



Carer Locality Lead GP Bulletin Sunderland North Area

August 2018

Hello and welcome to your monthly bulletin, this month I thought I would focus a little on dementia and the support available for carers.

Caring for a family member living with dementia can be challenging, rewarding, change family relationships and impact on physical and psychological health.



There are 850,000 people with dementia in the UK, with numbers set to rise to over 1 million by 2025. This will soar to 2 million by 2051.

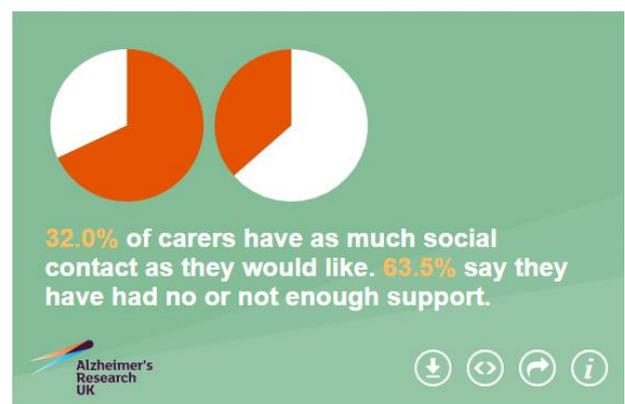
225,000 will develop dementia this year, that's one every three minutes.

1 in 6 people over the age of 80 have dementia.

There are over 40,000 people under 65 with dementia in the UK.

More than 25,000 people from black, Asian and minority ethnic groups in the UK are affected.

Unpaid carers supporting someone with dementia save the economy £11 billion a year.



These statistics were taken from www.alzheimers.org.uk

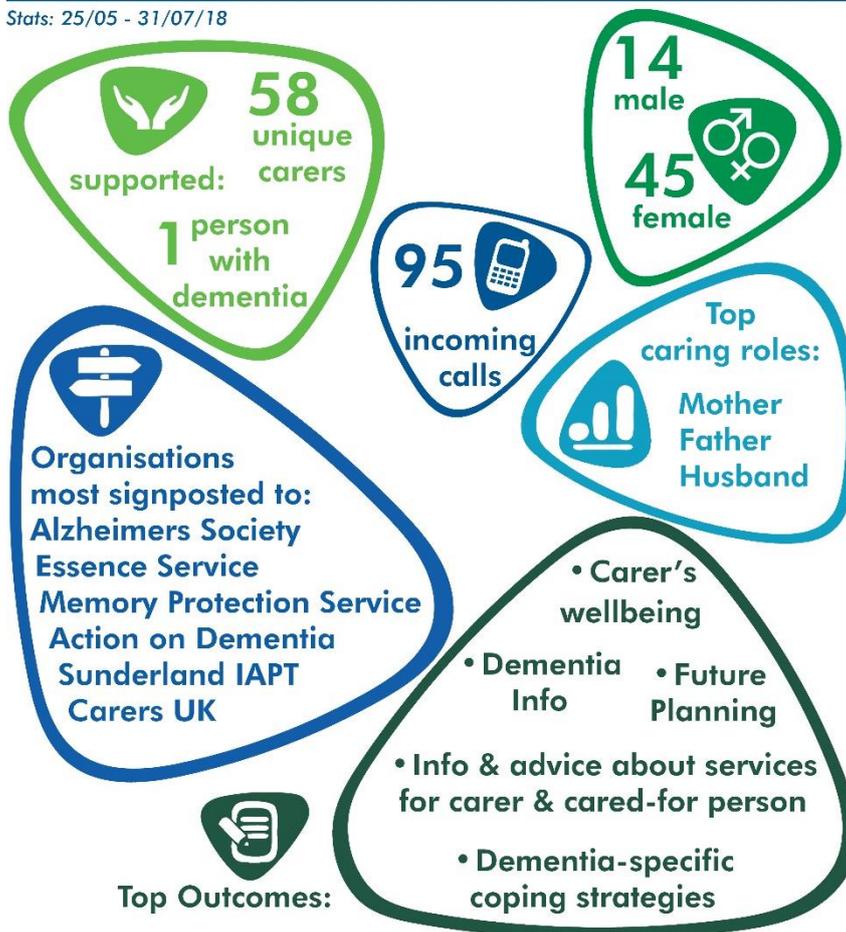
You can find more carer statistics on www.dementiastatistics.org/statistics/impact-on-carers/



Dementia Advice Service

Information, advice and guidance 'Within Reach'

Stats: 25/05 - 31/07/18



Carers who are looking after someone with dementia may experience a range of difficult emotions, talking to someone will help and support them. Here at the Carers Centre we have a Dementia Advice Service which can provide information, advice and guidance to a family member or friend of someone with dementia, awaiting a dementia diagnosis or are worried about memory loss. As you can see we have had 95 incoming calls since we started in May '18 this is proving to be a well-used service. Contact number 0191 549 3768

Alongside the Dementia Advice Service we also offer a carers coffee morning which is for family and friends who look after someone with dementia. This provides you the space and time to meet others in a similar caring role for a cuppa, cake and chat. The groups 'drop in' runs on the first Wednesday of each month

between 10.30am – 12.30pm.

Carers Centre groups

We offer a range of carer groups throughout the city, Washington and Coalfields areas for an up to date list please do not hesitate to get in touch.

One of the groups is **Sunderland Carers Group**, this is available for all adult carers across the city. They meet 10am – 12noon on the first Friday of every month usually at Pallion Action Group, though sometimes they have an activity or trip planned so it's best to contact the centre for further information.

Another group we run is the **Partners group**, this is available for carers and their partner who has a physical disability or long-term illness. They meet the second Thursday of each month 1 – 3pm at Marley Park Community Fire Station, again please get in contact before attending as this group sometimes has activities and trips. Some of the quotes have been

"A great afternoon and great to meet other couples"

“A great afternoon, my husband only usually gets out of the house for hospital visits”
“have met like minded people who share similar lifestyles due to illness/disability”
These are just two of the many groups we run!

Caring for carers awards

Don't forget the nominations are open for the caring for carers awards!

Nicola Wilson, Carer Locality Lead (Sunderland North)
nicola@sunderlandcarers.co.uk

Keep in touch with the important news for Carers in Sunderland



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www.sunderlandcarers.co.uk



0191 549 3768



contactus@sunderlandcarers.co.uk