

## SHERBURN HOUSE CHARITY FUNDING - AWARDED SEPTEMBER 2024

### Action on Dementia Sunderland

The Christmas lunch and entertainment took place at the Little Haven on Tuesday, 17th December. It was attended by 26 of our service users, accompanied by our four Outreach Family Support Workers. A good time was had by all.

We have been requested to pass on their thanks and appreciation.

The 2 tablets are to be purchased shortly.



### Active Families NE

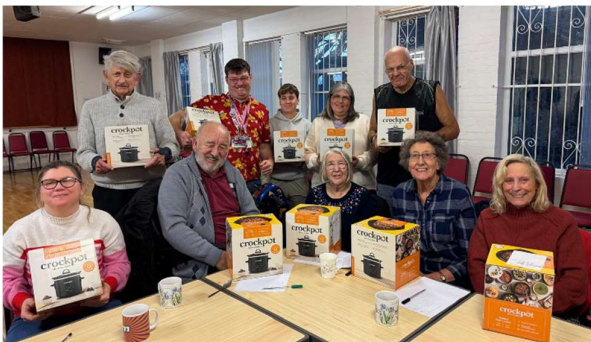
We have used the funding, it was such a success we've sent off an application to the One stop shop for funds to run another. We had amazing feedback - here's a few comments, and photos below you can use.

*"I live on my own and my go to tea is usually toast, and beans. Sam has taught me how easy it is to throw (as she calls it) cheap yet tasty ingredients into a slow cooker and sit back while it cooks"*

*"This course has been amazing I would love to do another one"*

*"Thank you for the slow cooker, I have used this every day since getting it. The cook book and extra recipes Sam made for us are so easy to make even for me"*

Thank you for all your support, you all do an amazing job! Without you we couldn't do our job. If you require any more information, if there's any more grants to continue this in the future please let us know.



## Ashington Veterans & Elders Institute

The funding we got from Sherburn House Charity was specifically put towards the upgrade of our access toilet. The main extension building work was finally completed in October 2024, and from that date the institute took on a completely new look. The fact that we had super toilet facilities for our growing number of members and visitors to use meant we could host these events with confidence in our services.

We've had more people attending our events like coffee mornings, music nights and exhibition matches, and we've also had more groups using our institute for seminars, craft sessions and social activities. Our membership numbers are at record levels, and we are extremely grateful to Sherburn House for their fantastic support.



## Birtley Community Association

Below are photos from the Christmas lunch event we held and the music keyboard we were able to purchase.

Feedback from the Christmas event was very positive. We even had Santa come along to see the children.

A few quotes we have from people who attended the event:

*"The Birtley Community Centre always makes Christmas events special for the community"*

*"We come every year because it's such a lovely event where the community come together"*

*"The food and live music is always spectacular and gets us ready for Christmas"*

The music keyboard is widely used by our groups like line dancing, drama & ballroom dancing.





### Bishop Auckland Community Partnership

The two project groups (the Friday Club for relieving loneliness and isolation, and the Memory Club for dementia sufferers and their carers) have had two joint trips this year so far, one to Seaham Harbour in June and one to Seaton Carew in July.

They will also be going to the Pantomime in Nov/Dec, which will use up the rest of the grant, as tickets are so expensive - as well as the bus cost. Occasionally we have had to book two mini-buses, such is the popularity of some of the outings.



### Breathe Easy Darlington

Quotes from members :

"Since joining the group, my symptoms of breathlessness have improved, and my fitness level shows I have built back some muscle strength and balance control, helping to prevent falls. I can walk a bit further too without having to stop and rest ,delaying others walking with me. More importantly, I don't feel so isolated and have made friends with others who understand what living with lung disease is like. Thanks to the funding Breathe Easy Darlington receives, the classes are free to attend, for which I'm grateful."

"Breathe Easy fills the gap by providing tailored classes led by a trained instructor who understands the problems and encourages participation in mainly seated exercises to avoid heart strain when breathless. I honestly don't think I would still be here without their support, and on the mental

health side too. I only wish there were more groups like them in the North East to help others like me."

We have seen an increase in attendance at our weekly BEActive classes ,and now have 25- 30 people regularly attending. Many members quote the social inclusion as an important benefit as well as physical health improvements.

Recently, we trialled ten-pin bowling sessions which have proved very popular, and our Breathe Easy Bowlers group now meet monthly to challenge each other, exercise, and have some fun.

We view our services as an on-going requirement in the local community, especially as the NHS future health plan places more reliance on community support and prevention of hospital admissions.

