### The Elderberries at The Alnwick Garden - Drop-In

Looking to get 'out and about', meet new friends or have some company, then come along to the Drop-in, where you enter into a comfortable room with fresh baked cakes and scones, a TV, keyboard and games such as scrabble, dominoes, cards and jigsaws. No booking required. Donations for refreshments appreciated.

**Who for:** *Over 55's.*

#### Weekly

Thursday, Friday and Sunday  
11am - 3pm

The Elderberries Room at The Alnwick Garden.

01665 511 356  
[elderberries@alnwickgarden.com](mailto:elderberries@alnwickgarden.com)



### The Elderberries Tea 'n' Tech

Do you need help using your phone, sending emails, taking/finding photos with your mobile device? If so, come along to a friendly volunteer led session on basic IT technology skills.

Call in for a cuppa, relax, learn and gain knowledge about using different IT gadgets, bring your phone, iPad or other device, we will also have iPads in the room. Suggested £2 donation to cover refreshments.

**Who for:** *Over 55's.*

#### Weekly

Wednesday  
10am - 12pm

The Elderberries Room at The Alnwick Garden

01665 511 356  
[elderberries@alnwickgarden.com](mailto:elderberries@alnwickgarden.com)





## Social and support groups

## Time & venue

## Further info

### Tynedale Hospice at Home Bereavement Cafés



Join us in our safe, welcoming space to talk (or just listen) with others who have experienced the death of a loved one.

Share stories and build friendships over a cup of tea or coffee.

**Who for: Suitable for adults who have experienced the death of a loved one.**

#### Hexham: 1st and 3rd Thursday of each month

10.30am - 12:30pm, Hexham Community Centre, NE46 3NP

#### Prudhoe: 2nd and 4th Thursday of each month

10.30am - 12.30pm, Prudhoe Methodist Church, NE42 6HP

#### Ponteland: 1st and 3rd Wednesday of each month

10am - 12pm, Merton Hall, Ponteland, NE20 9PX

For more information on bereavement services, please call 01434 600 388

[www.tynedalehospice.com](http://www.tynedalehospice.com)

### Tynedale Mental Health Friends and Family Drop-in



We are a small and friendly group, who will welcome you along for a chat; help with information and resources; and of course tea, coffee and biscuits.

**Who for: Friends and family of anyone with mental health or dementia issues.**

#### Monthly 3<sup>rd</sup> Tuesday

Drop-in anytime between 1.30pm - 3.30pm

Adapt Building, Burn Lane, Hexham, NE46 3HN

[tdmhdropin@gmail.com](mailto:tdmhdropin@gmail.com)

### University of the Third Age (u3a)



u3a is a UK wide, cooperative movement of people no longer in full time work who come together to continue their educational, social and creative interests in a friendly and informal environment. It showcases what it means to have a positive later life. The subjects are wide-ranging - from art, architecture and bridge to history, yoga, zoology with every topic you can think of in between.

**Who for: Older people.**

There are over 1,000 u3as across the UK with at least 10,000 interest groups taking place every week in person and online.

Get in touch with your local group for more information.

National office  
020 8466 6139  
[info@u3a.org.uk](mailto:info@u3a.org.uk)  
[www.u3a.org.uk](http://www.u3a.org.uk)

There are two ways to join a u3a:

1. Get in touch with your local u3a group via link below: [www.u3a.org.uk/join](http://www.u3a.org.uk/join)
2. Join our online only group (Trust u3a) - see the 'virtual events' section for more information

# Activities at home

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## Music, radio, podcasts, publications and TV

### Further info



#### BBC Music Memories and BBC Memory Radio

##### Music Memories

A website that is designed to use music to help people reconnect with their most powerful memories. Evidence shows that music can help people - including those living with dementia - to feel and live better. Create a playlist and then export it to Spotify to listen to your tracks in full.

Includes links to classical music, popular music, theme tunes, UK nations music, international music, social music and memory radio.

##### Memory Radio

Archive and music-based radio programmes, accompanied by printable activity sheets. Brings you the best of BBC Radio from past decades. Select a decade and start listening.

<https://musicmemories.bbcrewind.co.uk/home>



#### Corbridge Matters

Corbridge Matters is the official local community magazine for Corbridge. Published by the Parish Council six times a year and delivered free to every home and most businesses across Corbridge. Published every two months.

Visit the link below to read a PDF copy:

[www.visitcorbridge.co.uk/tag/parish-council](http://www.visitcorbridge.co.uk/tag/parish-council)

Clerk of the Council:  
Mrs Mandy Senior  
07950 297 634  
01661 852 277

Corbridge Parish Council,  
The Parish Hall,  
St Helen's Street,  
Corbridge, NE45 5BE

[corbridge@ukpc.net](mailto:corbridge@ukpc.net)

[www.corbridge.ukpc.net](http://www.corbridge.ukpc.net)



#### Goldies Live

You can enjoy Goldies singing sessions in your own home. These are recorded and go 'live' on YouTube, so you can watch them as many times as you like, free of charge. Song words are included on the screen. Tuesday and Thursday at 11am. For older folk.

07860 944 410

[info@goldieslive.com](mailto:info@goldieslive.com)

[www.goldieslive.com](http://www.goldieslive.com)



#### Golden Oldies Radio

Golden Oldies Radio is a digital radio station which plays hits from the 1950s to 1989 with the goal of providing music lovers with an alternative to the typical hits of our times.

0151 345 3839

[goldenoldiesliverpool@gmail.com](mailto:goldenoldiesliverpool@gmail.com)

[www.radio-uk.co.uk/golden-oldies](http://www.radio-uk.co.uk/golden-oldies)



#### Happiful Magazine and Podcast

We're on a mission to create a healthier, happier, more sustainable society. Through a magazine, e-magazine and podcast we provide informative, inspiring and topical stories about mental health and wellbeing. We want to break the stigma of mental health, and to shine a light on the positivity and support that should be available for everyone, no matter their situation.

[hello@happiful.com](mailto:hello@happiful.com)

[www.happiful.com](http://www.happiful.com)



## Music, radio, podcasts, publications and TV

### Further info

#### HammondCare - The Dementia Podcast



The Dementia Podcasts is where you can hear the latest research, experts and thinking on the clinical and practice issues in dementia.

Real life stories of people living with and working in dementia provide unique insights and practical tips.

[communications@dementia.com.au](mailto:communications@dementia.com.au)  
[www.dementiapodcast.com](http://www.dementiapodcast.com)

#### Hex-press



A newsletter for Hexham available to read online.

Updates for Hexham can be publicised on the Town Council website or in Hex-press, an electronic magazine edited by the Town Council and Hexham Community Partnership.

It is published quarterly.

