DEMENTIA CONCERN EVENTS

Carers' Peer Support Group
2nd Thursday of each month
2.00-4.00 pm
Are you caring for someone affected by dementia? Come along for refreshments and meet other carers. Staff available on site to look after your cared-for person.

In partnership with Carers Trust Thames Ealing Carers Service. £5 contribution

Former Carers' Group
3rd Thursday of each month
10.30-12.30
New people are welcome so do pop in or contact Ann (Tel: 020 8571 1192) or Pat (Tel: 020 8575 1309)
£2 contribution

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

Dementia Café 2019
Wednesday 17 April 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

Dementia Awareness Week 2019
20th—26th May
Various events around the borough

Dementia HighTea
22nd May 2019 11.00am—1.00pm
Pillars Restaurant Warwick Rd, Ealing W5 5RF
In partnership with the University of West London

VOTE FOR US —THE PEOPLE’S PROJECT

Dementia Concern is calling for your vote to secure £50,000 of National Lottery funding as part of this year’s People’s Projects. Ealing Dementia Café project, is one of five groups in ITV region in the running for a share of £3 million up for grabs across the UK.

Designed to celebrate some of the incredible projects the National Lottery has supported over the past year, 95 community-based schemes are now shortlisted across the UK. In each region, the three that receive the most public votes will each receive a grant of up to £50,000 to help them continue their work to improve local people’s lives and help their communities to thrive.

On 3rd April, Dementia Concern will showcase the Ealing Dementia Cafés project on ITV news at 6 -6.30pm telling viewers exactly why we deserve to win. Please vote for Dementia Concern by visiting the People’s Projects website.

If successful, we will use the grant to host more free social gatherings for people living with dementia and their carers and for people living alone with dementia. We want Café participants to express themselves and exhibit their hobbies and interests in a safe and encouraging environment. Funding will also help improve our marketing of dementia services.

Albie Stadtmiller, Dementia Concern’s CEO said: “This is an exciting opportunity to raise awareness and support for our work and, with your help, to secure further much-needed funds. We urge Ealing residents to vote for our project so we can make an even bigger difference to our local community.”

HOW TO VOTE

Please go online to www.thepeoplesprojects.org.uk
Vote for the Ealing Dementia Café project between Monday 1st April 9am and 15th April noon.
People can vote once per region and will need a telephone number or email address to vote. Full Ts & Cs are online.

ORGANISATIONAL UPDATE

DEMENTIA CONCERN NEWSLETTER
MARCH/APRIL 2019

ADVICE QUALITY STANDARD

Dementia Concern is pleased to confirm that we continue to hold the Advice Quality Standard Certification for our Advice with Casework for Welfare/Benefits; Health and Community Care and Older People. The charity passed its AQS assessment in December 2018 and it will be valid until December 2020.
The Importance of Respite

One of the most important aspects of caring is taking respite. Taking a short break of rest or relief from the role of caring for a loved one allows us time to refresh and reflect. The benefits of respite have been well documented. In many cases this important aspect of support has allowed those living with dementia to remain living in their own homes surrounded by so much that is comforting and familiar and is often a better option than residential care.

Looking after someone with dementia can be exhausting both physically and emotionally. We shouldn’t underestimate the importance of taking time out from the caring role. Caring for someone with dementia demands constant attention and round-the-clock vigilance. We can lose sight of what’s important to us. The things we used to do for enjoyment, fun and relaxation can be put on hold. We can also neglect our own health. It is hard to put ourselves first and consider our own needs when a loved one is dependent on us. Ignoring or brushing aside the warning signs that we need a well-earned break from caring can have a detrimental effect on not just our own wellbeing, but it can impact on the person we are caring for.

Requesting regular respite can help carers manage challenging days. Being able to access vital services that offer practical and holistic support can help ease the difficulties that are faced, particularly at the early stages of diagnosis when it can appear daunting and confusing. Respite can give carers time to catch up on rest and relaxation and provide quiet time to forward plan and adjust to any changing circumstances.

