



WORLD ALZHEIMER'S DAY WALK 2020

SATURDAY 19th SEPTEMBER 2020

Following a very successful walk around the Teesside Barrage last year we are going to do the same this year. As well as awareness we raised some much needed funds too.

Everyone is welcome, the route is flat 2.8 km long or 1.7 miles which sounds shorter so we will be walking in miles, there is a small section that is a bit uneven but still suitable for chairs.

Those who wish to raise funds for us sponsor forms are available on request, as are T shirts. The T shirts are free to those pledging to raise £50 or more and £5 to those just wanting to walk.

Please bring photos of your loved ones as a sign of remembrance.



September 2019 over 100 people took part by the end of the day

It is likely we will still be observing social distancing, and will have to take some precautions, but it still , will be fun and a chance to meet new people and show support for those who have been impacted by this disease past and present .

We are NOT closed

Face to face services - Cafes, Support Groups, Craft Groups, Social meetings ...

On March 23rd following the Government guidelines we had to suspend all our face to face services , this was truly devastating to us let alone our clients. The good news is as soon as it is safe to open them again they ALL will. It maybe that some safeguards will have to be put in place, rest assured we will do everything we can to reopen as soon as we can and welcome you all back



TDLS have adapted

This is a list of what we are currently providing

- Carer Contact Line
- Craft packs for home delivery
- Welfare packs for home delivery
- Shopping calls
- Prescription collection
- Face to Face meetings outside (from May 25th)

We are also supporting other agencies that are not liked with dementia, due to a unprecedented number of people requiring assistance and help



Our Margret will be 94 in July

Most of you will have met Margret, she is currently fit and well, apparently COVID19 is scared of her.

She is now living very happily in supported living. We have only been able to see her face to face once and the first thing she said was “Mark why have you not got a Proper shave “!

The Carer Contact Service

This service needs a name change as it does more than it says on the tin.

The service supports everyone, not just carers, but people with Dementia, wider family members and friends. This is a proactive service which means we contact you as well as you calling us.

The help line is there to provide, advice, information a listening ear and practical support too, all calls are confidential.

Once you have called us or you have been referred to us, we will arrange regular contact in agreement with you. We can do daily contact during a particularly difficult time or weekly, fortnightly, monthly or every 3 months for those who only want monitoring call. The limit is 3 months we do this because carers have a habit of just coping and sometimes when they finally speak to someone they realise they do need a little information, advice or just a listening ear. The call backs can be from 10am - 10pm, 7 days per week, as agreed with you



Recently we have temporarily been making and receiving calls from other client groups who have no connection with Dementia needing support during the current pandemic.

Some agencies have had to furlough staff so clients have had to seek support elsewhere we are proud to have been working with Catalyst Stockton and Stockton Borough Council.

As always our services are free

Mrs C

I look forward to my call every 2 days, it cheers me up, we talk about my depression and family issues. The crafting packs are a God send, as are the small welfare packs.

Mrs A

Some days I could strangle my husband, but Gail soon sorts me out, she cares about me and my husband and is there on the day I feel its just me my husband and Dementia.

Mr H

I know day or night I am not alone , I do not need many calls because I know if I need to you will be there.

Mrs D

The calls always cheer me up, I can moan and say what I need to say, then deep breath and carry on

NEW FACE TO FACE MEETINGS

FROM 25th MAY

Face to Face meetings

The meetings will be outside in your garden or by your front door, if you have no suitable outside space or would prefer a particular public space we can arrange that.

We will bring our own chair and refreshments, if meeting away from your home you will need to do the same. We will stick to the guidelines of social distancing, and request if you have a dog please keep it in the house or at a distance as it is not known how long the virus can last on an animal's fur (We love dogs)



Small Gatherings

A few of these have already taken place to see if they would work, they have been very successful.

The gathering will be limited to 6 people and will be in a park or at the seaside, where there is plenty of seating that is at least 2 meters apart.

Let us know if you would like to attend and maybe who you would like to see. TDLS will arrange the rest

Please bring your own refreshment, we will have some extra with us if you run out.

TDLS will turn out in all weathers unless extreme



This too will pass

Nana always used to say “worse things happen at sea”. Times are a little difficult at the moment, but if we stay in as much as we can, keep 8 feet apart from people who do not live in your house, wash our hands every hour or when we have touched something, wear a face mask when outside, self isolate if you or anyone in your house has any symptoms, stay safe.

Nana also said, “never trust a man with a beard, burnt toast will put hair on your chest, keep away from Grandad he's had mushy peas , and don't tell your Mother I let you stay up late “

In the last 12 weeks of lock down

41 calls received

309 contact calls made

84 referrals taken from other agencies

37 shopping trips made

12 prescriptions collected and delivered

92 crafting packs delivered

77 welfare packs delivered

12 boxes of food donated to food banks*

10 large sausage and apple plats made and delivered*

12 quiches made and delivered*

100 + scones made and delivered *

4 nursing homes given welfare gifts for all staff*

*= not paid for by TDLS Donated by GW

Useful Telephone Numbers

Teesside Dementia Link Services 07722 598610

PALS 0800 052 0219 or 07775 518 086

Memory clinic Stockton 01642 358550

The Hub 01642 527363

None Emergency NHS 111

None Emergency Police 101

Stockton Council 01642 393939

North Tees Hospital 01642 617617

STOCKTON ADULT CARERS SUPPORT SERVICE

The adult support service run by the council is also still operating.

For more information call

01642 524494

WWW.tdls2016.org

T: 07722 958610

www.facebook.co/tdls2016/

E: tdls2016@virginmedia.com

Ch No 1175890

FUNDRAISING



The 50 Club Fundraisers Welcome Pack

Thank you to everyone who has donated
anything to us

Your

This is the bit we really hate doing, asking for money.