So, thank you Sherburn House for contributing valuable funds to our cause and enabling Breathe Easy Darlington to help more local people live well with respiratory ill health.



#### Chrysalis at Tynedale

Thank you for the funding you provided. It has enabled Chrysalis to enhance the trips and outings we offer to our members and family carers.

Over the last 12 months we have organised, subsidised and provided the following trips

- Visited and handled Alpacas
- Two trips to Hexham races (in a box with lunch)
- A trip on South Tyneside Railway
- Ten-pin bowling



- Tynedale Gift Fair (dementia friendly hour)
- Dementia Friendly Carol service at Hexham Abbey
- Trip to the pantomime Snow White and the Seven Dwarfs at Tyneside theatre and lunch
- Golf with Golf in Society at Bellingham
- Tyne Valley Film Festival West Side Story at The Forum, Hexham
- Tyne Theatre 'Anything Goes'
- Walks on Tyne Green
- Cycling without Age

It is very beneficial for our members (people with dementia) and their carers to get out into the community. which can isolate the couple and cause loneliness. It can be hard for them without the subtle support we provide, which can isolate the couple and cause loneliness. We aim to always provide a male and female volunteer in case someone disappears to the toilets for a longer time than expected! When our members are in a group they know that they won't be judged so it relaxes them and they enjoy themselves more. A lot of our trips involve a coach trip; this leads to laughter, camaraderie and sometimes singing, making the whole trip a thoroughly enjoyable experience. Chrysalis tries to vary the trips so they appeal to a larger group. We always ensure the toilets are handy, the area is accessible and the eating arrangements are suitable.





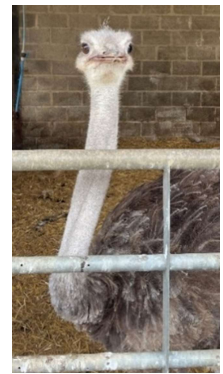
### Churches Together South Tyneside - Happy at Home Project

In November '24 Happy at Home were able to use part of the grant to take 30 volunteers and beneficiaries Christmas Shopping to Boundary Mills. This was the only chance some of our beneficiaries got to visit the shops due to mobility and lack of transport links, and they were thoroughly grateful for the opportunity. An enjoyable morning was had by all, and topped off with a spot of lunch! Thank you for making this possible.

In May we bought tickets for a local theatre company to see "School of Rock", as well as a trip to Mainsgill Farm.

Everyone had a fabulous time and wanted to say thank you again for the funding to make it happen.





#### Easington Lane Community Access Point (ELCAP)

ELCAP has concentrated the award on providing help and support in two major practical ways.

- The provision of a shopping bus service to allow those who would struggle to use public transport to buy their groceries. These weekly trips not only provide an opportunity to get some shopping, but the passengers form themselves into small peer support groups, having become friends through this service.
- The provision of a short Air Fryer Cookery Course to enable local people to cook more healthily and cheaply using an air fryer, rather than using their full oven

Both projects are over-subscribed which is always great news as well as people saving money and making new friends.

Thank you to Sherburn House Charity for your support, from all at ELCAP.



The Sherburn House Charity grant support has enabled some of our most isolated and therefore highly vulnerable community members to continue to attend our quality of life older people activities, especially crucial as they lose driving confidence and/or bus transport becomes too challenging due to their increasing frailty and nervousness. Over the years, we have encouraged shared car use, but again these drivers are ageing and some are losing confidence on increasingly congested roads, and as the drivers restrict their journeys or even their give up cars, it affects inclusion of so many others. It is at this point we use local accessible transport, i.e. taxis, to pick up several clients per car to keep them connected with their established network of friends, thereby ensuring they benefit positively, mentally, and in some cases physically, by being able to continue to engage with others at our highly popular wellbeing events

Photos from recent events organised with Sherburn House funding (Bellingham "tea on the train" & Alnwick Gardens summer tea dance) :



Feedback received regarding the above activities :

*"God send" (Dementia Carer)*

*"Thank you for another amazing day. The company, food and venue were fabulous. Looking forward to the next event" (Dementia Carer)*

*" The Sherburn grant has enabled our most vulnerable guests to continue to remain socially connected as their mobility, physical and mental conditions become more challenging, this has proven to be a very successful partnership strengthening friendships and building in resilience. Thank you for helping us to make this happen". (Stephen Ward - Mind Active)*



## Pelton Fell Community Partnership

Pelton Fell Community Partnership were awarded a grant of £1000 towards older persons activities within The Brockwell Centre.

