SUMMARY OF

ACTIVITIES & SUPPORT IN WEST NORTHUMBERLAND

FOR OLDER PEOPLE
AND THOSE AFFECTED BY DEMENTIA

MAY 2021

Alzheimer's Society
United Against Dementia

active
Northumberland

Chrysalis Club
Tynedale

Working to become
Dementia Friendly
2020-2021

Adapt
Promoting an Inclusive Society

THE HEXTOL FOUNDATION
FOR WORKING OPPORTUNITIES

carers
NORTHUMBERLAND

SYCAMORE COUNSELLING SERVICE
a place to grow

Cafe
@ Bum Lane

silver talk

Community Buddies
Home support services

Northumberland
age UK

HEXHAM ABBEY
HERITAGE • WORSHIP • COMMUNITY

Home Instead
To us, it's personal

Northumberland
communities together

Let's Get Growing

healthwatch
Northumberland

NORTHUMBERLAND
CANCER SUPPORT GROUP

ageing well
IN NORTHUMBERLAND
active, connected & well

SAMARITANS

BritishRedCross

TYNEDALE
HOSPICE
AT HOME

ShineCare
at home

DementiaUK
Helping families face dementia

COVID-19

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

Please contact individual Activity Providers for up-to-date information on availability of services.

Thank you

We're here to keep you safe and well.

If you or anyone in your family 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 winter bills or financial pressures.
- You may have concerns around shopping, or making sure prescriptions are delivered on time.
- Feeling lonely, overwhelmed or struggling with mental health.
- Worried about someone experiencing domestic abuse or concerned about a neighbour.

Phone us on 01670 620 015 9am-6pm, 7 days a week

northumberland.gov.uk/communitiestogether NCT@northumberland.gov.uk

Northumberland County Council

www.northumberland.gov.uk/coronavirus

Contents

Section	Page
Advice and support	4
Activities	6
Virtual events	22
Telephone friendship	22
Music and radio programmes	23
Notes	24

Advice and support	Further info
Adapt (North East) Operates a Dial-a-Ride transport service to Hexham, Morpeth, Prudhoe and Ponteland - including a Getabout Car Scheme.	01434 600 599 Adapt (North East) Burn Lane, Hexham, NE46 3HN generaloffice@adapt-tynedale.org.uk
Age UK Northumberland Provides free and independent information and advice to over 50s, their carers and families living in Northumberland. Support includes advice on money matters, home and home care, benefits support and applications, advocacy, befriending and health and well-being.	01670 784 800 Age UK Northumberland, Ashington info@ageuk-northumberland.org.uk www.ageuk.org.uk/northumberland
Alzheimer's Society Provides information, support and advice for people affected by dementia and their families in Northumberland. A Dementia Adviser Service and Side by Side Service are in the area.	01670 813 255 (Northumberland Team) northumberland@alzheimers.org.uk www.alzheimers.org.uk
Alzheimer's Society **Dementia Connect Support Line** Connects anyone with dementia to the support they need, including Dementia Talking Point.	0333 150 3456 Textphone: 18001 0300 222 1122
British Red Cross Provides information, support and advice in times of crisis, including equipment hire, care at home and telephone befriending.	0191 273 7961 mrickwood@redcross.org.uk www.redcross.org.uk
Carer's Northumberland Support, inform and advise carers, with groups in various locations.	01670 320 025 info@carers northumberland.org.uk www.carersnorthumberland.org.uk
Citizens Advice Northumberland Provides free, confidential and impartial information and advice, on a range of issues.	0800 144 8848 www.citizensadvice northumberland.org.uk
Dementia UK : Admiral Nurses Provides specialist support for families through our Admiral Nurse service.	0800 888 6678 info@dementiauk.org dementiauk.org

