

ADVICE FOR GP'S REFERRING PATIENTS DIAGNOSED WITH DEMENTIA

The Essence Service supports people in Sunderland who have **recently been diagnosed with dementia, and their carers.**

Providing practical and emotional support, advice and information, the service is the **first port of call** once a person or loved one has been diagnosed with dementia.

The service provides free-to-access help, and focuses on taking the fear out of dementia diagnosis. As well as information and guidance, those living with dementia can take part in a range of activities specifically designed to stimulate the brain and slow the advancement of the condition.

The Essence Service is run by Age UK Sunderland, working with Sunderland Carers' Centre and other partners including the Alzheimer's Society.

Where is the Essence Service delivered from?

The Essence Service is based at the **Sir Thomas Allen Centre at Doxford Park**, an accessible, welcoming space, where people in the city can go to enjoy sessions that are specifically designed for people in the early stages of dementia. It is also delivering events in community hubs across the city.

What do people who use the service think?

Sunderland couple, Brian and Julie Hamilton, have been using the Essence Service since Brian's diagnosis. Brian describes the impact it has had on his life:

"The people at Essence have totally changed my outlook. Now I don't worry at all. If I've got anything to say or if I'm worried about anything, I go to Essence or ring them. It's a big life change from what it was then to how it is now. I would urge anyone diagnosed with dementia to give it a try."

TO MAKE A REFERRAL, SIMPLY:

Contact the Essence Service directly, or tell your patient, or their loved one to:

Email: essenceservice@ageuksunderland.org.uk

Telephone: 0191 522 1310

Google: Essence Service

Visit: Sir Thomas Allen Centre

Mill Hill Road

Doxford Park

Sunderland

SR3 2ND



**Essence
Service**

