DEMENTIA CONCERN EVENTS

Carers Peer Support Group
2nd Thursday of the month
11th Oct, 8th Nov & 13th Dec
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 14 November 7.00 pm to 9.00 pm
Liz Cantell Room, Ealing Town Hall
Transport can be provided
To reserve your place, please phone Dementia Concern on 020 8568 4448

Christmas Lunch 2018
18th December 12.00-2.30pm
Invitation will be sent out with price, venue and booking details

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

Weekend Centre Annual Party

On 23rd and 24th September we held our annual celebratory party at Elm Lodge. The theme this year was “The Movies/Your Favourite Film”. It proved to be a huge success and was great fun.

Service users and staff from both our weekend Day Centres dressed up as their favourite film star including James Bond, Calamity Jane and Miss Marple or as characters from the films Sister Act and Star Trek.

One carer gave the following feedback: ‘I would like to say big thank you to all the staff at Dementia Concern for a fantastic party at their recent Themed Fun Day at Elm Lodge. My Mother, Mary, had a wonderful day, especially after recent poor health. She enjoyed all of the music and dancing, which brought back some happy memories from the past.

The staff clearly went to a lot of trouble in organising this day from decorating the room, making memory boards and dressing up in fancy dress, (my mother particularly liked the Nun). They even made non-alcoholic cocktails to give it a real party atmosphere and arranged entertainment.’

Each Saturday and Sunday we provide activities for people living with dementia at Elm Lodge in Greenford and Sycamore Lodge in Acton. Carers also benefit from having a regular break from their caring role. If you think your loved one would benefit from socialising with others and being in a safe, fun, dementia-friendly centre once a week, please contact Linda at the office.
**New Experiences - awaken the senses!**

In this article, Care Assistant John Buxton, looks at the idea of bringing new experiences to the person centred care plan and explores the way in which they can bring joy, wonder and self-discovery to a person living with dementia. Going to a new place for recreation or trying a new activity is uplifting. The new skill or event can be as simple as going to a different park or coffee shop or visiting a new landmark.

On a group trip to a local zoo we were able to awaken our love of nature and of being outdoors. Everyone was excited at the prospect of sharing a day out. All of us in the group felt a sense of calm and ease as we strolled by the animals. The Butterfly Sanctuary was quite special. Some of us had never experienced this before and feelings of anticipation and joy as the butterflies flew all around us was beautiful. Everyone in the sanctuary was smiling.

Sometimes the thought of doing something new can be daunting particularly when our moods and energy are low or when we are dealing with the symptoms of an illness as perplexing as dementia. However when we persevere or are gently encouraged the rewards from a trip out in the community on an autumnal day can be quite revealing. You do not have to go very far to make someone’s day that little bit special. A local memory walk to the high street could be all that’s needed.

Outdoor activities offer us opportunities for respite from those daily routines; being outdoors gives us breathing space, relaxation and most of all exercise, daylight, and recreational stimulation. It can shift the clouds of dementia and brighten a difficult day.

Joy can also come from being in a new environment, just sitting and taking in the ambience and atmosphere of a new place. Our senses can be awakened by seeing something unusual and unique, like you would see in a park, zoo, café, museum or library. For example, our Thursday Group visited the Museum of Brands, Ladbroke Grove, which was such a good day out for people living with dementia. It was so much fun seeing household products and brands from the last 100 years displayed for us to reminisce. It all seemed like only yesterday when we were remembering the good old days!

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**Military Mental Health and Dementia Study (MIDST)**

Researchers from King's College London are exploring the relationship between mental well-being during military service and the risk of dementia. They would like to talk (one hour maximum) to veterans over the age of 65 with 2+ years in the military about their experiences in the military. They will also be asking permission to access relevant medical and military service records, as well as speaking with a friend or family member about their perspective. If you are interested, please contact the MIDST team on 020 7848 5685 or via email: midst@kcl.ac.uk

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**Dementia Friendly screening of classic films**

Various cinemas are putting on dementia-friendly screening of classic films with free refreshments 30 minutes before the film, a short break half-way through the film and a chance to chat afterwards*. For example, the Gate Picturehouse, Notting Hill is showing:

- The Producers on Monday 22 October 11am
- Modern Times (Charlie Chaplin) on Monday 26th November 11am and
- The Wizard of Oz on Monday 17th December 11am

**Box Office Number: 0871 902 5747 (calls cost 13p per minute plus your telephone company's access charge)**

* “Picturehouse Cinemas’s dementia-friendly screenings are relaxed showings, meaning that guests are able to move about, make noises and behave in the ways which will allow them to be most comfortable. Carers are able to attend free of charge - to apply for an annual carers card you can either visit your local Picturehouse cinema, call 0871 902 5747 or email customerservice@picturehouses.co.uk. You do not need to apply for a carers card to accompany someone with dementia free of charge - however the card will automatically discount one of your tickets and can be used in person, by telephone or online.”