Hexham Town Council  
01434 609 575  
St Andrew's Cemetery,  
West Road, Hexham, NE46 3RR  
[www.hexhamtowncouncil.gov.uk](http://www.hexhamtowncouncil.gov.uk)

Hexham Community Partnership  
01434 622 796

Queens Hall Arts Centre,  
Beaumont Street, Hexham,  
NE46 3LS

[www.hexhamcommunity.net](http://www.hexhamcommunity.net)



#### Hexhamshire Community Magazine

[hexhamshiremagazine@gmail.com](mailto:hexhamshiremagazine@gmail.com)

#### Koast Radio



Koast Radio 106.6 FM is a local community radio for South East Northumberland and is also available online nationally. It includes news, music from the 50s, 60s & 70s, local nostalgia, health and fitness, hobbies and interest, and phone-ins.

The sessions on Tuesday, Wednesday and Sunday are in partnership with Age UK.

01670 432 107 (Studio)  
07858 429 316 (Text us)  
[voice@koastradio.co.uk](mailto:voice@koastradio.co.uk)  
[www.koastradio.co.uk](http://www.koastradio.co.uk)

Tuesday, 6pm - 7pm  
Wednesday, 10am - 11am  
Friday, 9pm - 10pm  
Sunday, 1pm - 3pm

#### Memory Sparkles



Memory Sparkles provides reminiscence resources, including a magazine and weekly newspaper, all designed to spark memories and create meaningful moments.

With Memory Sparkles, you can feel confident that your loved one is receiving engaging and stimulating materials that can improve their quality of life.

David Nefs  
[info@memorysparkles.com](mailto:info@memorysparkles.com)  
[www.memorysparkles.com](http://www.memorysparkles.com)



## Music, radio, podcasts, publications and TV

### Further info

#### Music for my Mind



Create a personalised playlist for yourself or a loved one living with dementia within 15 minutes by answering a few questions about your upbringing and music taste. You will receive up to 30 songs from your teenage years, which you can enjoy on Spotify or YouTube.

[info@musicformymind.com](mailto:info@musicformymind.com)  
<https://app.musicformymind.com>

#### Music for Dementia (M4D) Radio



A group of five themed radio stations available 24 hours a day, 365 days a year playing music that evokes memories. Choose your era, listen and enjoy. Our musical memories are typically made from our early teen years to our late twenties.

Choose your birth year to listen to the musical decade where your musical memories were made.

[info@m4dradio.com](mailto:info@m4dradio.com)  
[www.m4dradio.com](http://www.m4dradio.com)

#### Musical Memories



We provide fun singing and chat sessions currently online. Live music with piano and guitar, vintage popular songs and live interactive chat and reminiscence all streamed live on our Facebook page and YouTube channel free.

Ruth Hannah  
07527 006 402  
[ruth@musicalmemoriescsc.org.uk](mailto:ruth@musicalmemoriescsc.org.uk)  
[www.musicalmemoriescsc.org.uk](http://www.musicalmemoriescsc.org.uk)

#### My Life TV - Dementia Friendly TV streaming service



My Life TV is designed to meet the needs of people living with dementia and features a wide range of viewing, from activity-based content, to reminiscence programmes, calming content, to feel-good entertainment.

It's available on iPhone, Android devices, Apple TV, Android TV and Amazon Fire TV and is a fantastic way of keeping loved ones stimulated and connected to the world, improving their mental health and wellbeing, and supporting their essential care.

020 8154 6220  
[info@mylifefilms.org](mailto:info@mylifefilms.org)  
[www.mylifefilms.org](http://www.mylifefilms.org)

Family subscriptions cost £3.89 per month, for 3 devices and can be cancelled at any time.

Please contact My Life Films directly to receive a discount code for a family subscription.

#### Northumberland Libraries - e-newsletter



Monthly e-newsletter with information about upcoming events in libraries.

Sign up via [www.mylibrary.co.uk](http://www.mylibrary.co.uk)  
Unsubscribe at any time  
[mylibrary@northumberland.gov.uk](mailto:mylibrary@northumberland.gov.uk)



## Music, radio, podcasts, publications and TV

### Further info



#### Playlist for Life

Over two decades of scientific research shows that listening to personally meaningful music can improve the lives of those living with dementia.

We offer free resources to help you make a personalised playlist for yourself or to help someone make theirs.

0141 404 0683

[info@playlistforlife.org.uk](mailto:info@playlistforlife.org.uk)

[www.playlistforlife.org.uk](http://www.playlistforlife.org.uk)



#### Seahouses Community Hub Newsletter

Newsletter delivered through your door or available to read online through the link below.

It is published every two months.

For those living in Seahouses, Bamburgh and Beadnell.

[www.seahouses.org/about/village-news/](http://www.seahouses.org/about/village-news/)

01665 721 868

[anne@seahouses.org](mailto:anne@seahouses.org)

Seahouses Development Trust,  
The Hub, Seahouses Sports and  
Community Centre, Stone Close,  
Seahouses, NE68 7YL



Talking News Federation

#### Talking News Federation - Local Talking Newspaper in Audio Format

Talking Newspapers provide regular, free audio recordings including local news, information and features that can help people feel part of their community.

Nationwide service with over 400 Local Talking Newspapers.

01793 497 555

[enquiries@tnf.org.uk](mailto:enquiries@tnf.org.uk)

[www.tnf.org.uk](http://www.tnf.org.uk)



#### The Happy Newspaper - a Newspaper with Happy News!

A newspaper to celebrate all the good things in the world. Quarterly publication, 32 pages fully illustrated with regular stories and features, as well as happy news from across the globe included to cover 3 months. A quarterly recipe and featured articles and charities.

Quarterly: March, June, September and December on the 1st of the month.

£3.99 per quarter UK on subscription, £7.50 overseas on subscription per quarter.

07517 670 212

[thehappynewspaper@gmail.com](mailto:thehappynewspaper@gmail.com)

[www.thehappynewspaper.com](http://www.thehappynewspaper.com)



## Music, radio, podcasts, publications and TV

### Further info



#### Tynedale Talking Newspaper

Free recordings of the Hexham Courant weekly, and the Northumbrian Magazine and Tynedale Talking Magazine every month, delivered by post.

For anyone who cannot read print.

Register on:  
07400 096 937

[www.ttnweb.uk](http://www.ttnweb.uk)

Facebook



#### University of the Third Age (u3a) - Newsletter

The u3a National Newsletter is filled with information, stories and advice from across the u3a movement as well as advice on how to keep safe and occupied during this difficult time.

See more information about the u3a in the 'activities' section.

Use the form below to signup and receive u3a updates, both regional and national, direct to your email inbox.

[www.u3a.org.uk/news/newsletter](http://www.u3a.org.uk/news/newsletter)



#### University of the Third Age (u3a) - Radio Podcast

The u3a radio podcast showcases the amazing things happening across the movement. It features interviews with members, interest group leaders, Trustees, national volunteers and Subject Advisers.