Making small changes to your routine doing enjoyable things away from the caring role for a short while can make a real difference. Respite provides the opportunity to do this. A time to relax and enjoy the company of others, for example, can be very healing. We all benefit from seeing understanding friends and family members. Having a date scheduled in the diary can help to lift spirits on a lonely or difficult day.

It is worth highlighting that carers express looking forward to a home respite service or a day centre visit. They are amazed at how much they can cram into three hours or a full day of support. They also like the fact that they have this time to just be themselves, doing things they enjoy in the knowledge that their loved one is being well cared for. Carers welcome the attention their loved ones receive. Respite can reduce the feelings of guilt carers may feel at bringing in external sources of help.

Respite services work extremely well for the people living with dementia too. It can be a time of friendly engagement and inclusion and they get to choose activities they enjoy doing. Meaningful interaction and social stimulation takes place that reduces feelings of loneliness and can empower those living with dementia. The goal is for carers to return with renewed energy and those being cared for to flourish.

I also wanted to highlight the importance of emotional support that respite brings to carers and loved ones. Having someone who listens attentively and shows understanding and compassion is vital on days when carers are feeling overwhelmed and alone. Being able to signpost other services and information when circumstances change rapidly is also an important and valuable aspect of respite services.

Respite can provide the best possible care for those most vulnerable in our community. Respite works effectively on so many levels creating positive, reassuring outcomes and makes a real difference for everyone involved.

John Buxton, Dementia Concern Care Attendant

Carers Short Breaks in Ealing

The way Ealing Council is funding Carer’s Short Breaks is changing from 1st April 2019. Dementia Concern, therefore, is working in a consortium of six local charities to continue its Call & Care home respite as a charged -for service at £12 per hour and to provide some 3-hour weekly breaks free of charge.

The Carer’s Consortium will provide short breaks for Ealing Carers of people aged 50+ with chronic illness; a diagnosed long term condition; physical disabilities, sensory impairment; dementia and cognitive impairment; mental health conditions and frail older people. This is being funded with a new grant from Ealing Council.

Carers can have a regular break/respite from their caring role for 3 hours+ every week. It can be a home-based service or a community-based service*. Trained staff or volunteers will encourage the cared-for person to take part in stimulating activities whilst the carer has a break.

Home-based services means a trained Care Attendant or Volunteer will come to the carer’s home and stay with the cared-for person or take them out for a walk or visit to local places. Community-based service means the cared-for person attends a community venue for a few hours to take part in social and therapeutic activities that suit their needs. Trained staff and volunteers will ensure they are safe and engaged.

The free short breaks will be allocated by Ealing Social Services. To find out more please talk to your Social Worker or contact Ealing Social Services on 020 8825 8000. Carers wishing to pay for short breaks can contact the relevant organisation or request a carer’s short break by phoning 020 3137 6194.
As we head into the new financial year on 1st April, the organisation continues to adapt, change and look forward. This includes changes in how we charge for our Call & Care Service, Weekend Day Services and the Thursday Group, which is necessary because of changes in grant funding from Ealing Council. We are also now part of a consortium of six charitable partners who will deliver a range of free and charged for Carer’s Short Breaks with trained volunteers and staff from 1st April.

We hope to begin designing our new website in the spring, which will help us to demonstrate what we do, tell others how to get in touch with us and support us bringing in new resources to support the work of the charity. As part of our building lease, we need to keep our premises looking smart and in good shape, so we will begin some external building works in the months ahead. You may see some scaffolding around the building, and this will help us keep our office well maintained.

Our fundraising efforts continue in order for us to help supplement the cost of all our dementia services and related overheads. We will be part of the ITV London Big Lottery People’s Project Awards at the beginning of April, and we are hoping to win some of the £50,000 available. Recently, we were awarded £500 from the Gumley House Year Nine Class Social Activism competition, after making a pitch for Dementia Concern to the pupils. Therefore, we are fundraising at all levels, and raising awareness about our work with the dementia community.

