

Sanctuary Supported Living offers a wide range of support to people diagnosed with dementia, their family and carers in Middlesbrough.

We understand that each person is unique and will experience dementia differently. Our aim is to promote self-confidence and empower the people we support to live their life to the full for as long as possible by maximising their independence. We focus on your wishes and needs, and we support you to take control of your life.

How we can support you

- Providing a friendly face for you to talk to confidentially
- Offering practical advice and assistance with paperwork
- Assisting you with creating Power of Attorney and Court of Protection applications
- Creating a personalised support plan which reflects your needs
- Supporting you with housing-related issues, such as adaptations
- Managing finances, budgeting and applying for benefits
- Assisting you with planning in case of emergency
- Creating a 'Life Story' booklet
- Creating an 'All About Me and My Care' booklet
- Referring you to other support and respite agencies
- Assisting you with getting a Statutory Carer Assessment and acquiring a Carer Emergency Card
- Connecting you with local groups which offer social activities and support



Middlesbrough Dementia Adviser Service can support you and your loved ones with helpful, friendly advice and information. We'll make sure you get the right help to ensure you can continue to enjoy a meaningful life after a diagnosis of dementia.



Groups and activities

We offer a range of regular events and activities throughout the year, including a selection of events during Dementia Awareness Week, a summer day trip, World Alzheimer's Day event and a Christmas party.

We welcome new members to our regular group meetings and activities which include:

Lunch Club

Our lunch club meets every second Wednesday of the month and offers a chance to meet others who are in similar circumstances, and have a chat over lunch. There's no need to book in advance, just turn up on the day.

Dementia Support Group

The Dementia Support Group meets every fourth Wednesday of the month, and gives you the opportunity to socialise and enjoy a range of activities designed to be fun and mentally stimulating. Our support group is free to attend and no prior booking is necessary.

Quarterly Focus Group

Our focus group meets in January, April, July and October, on the fourth Wednesday of the month. It offers our members a chance to have their say about the services and activities we offer.

Contact us for the latest activities schedule, and to check dates and times, or follow us on Facebook for all the latest details.

Middlesbrough Dementia Adviser Service is funded by Middlesbrough Council and is FREE to access for adults living in Middlesbrough.



01642 223 544

www.sanctuary-supported-living.co.uk
dementia.adviserservice@sanctuary-housing.co.uk

Contact us for more information or visit us at:

Middlesbrough Dementia Adviser Service
Suite 6
Beresford Buildings
The Greenway
Thorntree, Middlesbrough
TS3 9NB

**North
East
Carers**  @NECarers
 @SancSL