Available via YouTube, Spotify, Apple and Google Podcasts by searching 'u3a radio podcast'.



## Telephone friendship & befriending services

## Further info



### Age UK - Telephone Friendship

Age UK's Telephone Friendship Service and The Silver Line Helpline help to tackle loneliness amongst older people.

Age UK's Telephone Friendship Services are there to provide a regular, friendly conversation for those who want it by matching older people up with a trained volunteer who calls them at the same time every week.

Age UK's The Silver Line Helpline, is the only free and confidential 24-hour helpline in the UK for people over the age of 55 who feel lonely and isolated.

24 hour helpline service with The Silver Line  
0800 4 70 80 90

Regular telephone friendship service

Sign up below or contact your local Age UK team

[www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending](http://www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending)



### Age UK Northumberland Friendship Line

The Friendship Line is a free telephone friendship service run by Age UK Northumberland. We're always happy to chat!

A regular weekly chat with a friendly volunteer, at a time to suit you both.

For anyone over 50.

Age UK Northumberland,  
Ashington  
01670 784 800

[info@ageuknorthumberland.org.uk](mailto:info@ageuknorthumberland.org.uk)

[www.ageuk.org.uk/northumberland](http://www.ageuk.org.uk/northumberland)



### Karbon Homes Silver Talk

A free telephone befriending service which matches people with friendly, fully trained volunteers for regular social telephone chats. Priority is given to those who are socially isolated and lonely. New volunteers welcome.

Weekdays. Calls made during flexible hours from varying locations.

For over 50's. Carers and family.

0191 223 8662

[silvertalk@karbonhomes.co.uk](mailto:silvertalk@karbonhomes.co.uk)



### Macular Society Northumberland Telephone Group

As well as face-to-face support, we do have a number of peer groups that meet over the telephone, across the whole country. These calls are for anyone who would like additional support, as they are a great way of passing on hints and tips, and finding out about local organisations/services.

The calls offer individual programmes, filled with fascinating speakers, something you can enjoy from the comfort of your own home.

Lucinda Hardy  
07517 544 027

[lucinda.hardy@macularsociety.org](mailto:lucinda.hardy@macularsociety.org)  
[www.macularsociety.org](http://www.macularsociety.org)

Calls take place on the first Thursday of each month,  
10am - 11am





## Telephone friendship & befriending services

## Further info



### Re-engage - Call Companions

Would you like a regular friendly chat over the phone with your very own call companion?

Call companions is available to anyone aged 75 and over who would benefit from a regular chat over the phone with a friendly volunteer. Calls are usually weekly, at any time of your choice and last half an hour.

0800 716 543

[info@reengage.org.uk](mailto:info@reengage.org.uk)

[www.reengage.org.uk/join-a-group/get-a-call-companion](http://www.reengage.org.uk/join-a-group/get-a-call-companion)



### Re-engage - Rainbow Call Companions

Telephone befriending for over 75s who are lesbian, gay, bisexual, transgender or otherwise part of the LGBT+ community. Calls are usually weekly, at any time of your choice and last half an hour.

0800 716 543

[samuel.higgins@reengage.org.uk](mailto:samuel.higgins@reengage.org.uk)

[www.reengage.org.uk/join-a-group/get-a-call-companion](http://www.reengage.org.uk/join-a-group/get-a-call-companion)



## Virtual events and other activities at home

## Further info



### Action For Elders - Balanced Lives Chat and Relaxation

Action for Elders works with older people to improve the quality of later life. Our Balanced Lives programmes are recommended and prescribed by the NHS. We provide social, mental and physical wellbeing for the older community.

Balanced Lives Chat and Relaxation. Friendly chat and support with Betty online.

Every Friday, 7pm - 7.45pm.

030 330 30132

[james.lewis@actionforelders.org.uk](mailto:james.lewis@actionforelders.org.uk)

[betty.sutherland@actionforelders.org.uk](mailto:betty.sutherland@actionforelders.org.uk)

[www.actionforelders.org.uk](http://www.actionforelders.org.uk)



### Action For Elders - Balanced Lives HOP (Healthy Older People)

See more information about Action for Elders above. Balanced Lives HOP (Healthy Older People) - Exercises for older people with Betty Sutherland online.

Every Monday, 11am - 12pm.

030 330 30132

[james.lewis@actionforelders.org.uk](mailto:james.lewis@actionforelders.org.uk)

[betty.sutherland@actionforelders.org.uk](mailto:betty.sutherland@actionforelders.org.uk)

[www.actionforelders.org.uk](http://www.actionforelders.org.uk)



### Action For Elders - Walking For Health and Exercise Guides

Social walks are perfect for social interaction and fitness. Download our free walking guides for all levels of fitness from beginner to advanced. Our free downloadable Balanced Lives exercise guide shows you how to stay fit, healthy and active.

030 330 30132

[info@actionforelders.org.uk](mailto:info@actionforelders.org.uk)

[www.actionforelders.org.uk/walking-for-health](http://www.actionforelders.org.uk/walking-for-health)

[www.actionforelders.org.uk/free-exercise-guide](http://www.actionforelders.org.uk/free-exercise-guide)



### Age UK Northumberland Balance and Stability by Zoom

Offers a range of free virtual events and groups, from chair-based exercise sessions to book chats and coffee mornings.

For anyone over 50 and living in Northumberland.

01670 784 800

[info@ageuknorthumberland.org.uk](mailto:info@ageuknorthumberland.org.uk)



## Virtual events and other activities at home

## Further info



### Alzheimer's Society - Singing for the Brain

Singing for the Brain brings people affected by dementia together to sing a variety of songs they know and love.

For people living with memory problems or early to moderate stages of dementia, and their family and friends.

Currently we run a virtual Singing for the Brain once a month. For more information, please contact us.

0191 389 0400

[durhamandchester@alzheimers.org.uk](mailto:durhamandchester@alzheimers.org.uk)



### Arts 4 Dementia - Art Wednesdays

Our small, friendly online art sessions provide an opportunity to socialise, engage creatively and learn new art techniques from the comfort of your own home. The sessions are fun, relaxed and enable people to share ideas and creations freely. Every Wednesday, 2pm - 3pm via Zoom.

020 3633 9954

[emily@arts4dementia.org.uk](mailto:emily@arts4dementia.org.uk)  
[www.arts4dementia.org.uk/join-art-Wednesdays](http://www.arts4dementia.org.uk/join-art-Wednesdays)



### Mind for You - Activity Packs

Activity packs created specifically for people with dementia. From birds and gardening to art and food, we are sure you'll find something interesting, fun and enjoyable to suit both of you. Free to download online, or receive the latest edition monthly.

