DEMENTIA CONCERN EVENTS

Carers’ Peer Support Group
2nd Thursday of each month
2.00-3.00 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
10-12.30
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 Hobbyayne Centre
St Dunstan’s Road, Hanwell W7 2HB

Dementia Café 2019
*******NEW LOCATION!*******
Wednesday 26 June 7.00 pm to 9.00 pm
All Saints Church 4 Elm Grove Rd, Ealing, London W5 3JJ.
TRANSPORT CAN BE PROVIDED
To reserve your place, please phone Dementia Concern on 020 8568 4448 or direct any inquiries to Joy James at joyj@dementiaconcern.co.uk.

WE WON!—THE PEOPLE’S PROJECT

Dementia Concern would like to thank everyone who voted for us in the National Lottery’s People’s Projects! With your help, we were able to win the vote and secure £50,000 to help fund the Ealing Dementia Café project. The Dementia Café program is a bimonthly free event for those living with dementia and their carers at its new location at All Saints Church, Elm Grove Road, W5 3JH. The next Dementia Café will be on Wednesday 26 June from 7:00 to 9:00 pm.

The photos below were used to support the People’s Projects winning bid, and we thank everyone who voted for us.

VOLUNTEERS WANTED!

Hi! I’m Rosie, the new Volunteer Coordinator at Dementia Concern! We’re looking for volunteers to support the delivery of our Carer’s Short Breaks service. This will involve volunteers being matched with a cared-for person who has dementia and visiting them in their home or taking them out to a local place of interest for 3 hours each week. This service will provide carers in your community with a valuable break from their responsibilities, whilst giving the cared–for person the chance to befriend someone and engage with shared interests.

In return, you’ll receive training and ongoing support, as well as gaining a range of transferable skills. Volunteering is a great way to meet new people, build confidence and make a real difference in your community! If you would like to find out more about becoming a Carer’s Short Breaks volunteer or you’d like to know about other volunteering opportunities then please email rosie.walsh@dementiaconcern.co.uk or call me on 020 8568 4448.
On the 3rd of April, the staff of Dementia Concern had the pleasure of hearing Wendy Mitchell speak about her recent Sunday Times Best Seller memoir and personal experience living with dementia. Mitchell wrote her memoir in 2018 about her journey with the help of the journalist Anna Wharton entitled Somebody I Used to Know. The book paints a beautifully candid portrait of what the early stages of dementia feels like - from the shock and fear following the diagnosis to the aftermath of the fear which, to Mitchell, meant finding a new purpose and adopting an optimistic outlook on her life. With this book, she attempts to decrease the stigma surrounding the disease in an uplifting and surprisingly humorous way. As she often says, she does not want sympathy from people, she simply wants to raise awareness of the reality of dementia. Mitchell’s inspiring and bestselling memoir “Somebody I Used to Know” is available to purchase now and you can access her daily blog at https://whichmeamitoday.wordpress.com.

Towards the end of the session, under the supervision of the Chef, the guests were given the opportunity to become pastry chefs themselves by decorating tartlets with fruit and chocolate - some showing some real talent in this area! Throughout the event talented musicians – some of whom were students of the college – performed a beautiful background of classical piano and violin music and some of the drama students who helped to host were dressed in 1950’s stylish dresses which lent a touch of nostalgic style to the event and for those living with dementia seemed to hint back to earlier parties and social highlights for them.

A Big Thank You to...

In Spring, Dementia Concern said goodbye to three very important long-standing members of staff. Roger Beckett helped set up and establish a carers services in Ealing with Frances English 31 years ago which later evolved into Dementia Concern. He worked in Finance and was our Chief Executive for 7 of those years. Devinder Lehal worked with us for nearly 21 years in office administration and then as our Finance and HR Co-ordinator. Isabel Kosky gave the organisation 12 years of service as Executive Secretary before her retirement in February.

All the staff and Trustees wish to say a huge THANK YOU for their amazing years of service in keeping Dementia Concern going in all sorts of ways. We wish them all the best for the future.
From the Chief Executive’s desk...

