



Carer Locality Lead GP Bulletin Coalfields Area

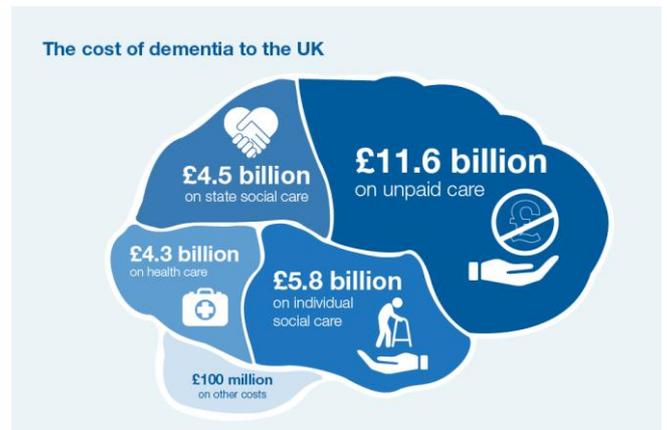
October 2018 Bulletin

Welcome to my bulletin for October, this month's will be a focus on and around dementia and what support is available for carers.

There are currently 850,000 people with dementia in the UK, more than ever before, and this number is projected to increase (Dementia Statistics.org).

If we look at Sunderland Clinical Commissioning Group (CCG) area with England, there are 3781 people living with dementia that is 1.3% of the local population. The highest is North Norfolk with 3797 people which is 2.2% of their local population. The lowest is Bradford city CCG with 632 people which is 0.5%. (Dementia Statistics.org).

Within the Coalfields we are supporting 1,281 carers and out of those, 184 are carers supporting someone with dementia. Caring for a family member living with dementia can be challenging, rewarding, change family relationships and impact on physical and psychological health.



Over 42,000
people under 65 have dementia in the UK, 5.2% of the total.

It is a common misconception that dementia is a condition of older age, over 42,000 people under 65 years old have dementia in the UK.

Living with any form of dementia is a challenge. However, with appropriate care and support, many people with dementia can enjoy a good quality of life.

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

Here at the carers centre we have a Dementia Advice Service, this provides information, advice and guidance to families and friends of someone with dementia, awaiting a diagnosis of dementia or are worried about memory loss.



As you can see we have had 95 calls since we started in May'18 this is proving to be a well-used service. If you would like any further information about this service or any leaflets or posters, please call 0191 5493768. The statistics above are from the first 2 months of the service starting, if you would like up to date statistics about the service please contact the carers centre.

Alongside our Dementia Advice Service we provide 1:1 support for those carers who are in need of more comprehensive support, this can be at their home or some where away from their home as it can be difficult to talk openly in front of their loved ones. We also run a carers coffee morning called 'Your Time' for carers who support someone with dementia. This is held at the carers centre in Thompson Road on the first Wednesday of the month between 10.30-12.3. This provides space for the carer and time to meet others in a similar caring role for a cuppa, cake and a chat.

Action on Dementia also run a memory café at CherryTree Gardens in Houghton. They meet on the second Thursday of every month between 10.00am and midday.

Debbie Ainscow, Carer Locality Lead (Coalfields Area)
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