



CLEVEARC

Issue 1

November 2020

CLEVEARC - A NEW PHASE

Cleavearc reached its 31st anniversary in February 2020. This is a tremendous achievement for a small local charity, especially as it has recently been going through a period of change and restructuring, in order to realign its services to become more community-focused and as it prepares to enter a new phase in its history. Our aim is to continue to deliver our current projects and develop new and innovative services that reflect the needs and wishes of people living with dementia and their carers/families, so that we can create truly inclusive dementia friendly communities.

We have recently expanded our Board through the appointment of three new trustees and with their additional expertise and skills, this will help the charity deliver on its Vision and strategic objectives.

Even through the current coronavirus crisis, Cleavearc has adapted its services so we can still continue to provide specialist information, advice, support and services, whilst keeping people protected. Living with dementia is challenging and coronavirus has added to these challenges, if you are in need of support, please contact us, we are here to help you.

Gayle Tweed - Chief Executive



FUSION CAFE

Fusion café celebrated its 14th anniversary in February 2020. Who knew at that time that we were going into lockdown in March 2020 and therefore unable to host Fusion in the preceding months. We have secured a new venue, as we left Kirkdale earlier this year. Unfortunately because of the restrictions in place we have not been able to put Fusion café on. Gayle and Lorraine have been providing 'companion calls' and emails to our Fusion clients, checking on their well-being and making sure they know where to get additional support if required. We have also been viewing other suitable venues to see if we could have smaller 'social support' groups, which has been quite challenging to date.

The safety of our clients is paramount when deciding a suitable venue and until that time please stay safe, stay positive and we'll be together soon.

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Co. Ltd by Guarantee
No. 2345874.

Charity Commission
No. 701958



Dementia Friendly Communities

Dementia Friendly Communities in Middlesbrough and Redcar & Cleveland.

During these difficult and challenging times the project has maintained links with a number of families caring for somebody living with dementia.

The constant request to have some “sort of contact” and to be able to “do something real” was acted upon on Wednesday 15th July 2020. The project facilitated the first outdoor dementia friendly entertainment support group. This was hosted by one of the many dementia friendly organisations Middlesbrough Environment City. Even when the weather wasn’t brilliant people held umbrellas and danced. These events were replicated in Redcar and Cleveland and hosted by Kirkleatham Museum. The weather in Redcar on Tuesdays proved to be much better than the Wednesdays in Middlesbrough.



With further COVID-19 guidelines and moving the support events indoors we can only have 15 participants at each session. There are currently two in Middlesbrough, now hosted by Acklam Green Centre and one event in Redcar each week.

The feedback from those attending has been amazing with comments such as:

***“This has been a lifeline for my wife and me”
“It’s great to see real people and not images on the screen”***

To date the project has facilitated 18 support sessions in Middlesbrough and 17 support sessions in Redcar & Cleveland.



The amazing entertainment is provided by local singer Simon Carter singing many of the classics.

For information about Dementia Friendly Communities in Middlesbrough and Redcar & Cleveland please contact Brian Rowcroft on: 01642 611110 or email at browcroft@clevearc.com



Dementia Voices Stockton

Here at Dementia Voices Stockton (DVS) we continue to support our clients in this ever changing world that we are currently living in. We are adapting our services in line with government Covid-19 guidelines.

We are offering socially distanced face to face appointments, telephone calls and attending professional meetings with clients where available. If you need any support at all please contact us so that we can help. We have added an educational aspect to what we offer due to a request to support a local college in raising awareness about dementia. We will continue to offer this service and can adapt the course content to meet the needs of the audience.



DVS support session

We are running a weekly support group in Yarm on a Friday afternoon (please contact us to book a place as places are limited).

For further information on anything we offer, and if you would like to self refer for support please contact:

Lucy McCormack on 07955 360407 or email lmccormack@clevearc.com

CLEVEARC'S EXPERIENCE WITH SUPPORTING PEOPLE AFFECTED BY DEMENTIA

Clevearc has been supporting and giving advice to people affected by dementia, their carers, family and friends for over 30 years. We have taken part in dementia research which helps understand the disease, develop effective treatments, improve care and hopefully one day find a cure.

We believe in working in partnership with the aim to get the best possible outcome for people in our communities affected by dementia.

Our philosophy is that the person diagnosed with dementia is able to live to their full potential and have a meaningful and active life, when and where possible.

FUNDRAISING

Clevearc depends on fundraising, grants and donations to continue to provide a service to those living with dementia. We have been fortunate over the years to secure funds from grant making bodies, donations and people's generosity, which has enabled us to provide our vital services.

In today's current crisis and an ever-changing landscape, charities are finding it increasingly difficult to survive. There are less opportunities to secure funding and more competition.

Any fundraising ideas are welcomed or if you would like to make a donation please contact Gayle Tweed on 01642 611110 for more information.

USEFUL TELEPHONE NUMBERS

 Stockton-on-Tees BOROUGH COUNCIL The LiveWell Dementia Hub	The LiveWell Dementia Hub is a unique community based service for anyone living in Stockton-on-Tees who would like information, support or training related to dementia. This includes people with dementia, their families and carers as well as anyone else who would like to learn more about the condition.	 01642 527363
 Stockton-on-Tees BOROUGH COUNCIL Stockton Adult Carer's Support Service	Does someone rely on your for care and support? Do you provide assistance to a friend or family member in Stockton-on-Tees? The Adult Carers' Support Service is available for Carers who are 18 years of age or above who care for another adult.	 01642 524494
 Age UK	Thanks to the support of Stockton-on-Tees Borough Council Better Care Fund, Age UK Teesside offer a free service in the borough which is helping to transform the lives of older people. The Better Health Better Wealth initiative, for residents aged over 65, offers free welfare.	 01642 805 500
Cognitive Stimulation Therapy	A series of sessions that assist in the maintenance of cognitive functioning for people who have a diagnosis of dementia. Where appropriate these sessions will be offered by the Community Mental Health Team following a diagnosis of dementia by the Memory Service.	 01642 737351
 Safe & Found	Do you care for someone who has dementia and worry that they might go missing? The Herbert Protocol is here to help find them if they do.	 01642 326326
 Dementia Research	Volunteers, both with and without dementia, who take part in research studies or clinical trials play an essential role in helping scientists and doctors to understand dementia and test potential new treatments. Join Dementia Research is a national service that allows you to register.	 0300 111 5111 Alzheimers Research UK
 Citizens Advice	Stockton and District Advice and Information Service provides free, confidential, independent and impartial advice.	 01642 633877 Appointments & Administration  0344 245 1295 Advice line
 CHANGING PLACES CHANGING LIVES Groundwork	Groundwork NE & Cumbria are currently delivering a programme to address social isolation and loneliness amongst people presenting memory problems (undiagnosed and diagnosed dementia) and their carers in Stockton on Tees. Activities are based around horticulture, green exercise and other activities, encouraging people to connect.	 01642 815663

For further details or any questions about anything in this Newsletter,
 please contact Clevearc on 01642 61110