Advice and support	Further info
Fairnington Centre The West Northumberland Older Adult Team provides specialist assessment, treatment and care for older people with mental health problems.	01434 612 800 Fairnington Centre Corbridge Road, Hexham, NE46 1QJ 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 435 004 info@hbpharmacy.co.uk www.haydonbridgepharmacy.co.uk
Healthwatch Northumberland The independent champion for users of health and social care services. Listens to your experiences and works with those providing care, to make improvements for everyone. Also runs a signposting service.	03332 408 468 info@healthwatchnorthumberland.co.uk www.healthwatchnorthumberland.co.uk
Northumbria Healthcare NHS Foundation Trust Provides Adult Social Care in partnership with Northumberland County Council. For advice and support contact Adult Social Care.	01670 536 400 socialcare@northumbria.nhs.uk
Onecall If you are worried about an adult's welfare who lives in Northumberland contact Onecall. The experienced team include social workers, district nurses, therapists, early help workers, or specialists in mental health, telecare or home improvement depending on the nature of the enquiry. Aims to help the most vulnerable people keep safe and well 24 - 7. **Calls after 5pm are redirected to the Emergency Duty Team.**	01670 536 400 Textphone: 01670 536 844 onecall@northumbria.nhs.uk
Patient Advice and Liaison Service (PALS) Provides confidential advice and support if you have any concerns about aspects of your care.	0800 032 0202 Textphone: 07815 500 015 northoftynepals@northumbria.nhs.uk
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

Activity	Details	Who for	Time & venue	Further info
Active at Home	This 'Active at Home' booklet has been produced to provide practical guidance for older adults, on home-based activities to maintain strength and balance, and health and well-being.	Older adults and those who are shielding.	Online resource available to download through this link: https://campaignresources.phe.gov.uk/resources/campaigns/50-resource-ordering/resources/5118	A video demonstrating some of the suggested exercises may be available in due course. Lorraine Henderson 01670 629 135 lorraine.henderson2@northumbria-healthcare.nhs.uk
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!	Over 60s.	A regular weekly chat with a friendly volunteer, at a time to suit you both.	Age UK Northumberland, Ashington 01670 784 800 info@ageuk-northumberland.org.uk www.ageuk.org.uk/northumberland/
Age UK Northumberland MCST Programme	A programme of cognitive stimulation therapy.	For people living with mild to moderate dementia, their carers and family.	Get in touch for more information about our next programme.	
Age UK Northumberland Virtual Events and Groups	Offers a range of free virtual events and groups, from chair-based exercise sessions to book chats and coffee mornings.	Anyone over 50 and living in Northumberland.	See website for information.	www.ageuk.org.uk/northumberland/activities-and-events/virtual-events/

Activity	Details	Who for	Time & venue	Further info
Alzheimer's Society Dementia Adviser Service	Provides information, support and advice for people affected by dementia and their families in Northumberland.	Anyone affected by dementia. Available across Northumberland.	Monday to Friday	Please contact our Northumberland Team 01670 813 255 northumberland@alzheimers.org.uk
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.	Please contact our Northumberland Team 01670 813 255 northumberland@alzheimers.org.uk
Alzheimer's Society Dementia Talking Point	An online community where anyone who is affected by dementia can share experiences and receive valuable support.	Anyone affected by dementia.	It's free and open day or night, and can be accessed online.	0333 150 3456 Textphone 18001 0300 222 1122
British Red Cross Equipment Hire Service	Commode £7.00 Wheelchair £17.50 Collect or Delivery & Collection £20.00	Anyone.	Open Monday – Friday 9.30am – 3.30pm Croft House, Western Avenue, Newcastle Upon Tyne, NE4 8SR	0191 273 7961 www.redcross.org.uk