01509 351 008

[info@mindforyou.co.uk](mailto:info@mindforyou.co.uk)  
[www.mindforyou.co.uk/activity-packs](http://www.mindforyou.co.uk/activity-packs)



### Northumberland Libraries Virtual Events

Regular virtual events from author talks to quizzes, to access from your home or library. For everyone.

Link to view our upcoming events:

[www.nlandlibs.eventbrite.com](http://www.nlandlibs.eventbrite.com)

Berwick 01670 626 097  
Blyth 01670 620 201  
Cramlington 01670 620 394  
Hexham 01670 620 450  
Morpeth 01670 620 391

Digital Helpline  
0345 600 6400  
[mylibrary@northumberland.gov.uk](mailto:mylibrary@northumberland.gov.uk)



### Peggi App

'Peggi' is a private digital application connecting loved ones for real time reminiscence. Download on tablet, phone / other devices, Peggi safely stores multi-media content. Text and audio voice recordings can be inserted over the uploaded images to describe photographs and memories. Small subscription cost.

Glenda Devlin  
07779 131 642  
[glenda.devlin@yourhealthandcare.com](mailto:glenda.devlin@yourhealthandcare.com)  
[www.peggiapp.com](http://www.peggiapp.com)



## Virtual events and other activities at home

## Further info



### Royal Voluntary Service - Virtual Village Hall

A programme of themed online activities designed to enjoy at home, which help people stay physically and mentally active, connected and having fun. From art and language lessons, to pilates, laughter yoga and siffit to name a few, there's something for everyone.

Sessions are led by expert tutors, Royal Voluntary Service activity coordinators, volunteers and some well-known faces, and require very little space or equipment. For over 60's. Days and times vary.

01668 260 248

[virtualvillagehall@royalvoluntaryservice.org.uk](mailto:virtualvillagehall@royalvoluntaryservice.org.uk)

<https://virtualvillagehall.royalvoluntaryservice.org.uk>



### Thrive - Gardening Information Website

Thrive's Information Service is a website that supports people to overcome their barriers to gardening, including those living with disabilities or ill health.

[www.thrive.org.uk/getgardening](http://www.thrive.org.uk/getgardening)



### Unforgettable Experiences

A variety of online therapeutic activities proven to increase memory, concentration and focus, and improve mental health. Sessions include art & mixed media, creative writing, culture & history, music & composition, as well as photography. Make new friendships, stay connected and learn new skills. Each session is one hour long and takes place twice a week online. Those who take part are provided dedicated IT support to help you get online when you need it.

01325 238 007

[referrals@unforgettableexperiences.org.uk](mailto:referrals@unforgettableexperiences.org.uk)

[www.unforgettableexperiences.org.uk](http://www.unforgettableexperiences.org.uk)



### University of the Third Age (u3a) - Trust u3a

Trust u3a is an online u3a that gives you the opportunity to join groups, talks and courses. You can join groups etc via the Trust u3a, Beacon Members Portal. See more information about the u3a under the 'activities' section.

There are lots of online interest groups taking place every week at varying times. Get in touch with the interest group for more information.

National office

020 8466 6139

[info@u3a.org.uk](mailto:info@u3a.org.uk)

[www.u3asites.org.uk/trustu3a](http://www.u3asites.org.uk/trustu3a)

All online interest groups can be viewed below:

[www.u3asites.org.uk/trustu3a/groups](http://www.u3asites.org.uk/trustu3a/groups)



## Virtual events and other activities at home

## Further info



### Well-being Tree - Meditation and Mindfulness

Mindfulness, relaxation, gentle upper body movement, visualisation, meditation and group discussion.

Suitable for beginners and experienced meditators. The practice is easy to follow and participants are encouraged to do things at their own pace and in their own way. This is an inclusive, small and friendly group. We welcome people with dementia, mental health issues and also carers.

£10 per class, but pay what you can if this is too much for you.

Every Wednesday, 10.30am - 11.45am.

07546 582 899

[hannah@wellbeingtree.org](mailto:hannah@wellbeingtree.org)

[www.wellbeingtree.org/online-groups](http://www.wellbeingtree.org/online-groups)



### Well-being Tree - Art Group

A small and friendly group. Every couple of weeks a new project is emailed to you, with lovely inspiring images to look at.

We do art together and learn about different artists and techniques and discuss the project we are working on. You will be supported in developing confidence in your own individual style, whether you are an experienced artist, or haven't drawn since childhood.

Carers are welcome to join too.

£10 per class, but pay what you can if this is too much for you.

Every Thursday, 11am - 12pm.

07546 582 899

[hannah@wellbeingtree.org](mailto:hannah@wellbeingtree.org)

[www.wellbeingtree.org/online-groups](http://www.wellbeingtree.org/online-groups)

# Education and training



## Education and training

## Further info



### Alzheimer's Society - Dementia Inclusive Communities

This initiative encourages everyone to share responsibility for ensuring that people with dementia feel understood, valued and able to contribute to their community. Learn how to make your community, business or organisation dementia inclusive with support from our Dementia Friends initiative and sector specific resources.

Contact the Northumberland Team

01670 813 255

[northumberland@alzheimers.org.uk](mailto:northumberland@alzheimers.org.uk)



### Alzheimer's Society - Dementia Friends Information Session

A Dementia Friend is somebody that learns about dementia and the challenges people face so they can support them by taking actions - both big and small, every action counts! Anyone can become a Dementia Friend - it's easy! Attend an online or in person session, or watch a short video.

0300 222 5855

[www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)



### Carers Northumberland - Training and Workshops

Our carer workshops are sessions designed to explore different aspects of caring and are offered in various locations in the county and online on a rolling programme.

Sessions can be between one and two hours long and are open to any carers registered with Carers Northumberland.

The primary aim of each session is to increase knowledge and confidence and to share experience with other carers - learning from each other and reducing a sense of isolation.

01670 320 025

[info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk)

[www.carersnorthumberland.org.uk/workshops-and-training](http://www.carersnorthumberland.org.uk/workshops-and-training)

[www.carersnorthumberland.org.uk](http://www.carersnorthumberland.org.uk)



## Education and training

## Further info



### Dementia Adventure - Dementia Training for Family and Friends

We provide regular free online training for family and friends supporting somebody with dementia. Attendees hear from experienced dementia trainers, learn more about dementia and receive practical tips and strategies to help them in their supportive role and connect with the wellbeing benefits of nature. A limited number of places are available for professionals.

01245 237 548

[info@dementiaadventure.co.uk](mailto:info@dementiaadventure.co.uk)

[www.dementiaadventure.org](http://www.dementiaadventure.org)



### Dementia Carers Count

Dementia Carers Count provides free courses and information, designed, and delivered by health and care professionals. We'll give you practical tips that you can use every day, helping you develop skills and build confidence to navigate the highs and lows of caring for someone with dementia and to look after yourself too.

All of our sessions are free to family carers. If you work for an organisation and are interested in one or more of our courses, please contact our friendly team.