From mid-June, Dementia Concern starts a new contract with the West London Mental Health Trust, to continue our Dementia Link Workers and Dementia Support Services. This ten-year partnership will provide us with some certainty for the future and maintain our links with the NHS and providing out of hospital services.

Dementia Concern is teaming up with the University of West London to put on a Dementia High Tea at the Pillars Restaurant during Dementia Awareness Week on the 22nd May 2019. This will increase our partnership work with the university’s specialised dementia college and provide a nice highlight for the Dementia Awareness Week.

The Dementia Café will be potentially moving to All Saints Church Hall, Ealing Common, as the Liz Cantell Room at Ealing Town Hall will be unavailable from May 2019. Our new partner, All Saints Church, is enthusiastic about being able to provide us the space at no charge. So, as new changes arise, so do new opportunities.

Thank you for all of your support for Dementia Concern and we will continue to support carers and those living with dementia in Ealing to the best of our abilities and resources.

If you have any questions or suggestions please contact me T: 020 8568 4448 E: albies@demntiaconcern.co.uk

---

**EVENTS AT GUNNERSBURY**

**Recollection** is Gunnersbury’s monthly arts and reminiscence group for people living with dementia. This season takes inspiration from Gunnersbury’s Georgian heritage. Artist and experienced workshop facilitator Helen Shearn explores the development of perfume in the 18th century and the links between scent and memory.

Each month you will have the opportunity to experience a new artform, make new friends in the group and be creative in Gunnersbury’s beautiful, friendly setting.  

**Price £2 including refreshments**

**FRIDAYS 10.30-12.30 on 19 APRIL, 17 MAY, 21 JUNE, 19 JULY, 23 AUGUST**

Booking Essential, please contact Ellie 0203 9610280 or email lewis-nunese@visitgunnersbury.org

For **Dementia Action Week there is also a Sensory Park Walk**, where you can Stimulate your senses and connect with nature. You will discover some of Gunnersbury’s history and horticulture while taking time to enjoy the sights, sounds and scents of the parkland. This walk is all on footpaths and while it has been specifically designed to be accessible to people living with dementia, it is open to and suitable for all.  

**WEDNESDAY 11:00 - 11:45 & 14:00 - 14:45 on 22 MAY**

Booking Essential, via http://www.visitgunnersbury.org/

All events start at Gunnersbury Park Museum, Gunnersbury Park House, Popes Lane, London. W5 4NH
We have received donations in memory of the following people from their families and friends

Donations in Memory

Nina Barnes  Betty Need
Alan Faulkner  Henryk Ohl
Kurji Ladwa  Rosemary Robinson
Ann McHale  Jaswant Kaur Sahn
Anthony Mawby  Iris Alice Savage
Jenny Merrick  Kashben Sejpal

Ronald Skipper

Memorial to Betty Need
5 July 1922—7 December 2018

Dementia Concern sadly lost a very special long-time supporter before Christmas. Betty’s funeral took place on 4th January 2019 at the Breakspear Crematorium.

Betty was a much-loved reception volunteer for many years and was the driving force behind the Former Carers Group, arranging their meetings, pub lunches and transport as needed.

She was also a hard-working member of the Board of Trustees for 11 years and Treasurer for the past 5 years. Betty was totally committed to the work of the charity and even though she spent much of her final months in hospital, she continued to be involved and contribute as much as she could.

Betty will be greatly missed at Dementia Concern and the organisation is forever grateful for her commitment.

Could you be our Treasurer or a Trustee?

Our Board of Trustees is seeking a new Treasurer. That person needs to have financial, accountancy or book-keeping skills.

Additional Trustees are also needed.

The Board meet 8 times a year and steer the charity strategically so that we can continue to be sustainable and effective in delivering our services in the borough of Ealing.

Please contact Albie Stadtmiller to discuss further.

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:

Ealing Clinical Commissioning Group

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