Activity	Details	Who for	Time & venue	Further info
British Red Cross Telephone Befriending Service	It's time to connect with the outside world and hear a cheerful voice. A weekly telephone call to provide support and a chat. A volunteer who has been trained and DBS checked, will become your link. Michael is on hand to assist with any queries.	Anyone.	A date and time to suit both the service user and the volunteer.	Michael Rickwood 0191 273 7961 mrickwood@redcross.org.uk
Café @ Burn Lane	A community and internet café, and resource centre provided by Adapt (NE). Has Hexham's only Changing Places toilet available to everyone: you don't need to be a customer.	Fully accessible and provides a friendly, safe environment for everyone in the community.	Open Monday to Friday 9am – 3.30pm Excluding Bank Holidays Adapt Café, Burn Lane Hexham, NE46 3HN	01434 600 599 generaloffice@adapt-tynedale.org.uk
Chess Club	We have a gentleman who is a Chess Master and is interested in setting up a Zoom or online Chess Club. He is a lovely man and will coach beginners, as well as play the more experienced players.	Anyone.	A date and time to suit the coach and players.	Michael Rickwood 0191 273 7961 mrickwood@redcross.org.uk
Chrysalis Club Tynedale	We have moved and now re-opened in Hexham. Group activities, peer support for carers, drop-in times, social and information sessions. Counselling available together with informal 1:1 support. Our fledgling younger-onset dementia club will begin again, as will our social club for the Prudhoe area.	People with dementia and their families, friends and carers from pre-diagnosis onwards.	Days and times vary. Dene Park, Hexham. Parking and disabled access.	Please contact us on 01434 408 080, or info@chrysalisclub.org.uk www.chrysalis-tynedale.org.uk

Activity	Details	Who for	Time & venue	Further info
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 www.communitybuddies.com
Community Buddies Day Centre	Offers a sociable and relaxing environment, and a full range of activities.	For vulnerable adults and those with dementia.	Monday to Friday 10am – 3.30pm Hot meal, snacks and refreshments provided. Mickley	01661 844 456 info.communitybuddies@gmail.com www.communitybuddies.com Please book in advance.
Corbridge Memory Café	Come along for a chat, a social and to pick up information. No need to book – just drop in!	For people living with memory problems or dementia, and their family and friends.	3rd Thursday of the month. 10.30am – 12.30pm The Parish Hall, St Helen's Street, Corbridge, NE45 5BE	Melvyn Stone 07803 955 148 m.stone113@btinternet.com
Dementia Carer's Lunch Group	Come along for a bite to eat and time out to relax with friends.	Dementia carers.	1st Thursday of the month. 12 noon – 2pm Haltwhistle Venue to be confirmed on booking.	Chris Jameson 07816 532 269 p.jameson051@btinternet.com www.dementiasupportat haltwhistle.co.uk Booking required.

Activity	Details	Who for	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.	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.forumcinema.com
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.	Older folk.	Tuesday and Thursday 11am	info@goldieslive.com www.goldieslive.com
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.	For those with a medical condition, physical or mental, who want to become more active and enhance their health and well-being.	Exercise programme varies according to location. Wentworth Leisure Centre Ponteland Leisure Centre Prudhoe Waterworld	01670 620 200 Lindy Robertson lrobertson@active northumberland.org.uk Karen Storey kstorey@active northumberland.org.uk Dawn Barrett dbarret@active northumberland.org.uk www.activenorthumberland.org.uk

Activity	Details	Who for	Time & venue	Further info
Haltwhistle Memory Café	Friendly social group, coffee & craic followed by invited guest activity.	For those with dementia, memory problems, family and friends.	Every 2nd Thursday. 10am – 12 noon Community Room Haltwhistle Hospital NE49 9AJ	Chris Jameson 07816 532 269 p.jameson051@btinternet.com www.dementiasupportat haltwhistle.co.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.	Over 50s. All welcome. 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
Hexham Abbey Silver Screen	Classic films with refreshments.	All welcome.	Every last Thursday at 2.30pm North Transept, Hexham Abbey, NE46 3NB	Hexham Abbey Office 01434 602 031 admin@hexhamabbey.org.uk
Hextol Foundation	Provides working/volunteering opportunities for people in early-stage dementia.	Anyone in early-stage dementia, who wants to continue in a working environment.	Days vary according to service. Opportunities offered in Hextol Tans Café; handyperson services; gardening; catering; warehouse; and pack and post. In and around Hexham.	Bruce, Cherie or Claire 01434 605 523 contact@hextol.org.uk www.hextol.org.uk