0203 5400 710

[support@dementiacarers.org.uk](mailto:support@dementiacarers.org.uk)

[www.dementiacarers.org.uk](http://www.dementiacarers.org.uk)

We run several sessions each week, with different times and on different subjects.

Our full events calendar is below:

[www.dementiacarers.org.uk/our-courses/events-calendar](http://www.dementiacarers.org.uk/our-courses/events-calendar)

### IDEAL Research Project - The World Turned Upside Down Film



An innovative documentary about dementia and communication. There are many situations involving individuals and their family members, or individuals and healthcare professionals, where the outcome relies on what is communicated and how. The IDEAL research programme from University of Exeter studies how to improve the experience of living with dementia.

To view the film, please visit: [www.idealproject.org.uk](http://www.idealproject.org.uk)

[IDEAL@exeter.ac.uk](mailto:IDEAL@exeter.ac.uk)

[www.idealproject.org.uk/projects/twtud](http://www.idealproject.org.uk/projects/twtud)



### Royal Osteoporosis Society - #BoneMatters

#BoneMatters, is a series of online Q+A sessions from the Royal Osteoporosis Society - giving you the chance to hear from leading experts in osteoporosis and bone health about the subjects that matter to you.

Sessions occur monthly. Previous events are accessible at any time.

01761 471 771

[info@theros.org.uk](mailto:info@theros.org.uk)

[www.theros.org.uk/information-and-support/online-information-events](http://www.theros.org.uk/information-and-support/online-information-events)



# Getting out and about

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## Holidays

## Further info



### Dementia Adventure - Supported Dementia Holidays

Holidays shouldn't stop because of a diagnosis of dementia. We specialise in fully supported holidays and short breaks for people with dementia to enjoy with their partner, family member or friend.

Whether you want to relax by the coast, sail on the river, or walk in the mountains, we have something for everyone and welcome people with all types of dementia.

01245 237 548

[info@dementiaadventure.co.uk](mailto:info@dementiaadventure.co.uk)

[www.dementiaadventure.org](http://www.dementiaadventure.org)

Prices include all your food, accommodation, entrance fees, meals out, transport during the holiday and one free photo book per booking. All holidays are subsidised by at least 30% but further financial assistance is available if needed.



### MindforYou - Specialist Dementia Holidays

MindforYou specialise in the delivery of personalised dementia holidays throughout the UK! Our experience in dementia and our extra special attention to detail allows us to create holidays that are tailored to your physical and emotional needs.

From the accommodation, staff and food, to personal care and equipment, you can be sure our holidays are dementia friendly.

01509 351 008

[info@mindforyou.co.uk](mailto:info@mindforyou.co.uk)

[www.mindforyou.co.uk](http://www.mindforyou.co.uk)



### Revitalise Respite Holidays

We're the people who create revitalising holidays for disabled people and their carers, including those with moderate dementia. Everything you'd expect from a holiday backed up by expert care support.

We welcome those with Alzheimer's and dementia throughout the year. In addition, we run specialised Treasured Moments weeks, where you and your loved one can enjoy a proper break.

With over 60 years of experience in catering for guests with varying support needs, you can relax, safe in the knowledge that your best holiday is combined with the best possible care.

0303 303 0145

[bookings@revitalise.org.uk](mailto:bookings@revitalise.org.uk)

[www.revitalise.org.uk](http://www.revitalise.org.uk)

We run 2 - 3 Treasured Moments weeks at each of our centres throughout the year.

Prices start from £779 per person for a 7 night stay which starts on Mondays at Sandpipers, Fairway, Southport, PR9 0LA.



## Quiet shopping

## Further info



### ASDA - Quieter Hour

'Quieter Hour' from 2pm - 3pm Monday to Thursday will see reduced noise levels in their stores to make visits more accessible for customers with additional needs.

Asda Store Locator provides accessibility information for individual stores, including in relation to Changing Places bathroom facilities, braille guns and hearing loops.

[www.corporate.asda.com/newsroom/2021/11/02/asda-rolls-out-quieter-hour-and-trains-over-85-000-colleagues-to-better-serve-customers-with-additional-needs](http://www.corporate.asda.com/newsroom/2021/11/02/asda-rolls-out-quieter-hour-and-trains-over-85-000-colleagues-to-better-serve-customers-with-additional-needs)

To access the Asda Store Locator, follow the link below:  
<https://storelocator.asda.com/>



### Morrisons - Quieter Hours

Morrisons offer quieter hours across all its stores on Saturday between 9am - 10am, and on Sunday during the store's first hour of trading.

During quiet hours, Morrisons will dim the lights, turn music and radio off, avoid making tannoy announcements, reduce movement of trolleys and baskets, turn checkout beeps and other electrical noises down, and will place a poster outside to tell customers it's Quieter Hour.

[www.morrisons-corporate.com/media-centre/corporate-news/morrisons-to-add-quieter-hours-in-all-stores-every-sunday](http://www.morrisons-corporate.com/media-centre/corporate-news/morrisons-to-add-quieter-hours-in-all-stores-every-sunday)



### Newcastle Building Society - Slow Shopping

All their branches offer Slow Shopping, helping to provide a safe, welcoming and calm environment for those who need a little extra time, space and support to conduct their financial affairs.

Slow Shopping allows us to cater for those living with visible, invisible or intellectual disabilities, with no additional noise such as music, dimmed lights where possible, and available staff always on hand to help.

Slow Shopping hours can be found here:

[www.newcastle.co.uk/news/introducing-slow-shopping-into-our-branches](http://www.newcastle.co.uk/news/introducing-slow-shopping-into-our-branches)

or visit [www.newcastle.co.uk](http://www.newcastle.co.uk)



### Tesco - Quiet Hours

Tesco offers Quiet Hours in all of its large stores in order to improve accessibility for some of its customers.

Every Wednesday and Saturday between 9am and 10am, Tesco will be dimming its lights and lowering checkouts noise.

[www.tescopl.com/news/2021/we-re-launching-quiet-hour-permanently-in-stores-to-support-customers](http://www.tescopl.com/news/2021/we-re-launching-quiet-hour-permanently-in-stores-to-support-customers)

Visit their website below to find out which stores offer Quiet Hours

[www.tesco.com/store-locator](http://www.tesco.com/store-locator)



## Quiet shopping

## Further info

### Waitrose & Partners



Waitrose supports independent living through various initiatives when shopping in store.

They can help with shopping, packing and carrying to the car, just ask at the Welcome Desk.

Customers accompanied by a guide or assistance dog are welcome in their shops and cafés.

Partners receive disability training, and many have also been trained to support shoppers with dementia.

