

Support for you

Side by Side

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COMMUNITY HUB NUMBER

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For help and advice

Contact your local office for more information

alzheimers.org.uk

Alzheimer's Society is a registered charity in England and Wales (296645); the Isle of Man (1128) and operates in Northern Ireland. Registered office 43-44 Crutched Friars, London EC3N 2AE



Northumberland Newsletter Keeping Connected

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How we can help

Keeping in touch

We are all living in a very strange time at the moment, we are connected virtually through media, Facetime, Whats App, Facebook , telephone and mobile calls and so on. This keeps us in touch, but adds to the feeling of together but seperate . There are many sources of help out there , one place to look is the Northumberland County Council website , which has local and county wide contacts for

you .
The Library service has an excellent range of E-books and magazines for you to read together



More useful links

<https://healthinnovationnetwork.com/wp-content/uploads/2020/04/Maintaining-Activities-for-Older-Adults-during-COVID19.pdf>

Enjoy a sing along , try Radio 3 at breakfast time

<https://www.bbc.co.uk/programmes/articles/42CzgBYLd6DTWzVfLt9qTxG/the-radio-3-breakfast-singalong>

Join our special Singing for the Brain Facebook live event

On Thursday 30 April we will be broadcasting a very special virtual Singing for the Brain session on Facebook. It will be open to everyone on Facebook and we want to get as many people as possible uniting for a national sing-a-long

The session will be led by our fantastic Singing for the Brain Group Leaders, plus Alzheimer’s Society Ambassador Vicky McClure will also take part.

Resources available

Resources on line

There is a huge amount out there if you able to go on-line. From virtual jigsaw puzzles to You tube clips, activities and cooking ideas, and on-line forum where you can raise a question, put forward an idea, or just have a chat.

I have attached a link for you to try yourselves .

<https://www.alzheimers.org.uk/get-support/coronavirus-activity-ideas-people-living-dementia#content-start>

jigsawpuzzles.com

Any other ideas?



Dementia Talking Point:

Want to talk about dementia? We’re here for you.

Dementia Talking Point is our online community where anyone affected by dementia can ask questions, get information and share practical tips with people who understand.

People can connect with someone who is going through a similar experience, receive valuable support, and feel less isolated.

It’s free, available 24 hours a day and accessible via smartphone, tablet or computer.

You can remain anonymous when using Dementia Talking Point, to discuss sensitive issues about dementia and seek support more privately.

Join the community today