We do not have millions of pounds to spend on persuading you to donate to us, or a small army of paid fundraisers. It's just us, local volunteers providing 25 different, targeted quality service for local people. Every single penny we raise is spent on providing services and support.

Currently no fundraising is being carried out, we are too busy providing support and the events we had planned, Easter crafts, funday, sponsored swim, afternoon tea, all had to be cancelled.

Do you know anyone or would you be willing to fundraise for us?

We have a support pack filled with ideas to help raise funds.

Mrs P, has sent us £12 every 2 weeks for over a month from a family game of Bingo held on Zoom.

Mr W, donated £55 from money given to him for his birthday

Mr I, £10 from 2 happy meals he would have bought from Maccy Dees

Total £77 as a local charity we can do so much with that,

Never feel embarrassed about asking questions of any charity

- where your donation is being spent
- How much is your wages bill
- What do you pay your CEO
- Where are you based

Home collection boxes

We have available small home cardboard collection boxes for your loose change. They can hold from £2 to £20 depending what coins are put in them, every £ is valuable to us. One person last year donated £11.13, they remarked how little it was, we did not agree, if just 1,000 people did this every year we would get £11,130 !



Do you know of any business, shop, factory School, that would be willing to take a full size collecting tin ?

Please let us know

Our current list of services

Suspended due to COVID 19

Dementia link service

One to one support at home, including: - Emotional support , Understanding the diagnosis Info and Advice, What to expect and how to plan, Dealing with difficult issues, Powers of attorney, Assistance with benefit forms, wills, Planning for the future, Continuing care reviews / applications, appeals, PIP and dealing with other agencies—THIS SERVICE IS NOW 5 YEARS OLD!

Dementia Cafes

Stockton	Stockton Parish Church 1 st Monday every month 12 - 2 (inc bank holidays)
Thornaby	Thornaby Central Library 2 nd Friday of every month 2 - 3:30
Preston Park	Billiard Room in the museum 2 nd Wednesday of the month 10 am – 12 pm

Carers Support Groups

Stockton	Stockton Parish Church 1 st Friday every month 11:30 am – 1 pm
Thornaby	Thornaby Fire Station 1 st Thursday of the month 11:30 am – 1 pm
Ingleby Barwick	Subway Store, Anson's Farm roundabout 1 st Tuesday of month 6:30- 8 pm

Craft Groups

Thornaby	Thornaby Fire Station 1 st Thursday of the month 1 pm – 3 pm
Stockton	Stockton Parish Church 1 st Friday every month 12:30 pm 2:30 pm
Stockton	Panicos, every Saturday 12 pm - 2 pm

Lunch Clubs

Middlesbrough	The Coronation, Acklam Rd, 2 nd Thursday 12:30 – 3:30, 3 courses £5.95
Billingham	Various locations in the town 3 rd Thursday 12:30 pm – 3 pm

Supper club

Various locations 3rd Monday of the month 6 pm - 9 pm

Cinema club

Various days depends on film 5:30 supper 7 pm film The ARC Stockton

Social activities

Every month activities include, Ten pin bowling, Theatre trips, shopping, days out, overnight trips,

Intergenerational Yoga

White house care home Tuesdays 10:30 am - 11:30 am

Circus Skills

Last Friday of the month 1 pm - 2 pm North Stare housing Stockton

Carer Contact service

still active

Proactive telephone support to carers and PWD (out of hours if needed)

Befriending Service

Volunteers become friends of carers or PWD, play games, crafting, after noon tea, reminiscence

Training

What is Dementia?

Isolation project

Cards produced and being given out free, encouraging people to share public spaces, to meet and chat

Spiritual support

Attending services to support carers with clients



Teesside Dementia Link Services

STAY AT HOME BINGO

Spot 4 different types of bird outside your window	Have 2 full glasses of water or juice	Do 10 minutes of light exercise in your chair	Read a newspaper, Book or Magazine with someone
Tell someone a story about something you remember	Wave to someone	Take your morning medication	Clean your teeth
Have a nice cup of Tea or Coffee with a biscuit or cake	Get someone to tell you 2 things they love about you	Do a craft, colour in, knit, paint	Chat to someone on the phone
Have a nap	Watch some TV	Sing at least 5 songs	Listen to some music
Plan something to do tomorrow	Look at some photos	Say OO Err Mrs, out loud 3 times	Wash your hands 4 times today

STOP DOORSTEP SCAMMERS

S

See at least 3 quotes from trusted companies, before you agree for work to be done. Good companies are usually too busy to employ doorstep callers or just do not need them

T

Take time , make sure you have been given and have read the written terms and conditions, and you fully understand what you are agreeing to and what is its full cost, and when it will be completed / delivered

O

Observe and check any I. D. you are shown, you MUST always ask to see I. D. then look up the company and ring the number you find, do not use the number on the I. D. as this could be a fake number

P

Please please take time to think about your decision, ask family members or friends to take a look at the paperwork, if in doubt do not go ahead. Do not fall for tricks, the sales person is NOT your friend, they are doing a job. Tricks and pressure like these are often used — “this offer ends today, to get it you must sign” “as a special favour to you I will do extra discount” “We have a special sale on for over 60’s” “We are carrying out some work today in your area” “We have noticed some loose tiles on your roof”. Please do not fall for these scams

Best advice of all is DO NOT open your door to DOORSTEP sales people

If you have been or think you are going to be scammed

call the police on 101 Or national consumer helpline 03454 04 05 06