Activity	Details	Who for	Time & venue	Further info
Hextol Tans Café	Run by the Hextol Foundation, a dementia friendly charity which provides working opportunities to people with learning disabilities and mental health needs.	All welcome.	Open Monday to Saturday 10am – 4pm Hextol Tans Café 11-13 St Mary's Chare Hexham, NE46 1NQ	Bruce, Cherie or Claire 01434 605 523 contact@hextol.org.uk
Home Instead Tyne Valley	Offer companionship, home help, personal care services and dementia care.	For older people.	7 days a week Night and Day Across the Tyne Valley	01434 693 700 h.hughes@homeinstead.co.uk www.homeinstead.co.uk/tyne-valley
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.	Open to anyone, including those with dementia, brain illness or injury (accompanied), and their family and friends. All welcome!	Thursday to Saturday 10am – 5pm During school term time. Inspired Pots 6 Eastgate, Hexham, NE46 1BH	Niky 01434 605 649 enquiries@inspiredpots.co.uk www.inspiredpots.co.uk
Karbon Homes Silver Talk	A free telephone befriending service, which gives people the opportunity to connect for regular social telephone chats, with our friendly, fully trained volunteers.	Over 50s. Carers and family.	Weekdays Calls made during flexible hours from varying locations.	0191 223 8662 silvertalk@karbonhomes.co.uk

Activity	Details	Who for	Time & venue	Further info
Let's Get Growing	Fresh air, friendship and fun – gentle walks and gardening nature-based arts and crafts – cooking and preserving produce.	A mixed-age, mixed-needs group who enjoy the outdoors. Minibus provision from Hexham, Corbridge, Riding Mill and Stocksfield.	Tuesday and Thursday 10.30am – 4.30pm Lunch provided The Peace Garden, Minsteracres Retreat Centre Consett, DH8 9RT	Ross Menzies 07762 244 381 Katrina Padmore 07748 600 498 www.letsgetgrowing.co.uk
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 per person. Hot drinks available: 50p	All welcome!	Every Tuesday 10.15am – 11.45am Acomb Village Hall Millersfield, Acomb, NE46 4RQ Ample parking.	01434 607 490 musicalmemories17@gmail.com Anyone coming for the first time, please ring or email beforehand to check it's on that morning.
Lunch Clubs Age UK Northumberland	Provide a hot two-course lunch and social interaction.	For older people. All welcome. Subsidised transport available for Corbridge.	For dates and times contact Susan. Allendale Village Hall NE47 9PR Corbridge Parish Hall NE45 5BE	Susan Chrisp 01670 784 800 susan.chrisp@ageuk-northumberland.org.uk

Activity	Details	Who for	Time & venue	Further info
Luncheon Club In Hexham	A lovely lunch is the least we provide – also companionship and a few laughs.	Over 50s. All welcome. Transport available.	Every Wednesday 12pm – 1.30pm Hexham Community Centre, NE46 3NP Until open, we are sending out meals on wheels, free of charge every Wednesday.	Hexham Community Centre Office 01434 602 707 hexcomcentre@gmail.com www.hexhamcommunitycentre.org
Movement For Your Mind	A seated to standing, movement to music dance-based class. £5pp. Carer/Partner free.	Open to anyone, including those with a range of neurological conditions, those whom are post-operation or those who are looking for an adaptable way to get moving.	Every Thursday As from September 11.15am – 12.15pm School term time only. Hexham Torch Centre Corbridge Road Hexham, NE46 1QS	Molly Freelance Dance 07943 804 161 mollyfreelancedance@yahoo.com Drop in - No booking required. For up to date info on dates for the next term or for any queries contact Molly Grey on the above details.
Northumberland Cancer Support Group	Offers support, advice, talks, events and outings.	Welcomes anyone who has been affected by cancer.	1st Tuesday of the month 6.30pm Meeting rooms, Hexham Hospital, NE46 1QJ 4th Tuesday of the month 1pm Community Room, Hexham Trinity Methodist Church NE46 3LS	info@northumberland cancersupportgroup.co.uk www.northumberland cancersupportgroup.co.uk