Get in touch or go online to find out what other services, such as wheelchair trolleys, are available at your local branch

Customer Service Team  
0800 188 884

[customerserviceteam@waitrose.co.uk](mailto:customerserviceteam@waitrose.co.uk)

[www.waitrose.com/ecom/help-information/shopping-with-waitrose/shopping-instore](http://www.waitrose.com/ecom/help-information/shopping-with-waitrose/shopping-instore)



## Support when out and about

## Further info



### Changing Places Toilets

Changing Places Toilets are larger accessible toilets which have more space and specific equipment, including:

- Curtains or a mobile privacy screen
- A height-adjustable-adult-sized changing bench
- A centrally-placed toilet
- An over-head hoist

Available for anyone who would benefit from more accessible toilets.

0207 803 4814

[changingplaces@muscular-dystrophyuk.org](mailto:changingplaces@muscular-dystrophyuk.org)

Changing Places Toilets are located nationally. To locate one, please visit the Changing Places Toilets' Map:

[www.changing-places.org/find](http://www.changing-places.org/find)



### Euan's Guide

Euan's Guide is the award winning disabled access charity. We're best known for Euan'sGuide.com, the disabled access review website where people can find and share reviews on the accessibility of venues. We also make tens of thousands of accessible toilets safer through our Red Cord Card scheme and run the UK's largest and longest running Access Survey.

0131 510 5106

[hello@euansguide.com](mailto:hello@euansguide.com)

[www.euansguide.com](http://www.euansguide.com)



### Hidden Disabilities Sunflower - Sunflower-friendly journey

A discreet way to make the invisible visible. Wearing the Sunflower discreetly indicates to people around the wearer including staff, colleagues and health professionals that they need additional support, help or a little more time. Plan your Sunflower-friendly journey. Search for places, events and airports that support people with invisible disabilities. This is a space for you to plan days out to shop, travel or be entertained with the Sunflower by your side.

[www.hiddendisabilitiesstore.com](http://www.hiddendisabilitiesstore.com)



### The Blue Badge and Disabled Parking

Blue Badges provide disabled people with severe mobility problems, or other conditions, the ability to access goods and services, by allowing them to park close to their destination. Eligibility criteria applies and evidence is required. It costs £10 for a blue badge (including replacements and renewals).

For more information, or to apply for, or renew, a blue badge, follow links below: 03456 006 400

[blue.badges@northumberland.gov.uk](mailto:blue.badges@northumberland.gov.uk)

[www.northumberland.gov.uk/parking/disabled-parking.aspx](http://www.northumberland.gov.uk/parking/disabled-parking.aspx)



### The National Key Scheme (NKS) - Radar Keys

Offers disabled people independent access to locked public toilets around the country. Toilets fitted with NKS locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country. £6 including VAT per key.

Available to purchase from below online store:

<https://shop.disabilityrightsuk.org/products/radar-key>



## Transport

## Further info



### Adapt (North East) Transport Service

Operates a Dial-a-Ride transport service to Hexham, Morpeth, Prudhoe and Ponteland including a Getabout Car Scheme.

Available for disabled people, elderly people, single women or women who live alone, children and young adults, people receiving certain benefits, and those who are geographically isolated.

Monday - Friday. Times vary according to location.

Membership to use the scheme costs £5 a year.

01434 600 599

[transport@adapt-tyndale.org.uk](mailto:transport@adapt-tyndale.org.uk)

[www.adapt-ne.org.uk](http://www.adapt-ne.org.uk)



### Bell View Community Transport

We operate a door-to-door transport service in North Northumberland. This is for anyone who is unable to use public transport to get to where they want to go. Membership required and journeys need to be pre-booked. Transport is available via our wheelchair-accessible vehicles or via our voluntary car scheme.

01668 219 220

[bellviewreception@hotmail.com](mailto:bellviewreception@hotmail.com)

[www.bellviewbelford.co.uk](http://www.bellviewbelford.co.uk)



### Concessionary Travel

Older people of pensionable age are entitled to a bus pass giving free off-peak travel on local bus services anywhere in England.

For more information, or to apply for, or renew, a bus pass, follow the website link.

03456 006 400

[www.northumberland.gov.uk/highways/public-transport/concessions.aspx](http://www.northumberland.gov.uk/highways/public-transport/concessions.aspx)



### National Rail - Senior Railcard

Get 1/3 off train travel with a Senior Railcard for everyone aged 60 and over. £30 for 1 year or £70 for 3 years.

For more information, or to apply for, or renew, a Senior Railcard, visit the website.

0345 3000 250

[www.senior-railcard.co.uk](http://www.senior-railcard.co.uk)



## Transport

## Further info



### NEED Community Transport

Provides accessible affordable transport to those most vulnerable in the community. This includes older people, those who have a disability i.e. physical disability, mental health issues, those who are rurally and / or socially isolated, young people and those who are unable to afford appropriate public or private transport.

Monday - Friday, 9.30am - 2.30pm (school term time)  
and 9am - 4pm (school holidays).

01665 605 780

South Road, Alnwick, NE66 2PA

[transport@needltd.co.uk](mailto:transport@needltd.co.uk)

[www.needltd.co.uk](http://www.needltd.co.uk)



Driving Mobility

### North East Drive Mobility - Driving Assessments

We help people maintain or regain independence as drivers and passengers following a change in health. We also conduct powered wheelchair assessments, and work alongside our Mobility Hubs Advice Service for those who are looking for alternatives to driving.

Monday - Friday, 8.30am - 4.30pm.

0191 2875 090

[northeast.drivemobility@cntw.nhs.uk](mailto:northeast.drivemobility@cntw.nhs.uk)

Walkergate Park Hospital,  
Benfield Road, Newcastle Upon  
Tyne, NE6 4QD

[www.cntw.nhs.uk/mobility](http://www.cntw.nhs.uk/mobility)



Hubs Mobility  
Advice Service  
ACCESSIBLE TRAVEL SUPPORT

### North East and Cumbria Hubs Mobility Advice Service

A bespoke signposting service helping people who have stopped driving keep their independence. The service will help you better understand different transport options available in the areas you live and stopping people feel isolated or lonely.

Monday - Friday, 8.30am - 4.30pm.

0191 2875 090

[transporthub@cntw.nhs.uk](mailto:transporthub@cntw.nhs.uk)

Walkergate Park Hospital,  
Benfield Road, Newcastle Upon  
Tyne, NE6 4QD

[www.cntw.nhs.uk/mobility](http://www.cntw.nhs.uk/mobility)



### WATBus - Out and About Car Scheme

WATBus community transport provides affordable mini transport for the local communities in South East Northumberland.

Our new Out and About car scheme provides door to door service to help individuals access appointments including medical, hairdressers and other activities.

Service is available for the elderly, people with poor mobility and health conditions.

