DEMENTIA CONCERN EVENTS

Carers Peer Support Group
2nd Thursday of the month
9th August & 13th Sept
Are you providing care and support for someone affected by dementia? Come along to meet other carers. This is provided in partnership with Carers Trust Thames Ealing Carers Service.

Former Carers’ Group
3rd Thursday of the month 10.30-12.30
This group welcomes new people so do pop in.

The two events above take place at
William Hobdayne Centre
St Dunstan’s Road, Hanwell W7 2HB

Dementia Café 2018
Wednesday 12 September 2018
Wednesday 14 November 2018
Liz Cantell Room, Ealing Town Hall
7.00 pm to 9.00 pm

To reserve your place, please phone
Dementia Concern on 020 8568 4448

TRANSPORT CAN BE PROVIDED

We are grateful to the National Lottery Awards for All for funding our Dementia Cafés for 2018-19.

Welcome to our new Chief Executive

Albie Stadtmiller became Dementia Concern’s Chief Executive on 17th July 2018. An Ealing resident, he has worked within the borough for 15 years in local government, voluntary organisations and the community sector. Originally from San Diego, California, he has lived in the UK for 18 years. Most recently, Albie was the CEO of St. Vincent’s Family Project, Westminster, which supported vulnerable young families, including mental health support. He has extensive fundraising experience, serving within the Council’s External Fundraising Team and managing local volunteers, student interns, corporate teams and EU Erasmus university placements.

Albie has an MBA from Henley Business School, University of Reading. He volunteers as the Local Committee Trustee Chair for the West London and Slough YMCA. His father-in-law, Rex, (photographed above with Albie) passed away in 2017 from vascular dementia. His skills include collaborative working, enthusiasm for serving others in need and the ability to manage organisations and projects.

Dementia Concern staff and trustees welcome him aboard. Our thanks goes to Silvia Schehrer, Interim Executive Director, for all her hard work in holding the fort since January 2018.
New Experiences, Open Spaces - stimulate and lift spirits!

New experiences reduce boredom. They can make us feel happy and give us something to talk about. They can inspire us to push our boundaries.

I have seen the positive effects a visit to a local park can have on a person’s mood and outlook. The changes can be quite striking. On many occasions I have seen people with dementia return home refreshed and reinvigorated, relaxed and calm after a park visit.

The wonderful thing about a local park is that every visit is different. You see trees and flowers in a different light. You see a variety of bird life, cheeky squirrels and ducks and swans on the lakes and ponds. I’ve often found these new experiences trigger conversation and evoke memories for people living with dementia. Most of us have stories of family life growing up in our local areas and going to parks during our childhood.

Open spaces almost force us to stop and take notice of the wonder and beauty all around us. It could simply be the changing of the seasons. We can be inspired and uplifted by the first sights of spring, or the onset of autumn. Flowers and plant life are abundant in the spring and summer. The colours and vibrancy lift our spirits and well-being in the moment.

London is rich in areas of natural beauty waiting to be discovered! Visiting places of interest like Kew Gardens, Hampton Court; going to the theatre or a café, taking a different bus or a new walking route can all stimulate and bring a moment of light reflection and wonder to someone who is vulnerable. With clients, I have walked new routes and pathways in Richmond, Kew and along the River Thames. The views were captivating and glorious and there was so much natural activity to capture our attention. I always try to stop off at a cosy café so we can reflect on our walk. It encourages conversation and can be a delightful way to end a trip outside of the home.

John Buxton, Care Attendant for Dementia Concern’s Call & Care and Thursday Group

We are running a new Carers Peer Support Group on the second Thursday of each month, starting on 12th July. This is in partnership with Carers Trust Thames Ealing carers service.

Please come along to meet other carers. To register your interest in this group or if you need to arrange respite to attend, please contact Ade at Dementia Concern on 020 8568 4448.

Pampering and Information Day

As part of Dementia Awareness Week Dementia Concern hosted a pampering and information event for carers and those living with dementia while raising vital funds for the charity. The fun event focused on healing, relaxation and social engagement and highlighted the range of dementia services we provide for Ealing residents.

Taking place at the Hobbayne Centre on 24th May, we had a steady flow of visitors, who were all warmly welcomed with a nice cup of tea and an enticing selection of home-made cakes and snacks. There was a fun tombola, a plant sale and an array of stalls offering information and advice on dementia. Massage, hand massage and reiki therapies were provided by therapists Linda, Geraldine and Suzy. A buffet lunch was available and visitors left with free food and fragrance giveaways, thanks to donations from the Felix Project.