Activity	Details	Who for	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 and Reading Group. Facebook Family History Group. In person events and activities including Knit and Natter and Reading Groups resuming soon. Reading Friends : Telephone Friends. See entry.	For everyone.	Opening hours of all our libraries and full details available on 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.	01670 620 450 (Hexham) mylibrary@northumberland.gov.uk readingfriends@northumberland.gov.uk Digital Helpline 0345 600 6400
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	01670 620 450 (Hexham) mylibrary@northumberland.gov.uk Digital Helpline 0345 600 6400

Activity	Details	Who for	Time & venue	Further info
Northumberland Libraries Virtual Reading Group	We pick a title each month that is available in multi access (many people can read them at the same time) from our free E-book & E-audio service, which is provided through Borrowbox. Borrowbox allows you to download a Borrowbox app to your smart phone, tablet, and also viewable on laptops to access hundreds of free titles, digitally.	All welcome.	Last Thursday of the month 2pm	01670 620 450 (Hexham) mylibrary@northumberland.gov.uk Digital Helpline 0345 600 6400
Opens Arms	Bringing together the older and younger generations.	All welcome. Come along for chats, games, companionship and cake!	Tuesday 3.30pm – 5pm Hexham Community Centre NE46 3NP	Hexham Community Centre Office 01434 602 707 hexcomcentre@gmail.com www.hexhamcommunitycentre.org
Pen Pals	We are starting a pen pal service, where we try to connect people who we are supporting in our service, with each other. The idea is that once the connection is made, a friendship may develop and people will remain connected.	All welcome.	A date and time to suit both pen pals.	Michael Rickwood 07808 243 708 mrickwood@redcross.org.uk

Activity	Details	Who for	Time & venue	Further info
Public Speaking Club	Join my A1 Public Speaking Club via Zoom and become part of a friendly community who enjoy public speaking. Learn how to deliver a short talk on any topic. I talk about funny police stories and history. We have members from all walks of life. It's a great way to spend an hour and to learn new skills, develop those you didn't realise you had and make friends.	All welcome.	1st and 3rd Monday night 6.45pm for a 7pm start Until 8pm	Michael Rickwood 07808 243 708 mrickwood@redcross.org.uk
Questions, Quiz and Funnies	Once a week, a quiz, word search, funny pages, exercise sheets and a poem is sent out via email to organisations and individuals who request it.	For anyone.	Every Friday	Michael Rickwood 07808 243 708 mrickwood@redcross.org.uk
Reading Friends: Telephone Friends	Reading Friends brings people together to read, share stories, meet new friends and have fun!	All welcome.	Arrange your day and time with your telephone friend. Weekly or fortnightly... what's best for you? A short check-in or a longer catch-up chat... it's your call.	Contact your local library 01670 620 450 (Hexham) readingfriends@northumberland.gov.uk mylibrary@northumberland.gov.uk

Activity	Details	Who for	Time & venue	Further info
Relatively Speaking Support Group	Carers need 'caring for' too. Come and join us for a cuppa and a chat - a warm welcome awaits!	For anyone caring for family, friends and children.	1st Friday of the month 1pm – 3pm Room 2 Haltwhistle Library NE49 0AX	Yvonne 07599 831 330
Riding Mill Drop-in	Call into our safe, welcoming halls for a leisurely afternoon with the opportunity to keep brain and body active, or simply take time out for a relaxing chat and cuppa in good company. You choose.	All welcome. Whether its board games or puzzles, dominoes or cards; something more active like table tennis, or more relaxing; stay 15 minutes or an hour or so - it's your choice.	Tuesdays 2pm - 4pm Held in either: Parish Hall, Millfield Road, NE44 6DJ or Millennium Hall, Church Lane, NE44 6DR	Please check for venue and changes with: Suzanne Barker 07587 068 210 or Jan Walmsley 07955 630 802 www.ridingmillvillagehalls.org
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 www.shinecareathome.co.uk