PFCP divided this grant between older person fitness session with **In 2 The Zone Fitness**, this provided gentle circuit session every Wednesday morning 16 weeks. This session is the only type in the area, there was a core group of 6 people attending during this period.

The other half of the grant was used to support the extremely popular Brockwell Brunch which provide a free two course meal each week, these meals can also be delivered to older residents who are unable to attend The Brockwell Centre.

This project was developed to provide a welcome environment for local residents to socialise, reduce isolation and improve well being.

The funding supported the delivery of Christmas lunch, which provided 101 meals to local residents, of which 70 were over 60. It also continued to support the meals for the older residents for 8 more weeks.

Grants like this are vital to charities like PFCP which allow PFCP to provide the right support at the right times for local residents.

## Search Newcastle

We organised 2 trips for Christmas shopping.

1 trip was for 3 mini accessible buses to take our "Frailer" people to Boundary Mills in Shiremoor. These were people who either needed a Rolator to get around or a Wheelchair, so could only access transport with a tail lift.

30 people went, supported by 3 staff and 5 volunteers. It was an ideal venue as it was all on one level under 1 roof and had a café.

Quote from one of the ladies attending *"Oh this is my happy place, I used to come with my husband when we had the car, I haven't been able to come since he passed away, so I have had a right good shop and a big latte"*

The second trip was a coach to Dalton Park ( 51 seater), with 2 staff supporting this trip. This was for people who are more independent.

We had 2 pick-up points, 1 in Throckley and 1 in Benwell. For most of the people they had never been to Dalton Park before. The coach drove back along the coast at Seaham as a few people said she they hadn't seen the sea for years and everyone said it was a shame to miss out when they were so close. The shoes photo was at request of a lady who was so happy to get some comfortable shoes, she has real problems with her feet and has struggled to get around as she hasn't been able to find shoes that fit her comfortably, she was so happy to get some and with the support in one of the shops there, she said *"You have no idea how these shoes will change my life, thanks for bringing me to this shop, they were so helpful. This is the best trip I have been on"*.



## Teesside Dementia Link Services

### Gin & Scone Project

We've received really positive feedback from several of our friends who appreciate receiving befriending calls over the weekend—these calls are genuinely helping people feel more connected. However, some have also expressed feeling particularly lonely on the weekends when no in-person services are running.

Currently, we offer Saturday gatherings twice a month, and while they're appreciated—especially when extended with lunch outings—there remains a gap in regular weekend engagement. Though our ad hoc supper clubs (held both on weekdays and occasionally weekends) provide additional touchpoints, many friends have said they'd welcome something more consistent.

TDLS were able to provide a new service because of the £1,000 funding you awarded us. So in response, we launched a new Sunday social group based at Gin & Scone in Ingleby Barwick, particularly serving the southern part of our area where most of the interest came from. Held on the second and fourth Sundays of the month, the group attracts around 9-11 attendees from a broader pool of approximately 20. We offer a complimentary non-alcoholic drink and table snacks, and provide various games such as cards, magnetic chess, dominos, snakes & ladders, and Connect 4 to encourage interaction.

### Comments from attendees

*I & E, 2 friends, from Billingham, 20 miles round trip*

*We look forward to this every time, both of our husbands are now in permanent care so we both live alone. These 3 hours on a Sunday are a lifeline, we sit with the other ladies, chat and give each other support. We would like to thank those who give Tiddles the money to support this group.*

*J & I outside of Yarm*

*We are new to tiddles, this was the group that first attracted us to them, everywhere is closed after 4 pm on Friday. Through this group we have discovered lots of new services. Sunday night was the key to lots of other support; it has been a god sent to me and my wife who has dementia.*

*T & K, Stockton*

*We have known Gail for many years, my husband's dementia has thankfully been very slow to develop, he doesn't engage with the games but loves to tell stories and tell jokes. His stories and jokes are repeated every time but the lads still laugh. I love to see my husband still laughing.*



*A, Billingham*

*I have dementia I don't really know how good I am doing but I feel fine with no worries. I have a carer who brings me to things now. I never expected at my age to make so many new friends. I love coming here because I play cards with the men, and I win most of the time too, I am also taken swimming now by two of people who go to this group.*

*D & S, near Darlington*

*My husband has dementia, and I am not coping well, any time with people who understand him and me is a blessing. He hates going out, so I am stuck in every night unless Gail organises time out. H loves this group as he is a real chatter box, even though he repeats the same stories every time we go, he gets people to laugh and he really likes that.*

*E, Ingleby Barwick*

*Great to meet up with friends, chat, laugh and reminisce, it's something to look forward to at the weekend in a safe place.*

*E & M, south Stockton*

*We don't come every time as I often forget, even though I get a text reminder. My husband really enjoys chatting with the men and playing cards, I love the break, 3 hours of just chatting and relaxing, not worrying what is he doing and is he ok. Please keep this going.*

We believe this service will only continue to grow as word spreads and more people hear about the experiences of those attending. It's heartening to see how this has brought real value to so many lives.

