

# DEMENTIA CONCERN NEWSLETTER

JANUARY 2018

ISSUE 18

## ORGANISATIONAL UPDATE

### DIARY OF DEMENTIA CONCERN EVENTS

#### SPECIAL CARERS' INFORMATION EVENING

Wednesday 24 January 2018  
7.00 pm - 9.00 pm

**The way forward for  
Dementia Concern (SEE OVERLEAF  
FOR FULL DETAILS)**

#### DEMENTIA CAFÉ 2018

Wednesday 14 February 2018  
Wednesday 11 April 2018

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

**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.

### Silvia Schehrer - Interim Director



### New Chair of the Board of Trustees



Lu Brown has been appointed as the new chair of the charity and will be key in taking us forward in the coming months.

Her husband had a rare form of Alzheimer's Disease and died, aged 61, last May.

She has worked as a chartered accountant and in the pharmacy at Charing Cross for 7 years as well as bringing up two children.

### Change of Executive Director

Roger Beckett has decided to step down as Executive Director with effect from 1<sup>st</sup> January 2018. We are delighted to say that Roger will remain with Dementia Concern and will return to the Finance Manager role he held before becoming Executive Director almost 7 years ago.

The trustees would like to take this opportunity to thank Roger for his tireless work and on-going commitment to Dementia Concern.

Silvia Schehrer, will be acting as Interim Director for the next 6 months. She has carried out various pieces of work for Dementia Concern over the last 6 years including supporting Call & Care during the last 4 months.

Silvia will act in an interim capacity until a new Executive Director has been recruited and focus on developing a new Strategic Plan.

# VOICE OF DEMENTIA

## Have Your Say on the Future Development of Dementia Concern

Dementia Concern is working on the development of a new Strategic Plan which will guide and shape the future direction of the charity over the next 3 to 5 years.

We need your help to ensure that the views and needs of people with dementia and their carers are at the centre of the plan. What are we doing well, what could we improve on, what other services could we offer? These are just a few of the questions we would like your feedback on. The evening will start with a short presentation on our current work and ideas for future development.

Please join us for a special information evening on **24<sup>th</sup> January at Elm Lodge from 7pm to 9pm** to give us your views.

Please let **Joy** know if you are able to come by calling the office on 020 8568 4448 or e-mailing her at [joyi@dementiaconcern.co.uk](mailto:joyi@dementiaconcern.co.uk). Light refreshments will be available as usual.

## Help us to save money

Can we e-mail this newsletter to you and save the postage? Please e-mail Isabel on [enquiries@dementiaconcern.co.uk](mailto:enquiries@dementiaconcern.co.uk) if you are happy to receive this newsletter by e-mail.

## Elvis at the Thursday Group



Our Thursday Group Christmas luncheon party was a great hit at the William Hobbayne Centre this year. Over 20 service users, volunteers and staff enjoyed a traditional Christmas Lunch with all the trimmings.

We were lucky to have a very special guest entertaining us.... all the way from Las Vegas.... Elvis! There was singing, dancing and lots of laughter and the day was thoroughly enjoyed by all who attended.

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.

## Extracts from the diary of a carer

**The following are extracts from the diary of the sister of someone with dementia.**

There has been a lot of talk on the radio, tv and in the press about a new discovery which may result in a pill to slow down dementia in its early stages - this makes it doubly important that we learn to recognise the 'early stages'. So what are they? Do doctors know? Do relatives see signs before the patient? And if they do, what do they do? The usual reaction from friends and family is to 'brush it aside' or put them down to some loss of capacity or changing speech pattern, to 'depression' or 'not enough stimulation' - to anything but dementia/Alzheimer's Disease.

S's deterioration is very much quicker than I thought it would be. Her short-term memory is virtually nil which makes it very difficult to have any kind of conversation. I try to steer her into an area where she can talk about the past. I leave old photo albums around and mention lovely holidays we had, the clothes we wore, but I steer clear of mentioning old friends, long dead.

I am worried that if I don't speak to her two or three times a week by phone she will forget who I am. When I phoned this week, J answered and called out, 'S - it's A' and I heard her say, 'Which A?' My heart sank. It is true she does know another A - a lady she has got to know at her 'exercise class' but I don't think that A actually phones her.

**If any of this seems familiar and fits in with your experience, there is help available. Dementia Concern provides a named worker who can offer information and support to carers of people who have dementia.**

**If you are not sure who your worker is, please contact the office.**

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## 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 and Out-of-Hours Emergency Duty Team)	<b>(020) 8825 8000</b>

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



**Donations in Memory**

Ellen Boulton  
Frederick Clarke  
Yolande Dias  
John Harrison  
Mary McCarthy  
Henryk Ohl  
James Quinn  
Mary Riley  
Elsa Sawicki  
Vic Young



**Our Need For Your Donations**

We continue to need your support.

Although we have funding from a variety of sources, we rely on your donations to support our work with people with dementia living alone, our Carers' Information Evenings and Dementia Cafes and many other services.

If you would like to make a donation, please make a cheque out to Dementia Concern and send it to the office, at the address below, with a covering letter so that we can acknowledge your support.

We are very grateful for all your help.

**The London Marathon  
& Ealing Half-Marathon**

Seven runners have now signed up for the London Marathon. They are all in training for this arduous event which takes place on Sunday 22nd April. Even more importantly they are all starting to raise sponsorship money for Dementia Concern. We wish them every success in their efforts.

We also hope that a number of people will support us by running the Ealing Half-marathon and raising money. This event takes place on a Sunday at the end of September. There will be more information on this in the next newsletter.

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