A young girl was walking along a beach upon which thousands of starfish had been washed up during a terrible storm. When she came to each starfish, she would pick it up, and throw it back into the ocean. People watched her with amusement. She had been doing this for some time when someone approached her and said, “Little girl, why are you doing this? Look at this beach! You can’t save all these starfish. You can’t begin to make a difference!” The girl seemed crushed, suddenly deflated. But after a few moments, she bent down, picked up another starfish, and hurled it as far as she could into the ocean. Then she looked up at the person and replied, “Well, I made a difference to that one!” The person looked at the girl inquisitively and thought about what she had done and said. Inspired, they joined the little girl in throwing starfish back into the sea. Soon others joined, and all the starfish were saved.

— Adapted from ‘The Star Thrower’ by Loren C. Eiseley

As a newcomer to Dementia Concern (having arrived in July 2018), I have been impressed by the care and passion that the staff apply in their direct work with those living with dementia and their carers and those who also serve behind the scenes. I like the story above because it encapsulates the moments when someone makes an intervention on the behalf of another to bring a bit of joy, engagement or a small gesture to re-ignite a person who may be struggling. I have found that the staff at Dementia Concern often make small extraordinary gestures to make a difference in the life of another.

As an organisation we have been facing challenges around funding, modernising how we run the back office and supporting the staff team in the midst of change and uncertainty. We have had some recent long-term staff depart Dementia Concern, including Roger Beckett, who served for 31 years and Devinder Lehal who was with Dementia Concern for 21 years. Their collective knowledge of the organisation and the needs of those living with dementia and their carers will be missed, and this has left gaps in the organisation, of which new team members are stepping into. Even though change is often difficult, it is the stated purpose of Dementia Concern to provide information and support services for people with dementia and their carers in the London Borough of Ealing. As a charity we will continue to make a difference to individuals, just as the young girl did in the story above.

-Albie Stadtmiller, CEO

OTHER EVENTS AROUND THE COMMUNITY

Sensory Palaces

A health and wellbeing programme for people living with dementia and their carers

These sessions held at Hampton Court Palace and Kew Palace are free events developed for people living with early or mild dementia. The sessions always include: a welcome, refreshments and introduction to the session; exploration of one part of the palace; sensory and participatory activities; and group discussion, reflection, and goodbye. If interested, please email sensorypalaces@hrp.org.uk with your name, mobile number, arrival information, and special requirements.

Events at Hampton Court Palace

Great Grape Vine - 9 July 2019, 10:30-12:30

Explore the history of the palace’s oldest living Georgian ‘courtier’, the Great Vine! Then create your own ornament inspired by this incredible plant.

Events at Kew Palace

Kew Kitchens – 16 July 2019, 10:30-12:30

Learn about the kitchens, cooking and royal eating habits at Kew Palace during the time of King George III.
AN IMPORTANT CHANGE

Many of our readers will have been described as “Members” and will have supported the work of Dementia Concern (DC) by subscription. As a registered charity and a company limited by guarantee, certain changes were made in January 2019 to its constitution whereby its governance and strategic managements is solely in the hands of its Board of Trustees who are accountable to the Charity Commissioners.

Your kind support for DC is much appreciated and we have decided to create a group called ASSOCIATE MEMBERS- probably best described as ‘Supporters’ Club. We hope that former supporters and newcomers will wish to continue to support the work done by DC and its staff and will also wish to make our work more widely known in the community.

As an Associate Member you will have the following rights:

1. You will be informed of DC’s activities by our Newsletters and other means.
2. You will be consulted from time to time by the Trustees on the charity’s activities.
3. The trustees will hold at least one annual meeting at which they will report to you about DC’s activities.
4. You will have the right to nominate applicants for the position of Trustee for submission to the Nominations Committee, either at the Annual Meeting or whenever the Board advertises for new Trustees.

Dementia Concern is a charity that cares not just for dementia sufferers but for their carers, which makes this a very special organisation. There is also a group for former carers who often continue to need support and a chance to socialise.

We hope you, and everyone in the DC community, carers and families, will welcome this opportunity to become an Associate Member and help DC in its important work. There is a nominal annual fee of £10 which can be gift-aided to raise more funds.

Of course, if you are able to donate more, we would be grateful for your generosity.