01670 522 999

[admin@watbus.org.uk](mailto:admin@watbus.org.uk)

[www.watbus.org.uk](http://www.watbus.org.uk)

Available Monday - Friday,  
check with office for timings

# Help at home

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## Day-to-day support and personal care

## Further info



### Age UK Northumberland - Home Care

At Age UK Northumberland, we provide a wide-range of services to enable you to stay in your own home and live independently. Services include: personal care and support, enabling and befriending, housekeeping, shopping and so much more.

01670 784 800

[www.ageuk.org.uk/northumberland/ourservices/home-care](http://www.ageuk.org.uk/northumberland/ourservices/home-care)



### Bell View Help at Home

We provide bespoke support, enabling people to continue to enjoy living independently at home. This might be help with shopping, personal care or support to attend activities or appointments. Help at Home is a CQC registered domiciliary care business. Contact Bell View Help at Home for costings.

01665 219 538

[cathelpathome@outlook.com](mailto:cathelpathome@outlook.com)  
[www.bellviewhelppathome.co.uk](http://www.bellviewhelppathome.co.uk)



### Community Buddies

Provide companionship, respite, transport, cooking, walking and support services. Offers support services to all age groups and abilities, 7 days a week across Tynedale, and including Crawcrook, Ryton, Greenside, and Ponteland.

01661 844 456

[info.communitybuddies@gmail.com](mailto:info.communitybuddies@gmail.com)  
[www.communitybuddies.com](http://www.communitybuddies.com)



### Home Instead Tyne Valley

Offer companionship, home help, personal care services and dementia care. We pride ourselves on a person-centred approach. 7 days a week, night and day, across the Tyne Valley.

01434 693 700

[h.hughes@homeinstead.co.uk](mailto:h.hughes@homeinstead.co.uk)  
[www.homeinstead.co.uk/tyne-valley](http://www.homeinstead.co.uk/tyne-valley)



### ShineCare

Provide companionship and care unique to you in your own home. A nurse-led service for older people and those living with dementia. 2 hours to 24 hours, 7 days a week. Across the north of England including Northumberland.

Claire Wakefield  
0191 653 1977

[info@shinecareathome.co.uk](mailto:info@shinecareathome.co.uk)  
[www.shinecareathome.co.uk](http://www.shinecareathome.co.uk)



### Tynedale Hospice at Home

A registered charity which provides end of life nursing care in the person's own home, a patient transport service, complementary therapies and bereavement and counselling support for children and adults. As a local charity, care is provided free of charge to those living in Tynedale, Ponteland and West Northumberland. For full criteria, please see website. 7 days a week, night and day. End of life nursing care in the patient's home. For information on accessing Tynedale Hospice at Home's care services, please get in touch.

Chris Orife, Head of Care  
01434 600 388

[admin@tynedalehospice.com](mailto:admin@tynedalehospice.com)  
[www.tynedalehospice.com](http://www.tynedalehospice.com)



## Meals at home

## Further info

### COOK



When you could use a helping hand in the kitchen, we make it easy with our frozen meals. Prepared by our own chefs and delivered to your door via our nationwide delivery service. Or discover your local COOK shop!

01732 759 010

[edwardanddale@cookfood.net](mailto:edwardanddale@cookfood.net)

[www.cookfood.net](http://www.cookfood.net)

### Mindful Chef



Mindful Chef is the UK's highest rated recipe box and delivers healthy, nutritionally balanced fresh recipes and frozen ready meals to your door. They're made from 100% British meat, free-range chicken and fresh produce from UK farmers, and are all free from dairy ingredients, gluten and refined sugar.

020 3950 0455

[hello@mindfulchef.com](mailto:hello@mindfulchef.com)

[www.mindfulchef.com](http://www.mindfulchef.com)

### West Northumberland Food Bank



Helpline and Delivery service for anyone experiencing financial hardship across West Northumberland.

Helpline open Monday - Friday, 10am - 2pm.

Helpline

01434 700 068

[getintouch@west](mailto:getintouch@west)

[northumberlandfoodbank.org.uk](http://northumberlandfoodbank.org.uk)

[www.westnorthumberlandfoodbank.org.uk/get-help](http://www.westnorthumberlandfoodbank.org.uk/get-help)



## Odd jobs, fall prevention and safety

## Further info



### Action for Elders - Fall Prevention and Advice Service

Our Balanced Lives Programmes are proven to reduce falls. Our bespoke exercises can build muscle strength, confidence and resilience, preventing the falls cycle. Our support also includes a series of on-demand Balance and Fall Prevention videos via our YouTube channel.

030 330 30132

[info@actionforelders.org.uk](mailto:info@actionforelders.org.uk)

[www.actionforelders.org.uk](http://www.actionforelders.org.uk)

Action For Elders YouTube Channel

[www.youtube.com/channel/UC52atW6yZxQeovF4pVLVQ8A](https://www.youtube.com/channel/UC52atW6yZxQeovF4pVLVQ8A)

### REMAP



REMAP offers a unique service to anyone unable to carry out daily tasks because of some form of disability.

We create bespoke solutions to help you overcome everyday challenges. Our work ranges from simple modifications (e.g. to existing household fittings and appliances), through to developing an entire solution to a problem or helping you take up that hobby.

We prefer referrals to come via healthcare professionals such as occupational therapists, but you can also approach us directly too.

To find the details of your local Remap group, visit:

[www.remap.org.uk/about-us/contact](http://www.remap.org.uk/about-us/contact)

01732 760209

[data@remap.org.uk](mailto:data@remap.org.uk)

[www.remap.org.uk](http://www.remap.org.uk)



## Pet care

## Further info



### Macmillan Cancer Support - Pet Care

It can be difficult to look after a pet at times. Macmillan have listed many options and organisations who could help with your pet care. From local charities and organisations, dog walkers, short-term fostering and local sitting services through to planning for emergency care, find out who can support you.

[www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/pet-care](http://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/pet-care)



### The Cinnamon Trust

The Cinnamon Trust is a charity that supports the elderly and those in the latter stages of a terminal illness with pet care. We help with dog walking, cleaning cat litter tray and bird cages, fostering when an owner is in hospital and transport to the vets.

01736 757 900

[ctadmin@cinnamon.org.uk](mailto:ctadmin@cinnamon.org.uk)

[www.cinnamon.org.uk](http://www.cinnamon.org.uk)

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## Equipment hire

## Further info



### Beach Access North East (BANE)

Provides free loan of specialised beach access equipment at beaches across our region.

We have a variety of beach wheelchairs (manual and electric), carriages, hoists and turntables.

For anyone who, for whatever reason, has difficulty walking on the beach. This could be a permanent or temporary disability. The beach wheelchairs need someone to push them.

Available all year round. By appointment.

Bamburgh, Beadnell, Blythe, Cresswell, Hartlepool, Newbiggin, Newton by the Sea, South Shields, Sunderland, Tynemouth, and Whitley Bay.