### **Tablets Project**

With the support of your grant, two tablets were purchased to enhance engagement and entertainment within our friends groups. Initially intended solely for offline gaming, their functionality has far exceeded expectations, becoming powerful tools for reminiscence, laughter, and conversation.

#### **Initial Purpose**

Tablets were primarily intended for offline games, designed to provide simple and accessible entertainment.

#### **Evolving Usage**

- Discovered broader potential beyond games.
- Downloaded and used clips of classic TV shows that:
- Spark laughter.
- Encourage reminiscence.
- Promote conversation and social interaction.
- These video clips are now used more frequently than originally anticipated.

#### **Impact**

- The tablets have received overwhelmingly positive feedback from users.
- They have created moments of joy and connection among participants.
- Usage has gone beyond gaming to become a multi-sensory experience.

#### **Next Steps**

- Plan to purchase additional tablets to expand reach.
- These will be loaned short-term to friends, allowing more people to benefit from the experience.
- Exploring further customisation, such as curated playlists and themed collections to enrich future sessions.

## Christmas Party

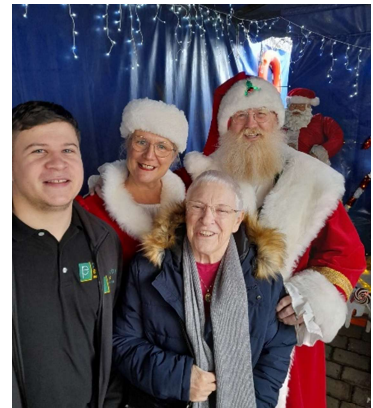
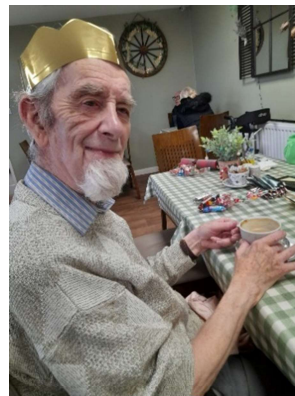
Our annual Christmas event continues to be one of the highlights of our year, bringing joy, warmth, and lasting memories to all who attend. Despite rising costs, we remain committed to providing outstanding value and a festive experience for every guest.

The event fosters joy, companionship and festive cheer. Feedback from attendees highlights the celebration as a cherished annual tradition. The atmosphere created is rich in laughter, connection and holiday warmth.

We intend to continue improving the event, despite financial pressures. Innovative ideas and continued support help us ensure this tradition remains special.

We wish one of you could attend one year to see the fun firsthand – it's truly a celebration worth experiencing.

Thank you for your faith in us to use your funding wisely and productively. We're proud of what's been achieved so far, and excited about the potential ahead.





We've used the funds to support our programme of free crafts in the cafe; some examples of the sessions we've had include:

- Christmas felted robins and gnomes
- Christmas willow wreaths
- Candle making
- Brooch making
- Mindful doodling
- Vision boarding
- Granny squares

We've not yet collected formal feedback in this time as we have a few more sessions to go but please see below photos! The sessions are always popular and well received by our community.



### Bishop Auckland to Stanhope - Saturday 19th July 2025

The Weardale Railway is an 18-mile heritage line running from a connection with the main rail network at Bishop Auckland to Eastgate in Weardale, County Durham – an area of outstanding natural beauty. Currently a 16-mile section of line between Bishop Auckland and Stanhope has been restored for passenger and freight use.

The seasonal heritage services are operated by Weardale Railway Limited with support from volunteers of the Railway Trust with stops at Witton-le-Wear, Wolsingham, Frosterley and Stanhope.

We chose this activity (very kindly funded through Sherburn House Charity) to give our older people a different experience, rather than the usual seaside or garden centre visit.

29 adults and 3 young carers attended the outing. Some people stayed on the platform due to the bad weather and mobility difficulties and some braved the weather and walked into the town – visiting the Durham Dales Centre, quirky shops, gift shops, café and craft shops.

- *It's been good , enjoyed it.*
- *P..... down but very pleasant and informative.*
- *Been lovely, really nice day out.*
- *Loved the day.*
- *Didn't leave the platform, but didn't get bored.*
- *Had a lovely day.*

