

# DEMENTIA CONCERN NEWSLETTER

NOVEMBER 2017

ISSUE 17

## ORGANISATIONAL UPDATE

### DIARY OF DEMENTIA CONCERN EVENTS

#### DEMENTIA CAFÉ 2017/18

Wednesday 22 November

Wednesday 14 February 2018

Wednesday 11 April 2018

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

Wednesday 29 November at Sycamore Lodge  
(Legal Issues)

To reserve your place, please contact Joy  
at

Dementia Concern on 020 8568 4448

TRANSPORT WILL BE PROVIDED  
FOR BOTH THE ABOVE EVENTS

#### FORMER CARERS' GROUP

All meetings are from 10.30 - 12.30  
on the third Thursday of each month

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

This group welcomes new people. Please contact  
the office for further details.

#### FORTNIGHTLY INFORMATION SESSIONS FOR CARERS

To be arranged

### Dementia Café on 13th September

Our last Dementia Café at the Liz Cantell Room welcomed some visitors: Dr Rupa Huq, MP for Ealing Central and Acton, Cllr Hitesh Tailor, local Councillor with a Portfolio for Health & Social Care and Cllr Bhinda Rai, Portfolio-holder for Education, Child Protection, Fostering & Adoption.

Rupa and Hitesh talked about the importance of supporting people with dementia and their carers; as the evening drew to a close all three joined in the dancing. Everyone went home happy and fully entertained.



### ANNUAL GENERAL MEETING

Dementia Concern will be holding its AGM at 3:00 pm on Thursday 23rd of November at the Ealing Centre for Independent Living, 1 Bayham Road, West Ealing.

If you are a member of the charity, you should already have received your invitation. If you are not a member you are welcome to attend, but please let the office know as there is limited seating available.

# VOICE OF DEMENTIA

## FEEDBACK AND CONSULTATION FROM PEOPLE USING SERVICES

*This is a follow-up article to the one in the September edition of this newsletter. We are planning to continue producing feedback on all our services in future editions.*

Dementia Concern has been providing information, services and guidance for people in the Borough of Ealing since 1982. Serving those in our community who have been affected by dementia is at the heart of what we do. Taking a holistic approach defines how we work in achieving our goals and objectives.

With this in mind, we asked John Buxton to undertake a series of face-to-face interviews - giving our service users the opportunity to express their personal experiences, thoughts and views on how our services support them in their daily lives. Welcoming feedback has always been vital to our team and on this occasion we wanted to focus on the people who matter the most, those we care for directly.

John has worked with Dementia Concern since December 2013 as a Care Attendant and at Sycamore Lodge. He has recently been appointed as a Support Worker at the Hobbayne Centre Thursday Group.

**Mr and Mrs Sinnet** wanted to talk about their weekly visit to the Weekend Day Centre at Sycamore Lodge.

"It's a great day out and we never miss it. We count the days down each week we surely do. Part of why we love it is we get to help others." Phyllis explained, "From the age of 5 we have been dancing and it's important to keep this going. I would go anywhere for a dance. We help others get up and dance and sometimes we don't sit down. We would be truly lost without it. When we were young we danced every Saturday night. Now we dance every Saturday afternoon. It's wonderful."

Both Jimmy and Phyllis are also supported by our dedicated Community Support team who regularly visit them in their own home providing on-going emotional and practical support so they can remain at home. I asked how they felt about these weekly visits.

Mr Sinnet said, "It's always lovely to see Carole (Community Support Worker). We have to have someone to help us sort things out. We are so lucky to have the service. The best thing is to see the good lady every week. When she was away there was a gap and we missed her coming. We love everything she does for us and we are happy to be looked after by her."

**Margaret Dafe** is also supported by our Community Support Team. Margaret had this to say about the service.

"I feel good when Violet (Community Support Worker) comes to visit me. I look forward to seeing her. I love being in my own home so she comes to see if everything is okay.

It's good when we go outside to the shops. Always being inside the home is not good for me. Without her I don't know what I would do because I trust her. She is like my daughter. A capital 'yes' for her support. When Violet comes there's someone to talk to and if there are problems she helps me. It's important to me and life is supposed to be like that."

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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.

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### Carers' Group

We also got the chance to ask Mrs George to explain to us her views on the group events, in particular the carers group which was held at the Hobbayne Centre.

“People come along to the carers group and they don't feel so alone and isolated by their caring role. They get the chance to discuss concerns in a friendly, welcoming environment. It feels good to have emotional support from others who compassionately understand the difficulties carers face. We all get to speak to each other and discuss the real issues carers face every day. We can exchange information and ideas and support each other in a crisis. It's a Lifeline.

It's also a time for fun, to enjoy the company of others, to have regular social contact, a sense of community, to make new friends and to help others. We made that service a success because we were there for each other. It gave us a purpose. The only negative is that if I can't attend or the service isn't available it does have a detrimental effect on my health.”

**John Buxton**

### SENSORY PALACES

We have been to “Sensory Palaces” meetings either at Hampton Court Palace or Kew Palace, quite a few times. The last one we went to was themed ‘The Sensory Postcard’. It was the story of how silk built Kew Palace.

It was a very enjoyable session. We went to Kew Palace and did some drawings. Then back at our workshops we were given different materials: silk, card, some leaves, buttons and sellotape. Then they showed us how to make a postcard using so many different materials.

At the end we displayed our work. All the way through the session we were filmed. Also, there were two researchers from the University of Salford talking to us and discussing our work. They are doing research on how these sensory workshops help people with dementia.

They will start these sessions in the spring next year. I would highly recommend joining these sessions at either Hampton Court Palace or Kew Palace.

**Mirjana Zivanovic, Carer**

### 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>

## Donations in Memory

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



### DONATIONS IN MEMORY

Judith Barton  
Archibald Bird  
Surendra Kapoor  
James Rosling  
Elsa Sawicki  
Victor Young



### London Marathon 2018

Since 2001 we have raised more than £100,000 in sponsorship money from the London Marathon. This money has helped to keep some vital services and events going.



Runners for 2018 are: Michael Belither, Hannah Brown, Joshua Brown, Michael Burgess, Laura Cole and Jack White. We still have places available; so please contact Roger or Isabel if you know someone who would like to take part.

### Our need for donations

Dementia Concern is now working with over 1,000 people with dementia and their carers - there has been a 100% increase in the numbers of people diagnosed over the last six years. In that time we have only received a small increase in funding.

We are facing a deficit in the coming financial year. More than ever we need your donations to help maintain our services.

If you would like to make a donation, please make a cheque out to Dementia Concern and send to the office with a covering letter.

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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Supporting our Organisation:



Ealing  
Clinical Commissioning Group