To book, please call 0300 999 4444

[info@beachaccessnortheast.org](mailto:info@beachaccessnortheast.org)

[info@jwdz.co.uk](mailto:info@jwdz.co.uk)

[www.beachaccessnortheast.org](http://www.beachaccessnortheast.org)



### Bell View Wheelchair Hire

Large and small wheeled wheelchairs available to hire. £10 deposit required. Donations welcome!

Monday - Friday, 9am - 4.30pm. Available to all.

01668 219 220

[bellviewreception@hotmail.co.uk](mailto:bellviewreception@hotmail.co.uk)

Bell View Resource Centre,  
33 West Street, Belford, NE70 7QB

[www.bellviewbelford.co.uk](http://www.bellviewbelford.co.uk)



British  
RedCross

### British Red Cross - Equipment Hire

Largest national provider of short-term wheelchairs in the UK - £20 a week (up to 20 weeks).

Commodes, toilet seats and toilet frames - £10 a week (up to 15 weeks).

Available for collection and delivery (£25).

0191 273 7961

0300 456 1914

[www.redcross.org.uk/get-help](http://www.redcross.org.uk/get-help)

If you are unable to afford the cost, we may be able to offer further assistance, get in touch



### No.28 Community House - Click & Connect

Our digital device loan scheme for those looking for work, on a training course or needing to keep in touch remotely with loved ones. We want to support isolated and older people to cross the digital divide - please get in touch if you know someone who may benefit from this support.

Open every Tuesday, Wednesday and Thursday, 10am - 4pm.

01434 605553

07772 451 639

[number28@hexhamcommunity.net](mailto:number28@hexhamcommunity.net)

28 Derwent Road, Hexham,  
NE46 1DJ

[www.facebook.com/  
number28hexham](https://www.facebook.com/number28hexham)



### Seaton Sluice Community Centre

Wheelchair available to all at own risk. Get in touch to book. Monday - Friday, 10am - 1pm.

0191 298 0323



## Products

## Further info



### Age UK - Independent Living Products

Through our trading company Age Co, we offer products and services from trusted partners that could make life easier for older people. Every Age Co sale supports our charitable work.

[www.ageuk.org.uk/products/mobility-and-independence-at-home](http://www.ageuk.org.uk/products/mobility-and-independence-at-home)



### Alzheimer's Society - Online Shop

Discover our gifts, merchandise and helpful products. We have a great range of high-quality products at affordable prices which are designed to help people with dementia and their carers. These products are tested and reviewed by people living with dementia and their carers.

Shop customer service  
0300 124 0900  
[alzheimers@mosaic-fs.co.uk](mailto:alzheimers@mosaic-fs.co.uk)  
<https://shop.alzheimers.org.uk>



### AlzProducts

Our online store contains a range of dementia aids and equipment to help assist people with cognitive loss.

0247 642 2224  
[support@alzproducts.co.uk](mailto:support@alzproducts.co.uk)  
[www.alzproducts.co.uk](http://www.alzproducts.co.uk)



### British Red Cross - Independent Living Shop

Our new online store, created to help you achieve more comfort and independence at home, and when you're out and about.

All purchases you made through our online store help fund our vital work to support people in crisis in the UK and around the world.

0344 871 11 11  
[www.store.redcross.org.uk](http://www.store.redcross.org.uk)



### Hidden Disabilities Sunflower

A discreet way to make the invisible visible. Wearing the Sunflower discreetly indicates to people around the wearer including staff, colleagues and health professionals that they need additional support, help or a little more time.

You can also discreetly highlight the type of support and care you might need with our personalised Sunflower cards.

Purchase your sunflower lanyard, card and wallet for around £2.28 (varies depending on type purchased).

Purchase through online store below:

[www.hiddendisabilitiesstore.com/shop/sunflower-lanyards.html](http://www.hiddendisabilitiesstore.com/shop/sunflower-lanyards.html)

Personalised Sunflowers cards  
[www.hiddendisabilitiesstore.com/shop/make-it-yours.html](http://www.hiddendisabilitiesstore.com/shop/make-it-yours.html)



## Products

## Further info



### Jelly Drops Water Sweets

Jelly Drops are a tasty innovative sugar-free sweet, made of 95% water, designed to increase fluid intake. Popular with people with dementia and others who struggle to stay hydrated, they're sugar free and vegan with added electrolytes.

0808 164 8977  
[hello@jellydrops.com](mailto:hello@jellydrops.com)  
[www.jellydrops.com](http://www.jellydrops.com)

Seenin

### Seenin - Adaptive Clothing and Accessories

Our range of easy to wear products are designed for the needs of those with dementia and disabilities, and help independent living. Made from quality fabrics and with special features such as quick fastenings, our products provide comfort and make everyday tasks easier.

Visit us online to see our range and prices.

01434 634 457  
[info@seenin.co.uk](mailto:info@seenin.co.uk)  
[www.seenin.co.uk](http://www.seenin.co.uk)



### Sibstar

A flexible debit card and app which helps families living with dementia to safely manage their everyday spending.

Sibstar costs just £4.99 per month plus a one-off set up fee of £4.99. You can cancel at anytime.

01962 676 080  
[hello@sibstar.co.uk](mailto:hello@sibstar.co.uk)  
[www.sibstar.co.uk](http://www.sibstar.co.uk)



### TechSilver

TechSilver is a specialist retailer of assistive technology, with a wide range of products and services designed to improve the lives and wellbeing of elderly, disabled and vulnerable people around the world.

Prices vary depending on the products or services chosen, but our friendly team are always happy to give advice and guidance!

03300 101 418  
[hello@techsilver.co.uk](mailto:hello@techsilver.co.uk)  
[www.techsilver.co.uk](http://www.techsilver.co.uk)



### The Able Label Clothing

The Able Label provides easy to dress, adaptive clothing for those with dressing difficulties. Available for both women and men, the online clothing range avoids fiddly fastenings and tricky overhead dressing. Maintain dressing independence and discover style without the struggle. Call to order a free catalogue.

The Blue Book readers can use the discount code BLUETAL10 at checkout for 10% off your first order.

01622 744 242  
[cservices@theablelabel.com](mailto:cservices@theablelabel.com)  
[www.theablelabel.com](http://www.theablelabel.com)



This booklet is provided for the purpose of general information only. It does not take into account any person's individual situation or needs - users should obtain professional advice relevant to their particular circumstances. The producers of this guide do not accept any liability for the suitability or delivery of any of the services listed.

If you would like to include your group or organisation in our next edition or to order copies, please contact

[info@the-blue-book.org.uk](mailto:info@the-blue-book.org.uk)  
[www.the-blue-book.org.uk](http://www.the-blue-book.org.uk)

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**instantprint.**

[www.instantprint.co.uk](http://www.instantprint.co.uk)

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[www.tnlcommunityfund.org.uk](http://www.tnlcommunityfund.org.uk)