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.

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 1st 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.
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 **24th 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 joyj@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 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.

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## 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

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<th>Service</th>
<th>Contact Information</th>
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<tr>
<td>Dementia Concern for advice &amp; information from your named Dementia Adviser (9:00am - 5:00pm Monday to Friday)</td>
<td>(020) 8568 4448</td>
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<td>In an emergency</td>
<td>999</td>
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<td>For NHS urgent medical help and advice (non life-threatening) and information on GP weekend opening times and local pharmacies</td>
<td>111</td>
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<tr>
<td>Ealing Social Services (Office Hours and Out-of-Hours Emergency Duty Team)</td>
<td>(020) 8825 8000</td>
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We have received donations in memory of the following people from their families and friends

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<th>Donations in Memory</th>
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<tr>
<td>Ellen Boult</td>
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<td>Frederick Clarke</td>
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<td>Yolande Dias</td>
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<td>John Harrison</td>
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<td>Mary McCarthy</td>
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<td>Henryk Ohl</td>
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<td>James Quinn</td>
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<td>Mary Riley</td>
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<td>Elsa Sawicki</td>
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<td>Vic Young</td>
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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

Supporting our Organisation:

NHS
Ealing
Clinical Commissioning Group

Dementia Concern
Information & Support Services in the London Borough of Ealing

223 Windmill Road, Ealing, London W5 4DJ
Tel: 020 8568 4448  Fax: 020 8568 1294
Email: enquiries@dementiaconcern.co.uk
www.dementiaconcern.co.uk

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