

## ORGANISATIONAL UPDATE



Hugh Randall has recently resigned as Chair of the Board of Trustees at Dementia Concern having been in the role since 2003. Throughout his time as Chair he was very supportive of all the charity's work - taking a particular interest in our Dementia Café and in fundraising events. We are very grateful to him for all his hard work on our behalf and wish him all the best in the future.

### Hospital Advocacy Service

For approximately six years, Gordon Figgett has been employed as the Hospital Worker for Dementia Concern. This role covers both Ealing General Hospital, where patients with dementia are treated for all sorts of conditions and Jubilee Ward, St Bernard's Hospital, where many patients are admitted for assessment and treatment of various types of dementia and milder cognitive disorders.

Patients with dementia can be admitted to any one of ten wards in the general hospital – not including Accident and Emergency. His priority – especially since reducing from full-time to three and a half days per week – is to focus on patients known to Dementia Concern and patients referred by the hospital's Dementia Lead Nurse. Gordon writes,

"I attend the men's and women's ward rounds on Jubilee Ward, where my remit is to focus on the treatment and care of patients with various dementing conditions. Looking after those patients' 'best interests' – as many of them lack capacity to make decisions – involves being part of a multi-disciplinary team which includes Doctors, Nurses, an Occupational Therapist and a Social Worker. My remit for these patients includes:

- Ensuring that the patient's capacity to make specific decisions is properly tested and that 'best interests' principles and procedures are followed.
- Meeting with people with dementia and their carers to give advice & information and where appropriate to support and reassure them.
- Enabling the patient's wishes/views to be heard during various decision-making processes.
- Raising awareness of the needs of patients at ward level (nursing practice has improved since the Dementia Lead Nurse introduced hospital-wide training for Nurses and Health Care Assistants).
- Keeping families informed with regard to treatment and discharge planning and helping them to have their views heard."

### DIARY OF ON-GOING EVENTS

#### DEMENTIA CAFÉ 2017

Wednesday 15 February  
Wednesday 12 April  
Wednesday 28 June

Liz Cantell Room, Ealing Town Hall  
7.00 pm to 9.00 pm

#### CARERS' INFORMATION EVENINGS 2017

7.00 pm - 9.00 pm  
On Wednesdays every six weeks at either  
Elm Lodge or Sycamore Lodge  
*To be arranged*

To reserve your place, please contact Joy  
at  
Dementia Concern on 020 8568 4448

#### TRANSPORT WILL BE PROVIDED FOR BOTH THE ABOVE EVENTS

#### THURSDAY INFORMATION SESSIONS

For anyone with an interest in dementia  
Fortnightly from 2nd February at 1.30 pm

William Hobbayne Centre  
St. Dunstan's Road, Hanwell W7 2HB

#### FORMER CARERS' GROUP

William Hobbayne Centre (as above)  
All meetings are from 10.30 – 12.30  
on the third Thursday of each month

## Donations in Memory

We have received donations in memory of the following people from their families and friends



Jim Bonner  
Ron Dawson  
Henryk Ohl  
Kausila Prashad  
Josie Redmond  
Daslyn Thompson  
Eunice Willis



### Christmas Lunch at the William Hobbayne Centre, Hanwell



### Virgin London Marathon April 2017

Four runners have been chosen to run for Dementia Concern in this year's marathon.

They are Olivia Parrott, Danny Clews and Anthony & Michelle Smith. We will keep you posted as to how they get on.

Dementia Concern is an independent charity which has been helping people with dementia and their carers in the London Borough of Ealing since 1982.

We provide assessment, advice, information, client representation, support and monitoring, home respite care, day centre care, dementia cafés and carers' information evenings .

You can **support our work** in the following ways:

- ♦ By becoming a member for £10 per year
- ♦ By making a donation
- ♦ By remembering us in your Will



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Company Limited by Guarantee No. 2748840 Registered Charity No. 1014834

Supporting our Organisation:



Ealing  
Clinical Commissioning Group



# CARERS' VOICE

We are asking people to write articles about their experience of caring for someone with dementia.

## Our Mum – Elsie May

I took mum to the doctor in August 2012 concerned about her memory; the doctor said she didn't think mum had dementia. Two years passed, I took mum back, she had tests and five months later in January 2015 she was diagnosed with Alzheimer's disease. We were relieved she could have medication for her condition. Mum has never been bothered much about food and this has become a concern for us but I weigh mum monthly.