Activity	Details	Who for	Time & venue	Further info
Stocksfield Monday Drop-in	Come along for a coffee and a chat. Fully accessible.	Open to all.	Every Monday 10.30am – 12 noon Methodist Church Hall Mount View Terrace Stocksfield NE43 7HL	Edna Leeson 01661 843 081 e.leeson@talktalk.net
Stocksfield Tuesday Club	Offers a sociable, relaxing environment and a range of activities, and a pre-booked midday meal for £5.	Fully accessible, friendly and safe environment for anyone in the community.	Tuesdays (except August) 10am - 2pm Stocksfield Community Centre Mount View Terrace Stocksfield NE43 7HL	Edna Leeson 01661 843 081 e.leeson@talktalk.net Melna 01661 844 040
Stocksfield Friendly Fridays Drop-in	Come along for a coffee and a chat. All free.	Open to all from babies to pensioners.	Every Friday 10am - 12noon Friends Meeting House New Ridley Road/ Main Road Stocksfield NE43 7LB	Edna Leeson 01661 843 081 e.leeson@talktalk.net Melna 01661 844 040

Activity	Details	Who for	Time & venue	Further info
Sycamore Counselling Service	Provide a general counselling service, available to all adults. No set fees, donations welcome.	Individuals over the age of 18.	Appointments available on Wednesdays 9am - 6pm Based in central Hexham.	Jenny Tabori 07939 493 030 sycamorecounsellingservice@gmail.com www.sycamorecounselling.btck.co.uk
Tynedale Hospice at Home	Provides professional needs-led end of life nursing care in the patient's home; discreet and friendly hospital transport service for those with a life-limiting diagnosis and high-quality pre and post bereavement services supporting patients and their families.	Supporting the community of Tynedale, Ponteland and West Northumberland.	7 days a week Night and Day End of life nursing care in the patient's home. For information on accessing bereavement support or hospital transport please get in touch.	Charlotte Pearson 01434 600 388 admin@tynedalehospice.co.uk 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.	Friends and family of anyone with mental health or dementia issues.	3rd Tuesday of the month Drop-in anytime between 1.30pm – 3.30pm 1st Hexham Scouts 17 Maiden's Walk, Hexham, NE46 1DP	tdmhdropin@gmail.com

Activity	Details	Who for	Time & venue	Further info
Wellbeing Walks	A great way to exercise and meet others. Free. Walks are graded.	All welcome. Those with memory problems or dementia accompanied.	Days vary according to location. Walks from: Allendale, Bellingham, Corbridge, Haltwhistle, Hexham, Ponteland, Prudhoe, Otterburn, Stocksfield and Wark.	For more information please email Loraine or visit www.activenorthumberland.org.uk Loraine Oliver loliver@active northumberland.org.uk
Wentworth Leisure Centre	Adult Independent Rehabilitation – quiet Swimming Aqua Therapy – to improve strength and balance Walking Football Walking Netball	All welcome.	Availability, dates and times may vary.	Maxime Thompson and Richard Anderson 01670 620 200 enquiries@ activenorthumberland.org.uk www.active northumberland.org.uk

Virtual events

AGE UK Northumberland Virtual Events and Groups

Alzheimer's Society Virtual Singing for the Brain

Chess Club online

Goldies Live

Northumberland Libraries Virtual Reading Group

Northumberland Libraries Virtual Events

Public Speaking Club via Zoom

Telephone friendship

Age UK Northumberland Friendship Line

British Red Cross Telephone Befriending Service

Karbon Homes Silver Talk

Reading Friends : Telephone Friends
(Northumberland Libraries)

For more information see individual entries in this booklet

Music and radio programmes

Music for Dementia Radio
www.music4dementia.com

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.

BBC Music Memories and BBC Memory Radio
www.musicmemories.bbcrewind.co.uk/

Music Memories

A website that stimulates memory through music, designed especially for people living with dementia using the extensive BBC archives. 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.

Koast Radio
www.koastradio.co.uk

Koast Radio 106.6 FM and available online

Local Community radio for South East Northumberland
For news, music from the 40s, 50s, 60s & 70s, local nostalgia, health and fitness, hobbies and interest & phone-ins.

Tuesday 6pm – 7pm
Wednesday 10am – 11am
Friday 9pm – 10pm
Sunday 3pm-4pm

Golden Oldies Live
www.radio-uk.co.uk/golden-oldies

Notes

Notes

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 booklet please contact Adele Kinsella - adelekinsella@hotmail.co.uk