From the Chief Executive’s desk...

As I approach my third month at Dementia Concern, I’ve been struck by the dedication of the staff team. I’ve been meeting with staff individually and learning about their many years at the charity, their stories of care for our clients/customers and why they continue to serve this community. When I interviewed one person, they were brought to tears about how much they cared for their work. Others were more forthright and wanted to know if I had the same dedication to working with people affected by Dementia.

Dementia affects everyone in society and particularly impacts Carers who support the person living with Dementia. When I review the list of people in the public eye who have had Dementia, it includes many; film stars, sports people, musicians, artists, politicians, authors, and those within your own circle of influence. It’s often difficult to adjust to changes in those affected by the condition. One Carer whom I met at our Weekend Centre cried for our entire conversation, due to the struggle of coming to terms with the impact of diagnosis. We hope she has found some comfort from sharing her feelings with our staff.

As a charity, we face challenges moving forward with how we structure our work and how we sustain the funding that facilitates our work at Dementia Concern. We are now dedicating more time to work on funding applications, in order to continue the valuable work of the charity. Recently we were awarded a grant from City Bridge Trust for £27,500 per year until 2021, so this is very good news. We’ll continue to diversify our income and strengthen our charging system at a rate that is appropriate for our clients.

During my first few weeks, I was also very taken by the warm welcome and support given to our summer Student Placement, Jonathan Merrill. He provided extra support in the back office and also attended some of our services e.g. the Thursday Group and Weekend Day Centres. Jonathan was the first of our Student Placements, and we hope to have other university student placements who can help with fundraising, administrative support and shadowing direct work with our service users.

Amidst these difficult feelings, stories and funding challenges there remains the dedicated support and care that we give to service users. With the governance support of the Trustees, I will do my part to keep the charity viable, strong and capable of delivering a quality service for those who seek our help and support. We will continue to be a good local employer and increase volunteer opportunities. Some staff have also asked for extra help within their roles, or with difficult situations. I welcome these opportunities to listen, supported by our HR policies, and aim to provide a working environment that allows staff to perform at their best and remain motivated to serve Ealing’s dementia community.

If you have any questions or suggestions please speak to me personally, on the phone (020 8568 4448) or via email at albies@demntiaconcern.co.uk

Former Carers’ Group

If you have cared for someone with dementia you know how life has been turned up-side down in your caring role. When that loved-one dies or goes into long-term residential care your life doesn’t suddenly return to normal. There are practical things to deal with but you may also feel emotionally fragile, isolated and guilty. Former carers understand your feelings, having experienced them themselves and have found that meeting others in the same position has been very helpful and supportive.

The Former Carers’ Group has supported many former carers over the years. The Group is a friendly gathering of former carers who meet on the third Thursday of each month for tea/coffee and a chat at the Hobbayne Centre, Hanwell from 10.30 am to 12.30 pm. Some of the group go onto an optional lunch afterwards at a local venue. There is a small charge of £2 to cover the cost of refreshments.

If you are interested, please contact Trustees Betty (07989 879 249) or Ann (020 8571 1192).
We have received donations in memory of the following people from their families and friends

Donations in Memory
Cliff Ashley
John Bowyer
Cynthia Easton
Joyce Tull
Lillian Woolsey
John Peattie

Bequest from former service user

Dementia Concern were delighted to be remembered by Mr Birthee, who had used our services for a number of years. His family invited Dementia Concern Trustees and staff to give a presentation at the Annual Charity Dinner and Dance for the Bucks Punjabi Society and Punjabi Circle International.

The evening event took at The Double Tree by Hilton Hotel, Ealing on Sunday 26th August. After dinner, a cheque for £6,878 was presented to Dementia Concern by Mr Birthee’s family. We are always very grateful for such generous donations.

We also welcome opportunities to talk about our work. We hope that by spreading the word in the Punjabi and other communities that we can help improve the lives of people affected by dementia.

Ealing Social Care Charging Policy Consultation

Ealing Council is proposing to change how much some people pay towards their social care support. If you do not currently pay the council anything towards your care costs this may not affect you. If you do pay the council something for your care, you may need to pay a bit more. They will look at your finances and work out if you afford to pay a bit more.

The changes will affect you if you receive a higher rate or enhanced rate of Disability Benefit from the DWP or you are assessed to pay the full costs of your care at home and the council arranges this care for you.

Please tell the council how these changes might affect you by completing their survey at www.ealing.gov.uk/mycontribution by 19th October 2018.

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
♦ Making a donation to Dementia Concern (via cheque (sent to office with your contact details) or on-line via: www.justgiving.com/dementiaconcern/raisemoney
♦ Making a regular direct debit donation
♦ Remembering us in your Will.

Supporting our Organisation:

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