A visitor having a head and shoulder massage said, “What a treatment, it makes me feel so relaxed.” A carer told us, “Sometimes I feel so low. I feel so much better for chatting with everyone today. Thank you for your support.”
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.

**In memory of Joan Butler by David Butler**

My mother, Joan Butler, was diagnosed with mixed dementia in August 2010 and later that year referred to Dementia Concern for general support for herself and family. It was suggested that Joan, who was housebound, should attend Dementia Concern’s Sunday Day Centre at Sycamore Lodge. This made an enormous difference to her life.

Joan was a very gregarious person who always enjoyed other people’s company even after the onset of dementia. She was always so happy on returning home from the centre. Although her loss of short-term memory meant that she could not recall much about the activities that took place, she always said that she really enjoyed her time there. She would sometimes come home with prizes she had won at games and always came back with presents at Christmas and Easter celebrations. The care staff, who collected and brought her home in her wheelchair, were always so kind and friendly towards Joan and enthusiastic about their work.

Apart from her visit on Wednesdays to Ealing Council’s Day Care Centre, which also gave her great pleasure, Joan would be at home, often alone, without physical or mental capabilities to do much to occupy herself. Although it may seem a small contribution to her life, it cannot be overstated how important the Sunday Day Centre was for Joan. In her latter years of being housebound with dementia, it brought her the greatest happiness in an otherwise very difficult and lonely life.

After breaking her ankle in May 2015, Joan had to move into a care home. When she passed away in January 2017, my sister and I decided that Dementia Concern should receive donations in a memorial fund because of the great care you gave our mother. Thanks are due to all the staff who helped Joan and particularly the team at the Sunday Day Care centre.

**Elm Lodge Open Day**

Considering we had to compete with the Royal Wedding AND the FA Cup Final on May 19th, our Open Day at Elm Lodge was a great success. Fun entertainment was provided by Elvis Presley and his Celtic cousin. Plus two Dementia Link Workers offered information and advice to visitors and we explained the beneficial effects of socialising in a group for people with dementia.

Families tell us, “[My wife] enjoys coming to the centre and looks forward to it.” and “It’s great to have the hours ‘free’ knowing that Dad is being well cared for.”

**Funding News**

We are very grateful to the Garfield Weston Foundation for giving us a £15,000 grant towards Community Support Workers, who support people living alone with dementia. Through weekly visits, people are better able to manage their home and bills, maintain their health and medication needs and get out into the community to increase their quality of life. Family carers living elsewhere are updated and alerted if anything changes or further action is needed.

**Crafting with my mother- the experience of making together**

PhD student Mah Rana from Birkbeck College London is looking to recruit daughters who care for their mothers with dementia, to take part in a research study investigating craft as a co-creative activity. Participating in this study will involve mother and daughter taking part in a 1-hour crafting activity of their choice, which could be knitting, hand-sewing, crocheting, embroidery, or any other textile-based crafts.

The study starts from October 2018 and is recruiting participants living in London. For more information about taking part in this study, please email Mah at mrana02@mail.bbk.ac.uk or phone 07954 590 768.

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

Donations in Memory

Amzard Ali
John Bowyer
Nagindar Singh Dhaliwal
Frederick Hyland
Kenneth Kelly
Isabel Little
Pam & Jim Quinn
Joyce Tull
Lillian Woolsey

London Marathon Runners Raise £23,956!

Well done to all our Dementia Concern London Marathon runners for raising an amazing £23,956 and special thanks to Team Brown, who raised £16,000 between them.

Team Brown set out to celebrate the life of Andrew Brown, who died unexpectedly early with PCA, a rare form of early onset dementia. Andrew was father to Josh and Hannah Brown (pictured far right) and uncle to Laura Cole, who ran with partner, Mike Belither (the couple on the left). One of their main cheerleaders is Lu Brown, Andrew’s widow, who is the charity’s Chair of the Board of Trustees.

Apart from Mike, all were new to running before this year. What a brilliant achievement and we thank them very much.

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 to Dementia Concern (cheque to be sent to office with your contact details for acknowledgement)
- By remembering us in your Will

Supporting our Organisation:

Ealing Clinical Commissioning Group
www.ealing.gov.uk

Ealing Half-Marathon - Sunday 30th September 2018

Cheer on our runners for the Ealing Half-Marathon.

The run will begin at 9am in Lammas Park, taking in the streets of Ealing, West Ealing and Hanwell before ending in Lammas Park later that day.

If you would like to sponsor our new Chief Executive Officer, please visit his JustGiving page at https://www.justgiving.com/fundraising/albie-stadtmiiller

We wish Albie all the best for his training and fundraising.