An assessment was needed to continue driving and it was decided it would best for her to stop. From September 2015 through winter mum could not be bothered, "What's the point I can't go anywhere". Losing her independence knocked her hugely and she stayed in her pyjamas; she was out of routine. Jackie her CPN suggested having someone help her get washed, dressed and have breakfast; the benefit is she has a structure and seems in many ways better for it.

I oversee what happens to mum; my husband is a good support and my brothers and daughters do what they can. I organise mum and her home in every way including sorting out legal matters like Power of Attorney. We talked about a pre-paid funerals which is now in place; there is always something to do.

Mum was a fun, kind person, she worked for the London Borough of Ealing as a Community Charge Inspector and was liked by many. She doesn't want to go out as it's a struggle; but I know that when she gets out there she will be fine. It is for her well-being and she needs to be stimulated.

Mum's short term memory is not good; she says "nobody told me that" and she can be awkward. I tell myself it's the condition and that she isn't doing it deliberately. It's helpful not to respond to negative behaviour as it makes her worse. However, we do have a laugh - she can be very funny.

Jackie her CPN told us about Dementia Concern. Mum and I met Suzan who listened and told us what help was available. I attend information evenings and learn lots and I also take mum to the bi-monthly socials at the town hall. We have an uncertain road ahead but we will keep mum comfortable. I dread the day that she doesn't know who I am.

Sue Clachers

## Twiddle Mitts

It has been found that Twiddle mitts (also called Twiddle muffs) can be of benefit to some people in the later stages of dementia. Twiddle mitts are knitted, crocheted or sewn hand-muffs with ribbons beads and buttons attached.

They are low tech homely things which have been found to help some people with dementia in their daily lives. They can provide warmth, comfort and a sense both of purpose and of calm to people with dementia. They can also help direct a person's energy on to one thing, provide sensory stimulation and reduce anxiety.

**If you would like wool to knit mitts, please contact Patricia on: 020 8567 1028.**

## Carers' Rights Day

On Friday 25 November 2016 the Carers' Centre held a carers' rights session from 2:00pm to 4:00pm at Sycamore Lodge. Refreshments of tea, coffee and cakes were provided.

A number of organisations were represented: Shop-mobility, Southall Day Centre, Age UK Ealing, Parkinson's UK; Contact a Family and of course Dementia Concern.

Over 30 carers attended and received a wide range of useful information.

The views expressed in this newsletter are personal and not necessarily those of Dementia Concern. If you no longer wish to receive the newsletter, please let the office know.

## Summary of recent carers' information evenings

### November 2016: Legal issues

This included information and advice from a solicitor about Wills, Lasting Power of Attorney, Probate, Deputyship and Trusts - illustrated with practical examples.

### October 2016: Challenging Behaviour

The speaker provided an interesting insight as to how carers may be able to manage difficult and challenging behaviours while respecting the rights, and maintaining the dignity, of the person being cared for.

### August 2016: Improving Access to Psychological Therapies Service

This session provided information on brief therapy interventions for managing stress, low mood and anxiety disorders. There were some very interesting discussions in response to the questions which were raised.

We will shortly be organising carers' information evenings for this year and details will appear in the newsletter which is due to go out in March.

**If you have any ideas or requests for sessions, please contact the office and ask to speak to Roger.**

## Carers' Issues

Carers' UK are leading a number of campaigns on behalf of carers.

- The government is consulting on whether it should transfer responsibility for Attendance Allowance from the Department of Work and Pensions to individual local authorities in England.
- Carers UK's We care, Don't you? Campaign is calling on all political parties to stop cutting carers' support, to end carers' financial hardship and to prevent carer breakdown.

**If you would like to find out more information about these campaigns, you can go to the Carers UK Website at [www.carersuk.org](http://www.carersuk.org).**

## URGENT AND OTHER USEFUL CONTACTS

Dementia Concern for advice & information from your named Dementia Adviser (9:00am - 5:00pm Monday to Friday)	<b>(020) 8568 4448</b>
In an emergency	<b>999</b>
For NHS urgent medical help and advice (non life-threatening) and information on GP weekend opening times and local pharmacies	<b>111</b>
Ealing Social Services (Office Hours) Ealing Social Services (Out-of-Hours Emergency Duty Team)	<b>(020) 8825 5000</b> <b>(020) 8825 8000</b>