



**Living Well**  
**North Tyneside**  
Supporting Health and Wellbeing

- To provide a holistic package of services that can support both people living with dementia, and their carers at all points through their dementia journey.
- To be recognised as an expert in dementia and as a lead provider of information and services for people living with dementia, and their carers.
- To be a lead provider of care and support services for people living with dementia and their carers in North Tyneside.
- To ensure people living with dementia and their carers have access to preventative activities.
- To ensure people living with dementia are valued and can continue to make a positive contribution to community life.

## What is an Admiral Nurse?

Admiral Nurses are specialist dementia nurses who give expert practical, clinical and emotional support to families living with dementia to help them cope. They are registered nurses with significant experience of working with people living with dementia before becoming an Admiral Nurse. They work in communities, helping people living with dementia to stay at home for longer.

If you have a diagnosis of dementia or you are a carer/relative of someone who does, an Admiral Nurse can:

- provide specialist practical advice, and emotional and psychological support from diagnosis to post bereavement, helping you deal with your feelings and learn coping strategies.
- be your single point of contact, helping to join up different parts of the health and social care system and meeting your needs in a coordinated way.
- give you the knowledge to understand dementia and its effects, and the skills to improve how you communicate with someone living with dementia.
- offer advice on referrals to other services and liaise with health and social care professionals on your behalf, sharing best practice with them so you get the best care possible.
- support you at difficult times in your dementia journey, including when the condition progresses, or when tough decisions need to be made, such as moving a family member into residential care.

## How can I speak to an Admiral Nurse?

- If you live in North Tyneside call the Age UK North Tyneside Admiral Nurses on **07923 131 207**. (This is not an emergency service. If you require assistance of an urgent nature, please contact Adult Social Care on 0191 643 2777 Option 3)
- If you live outside of the area call Admiral Nurse Dementia Helpline, our national helpline on 0800 888 6678, from 9:00am to 9:00pm Monday to Friday and 9:00am to 5:00pm on Saturday and Sunday. The helpline will be able to tell you if you have an Admiral Nurse in your area and offer support and advice regarding dementia.

Our Admiral Nurse Service is now working in the Memory Clinic at North Tyneside General Hospital. We provide support for carers of those living with dementia. This is a fantastic step in providing gold standard, collaborative post-diagnostic support for people living with dementia and their families.

## Dementia Activities

Our Health & Wellness team provide group and activity services for people with a low to moderate level of need. From singing groups to carer support, we are here for people living with dementia and their carers. Click here to view our current activities.



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<https://www.ageuk.org.uk/northtyneside/our-services/admiral-nurses-bea6027c-abd6-ec11-bea2-00155d806b13/>



Last Updated - 11th December 2023

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