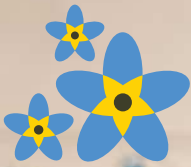


Autumn/Winter 2015

Forget me not

New Forest Dementia Newsletter



Working to become
**Dementia
Friendly**

New dementia friendly village

Looking for something to do?

New online resources

Yesteryear tea dance

Welcome



After a very positive response to our first newsletter, welcome to the second edition of the New Forest Dementia Newsletter. Many individuals and organisations have shared their stories and given us information to contribute to what we hope will be an

informative, as well as inspiring newsletter.

As the newly elected Cabinet Member for Health and Leisure at New Forest District Council, I come across many families in the New Forest affected by dementia. The New Forest has one of the oldest age structures in England and after the age of 65 the risk of developing dementia doubles approximately every five years, therefore supporting those affected by dementia is a key priority for the New Forest Health and Wellbeing Partnership Board.

We believe that life doesn't end when dementia

begins, and New Forest District Council is working closely with our partners to raise awareness of the issues and support the development of a range of services for people who are living with this condition. If you are worried about someone the most important thing to do is to encourage them to go and see their doctor, the sooner the better. This is because spotting the signs of dementia early means they can get the right treatment and support to manage their symptoms more effectively. Once diagnosed, the Dementia Advisor service can put those affected by this disease in touch with local groups and advise them on what help and support is available.

If you would like to contribute to future issues or have an interest in dementia and would like to join or set up a local Dementia Action Group then please get in touch at dementia@NFDC.gov.uk

Councillor James Binns,
Cabinet Member for Health and Leisure,
New Forest District Council

Hythe - a new dementia friendly village



On Saturday 23 May 2015, Hythe village was officially launched as a 'Dementia Friendly High Street' by local MP Dr Julian Lewis, who reflected on his own experience of an awareness session: *"One really important point I took away is how sometimes even the smallest of changes can have a major impact on a person living with dementia"*, he said.

The move is part of a national initiative spearheaded by the Alzheimer's Society, designed to make high streets more user friendly for people living with dementia. To qualify, a town or village needs to have at least 20 of its traders committed to the scheme, which includes their entire customer facing staff receiving an awareness session.

Sally Wood, who helped established the Hythe Huddle Drop-in Group for carers and those living with

dementia, along with other members of the Hythe and Waterside Dementia Friendly Group, launched the idea earlier this year. By May there were 32 local businesses who had enthusiastically signed up.

Traders committed to make Hythe and Waterside a dementia friendly area now display an official sticker in their window, indicating that staff are dementia aware. It is hoped this number will grow and work is ongoing to extend the scheme to Dibden Purlieu, Marchwood and Blackfield.

The Hythe and Waterside Dementia Friendly Group has also received much needed donations, which will enable them to provide advice and support for local people.

Hythe Huddle meets monthly. Further details can be obtained from Families Matter on 023 8020 7623.

Share your experiences...

Share your experiences of dementia services & residential care to help improve local health and social care

Healthwatch Hampshire is looking for feedback from people with experience of dementia, this could be directly or as a carer, relative or professional, about their experiences with publicly funded health or social care services. We plan to build a picture of services across the county so that we can establish how and where services can be improved as well as celebrating and learning from good practice. We are also carrying out a survey about experiences of residential care by listening to friends and relatives of care home residents. This will allow us to gain a better understanding about local issues and views of care homes but also allow individuals voices to be heard. To do this we are asking people to fill in a 5 minute questionnaire which you can find online at our website. By completing the survey you have the chance to be entered into our prize draw for £50 worth of shopping vouchers!

These experiences will form the basis of reports containing appropriate recommendations for service providers and commissioners. Your responses will remain confidential and will be used to report on what we have heard but you will not be identifiable. If you would like to share any feedback please use the 'Speak Out' page on our website or if you would prefer to speak to someone then please call us and a member of the team will record your feedback.

www.healthwatchhampshire.co.uk
01962 440262



Alzheimer's Society

Free advice service for people with dementia

From the beginning of someone's journey with dementia right the way through the condition, Alzheimer's Society's Dementia Advisers provide information and advice in the right way, at the right time and signpost people to the support available. Commissioned by Hampshire County Council, the Dementia Adviser Service has been running in the New Forest since 2012. The service is available to those with a diagnosis of dementia and those with suspected dementia who are going through the diagnosis process. It is also available for family, friends and carers. Alzheimer's Society's Dementia Advisers provide accurate, accessible information to help people with dementia and their carers make informed decisions. As the person's needs change, they answer a variety of questions from 'is it safe for me to drive?' to the carer asking about care homes or respite care.

For more information or to make a referral to the service please contact

For New Milton, Lymington, Brockenhurst and surrounding areas contact Vicky Growcott on 07936 554205 or email Vicky.growcott@alzheimers.org.uk

For Fordingbride, Ringwood, Lyndhurst and surrounding areas contact Judy Wallis on 07712 303372 or email Judy.wallis@alzheimers.org.uk

For any other areas in the New Forest (including Totton, Hythe and Dibden) contact the Dementia Adviser general office on 023 9289 2034 or email Hampshiredaservice@alzheimers.org.uk

The Social Care in Action (SCA) day club based at the Fenwick health and wellbeing centre in Lyndhurst is a great place to have fun, meet friends and feel welcomed. The club is dementia friendly and provides activities to help stimulate the mind and body, at the same time as being a place to feel relaxed and at ease. Art activities, our courtyard garden with vegetable patch, regular gentle exercise classes,

quizzes and kurling competitions keep us busy. We also enjoy talks and demonstrations from various groups.

The day club is available to people living in the New Forest. Some transport is available, to be confirmed upon booking. The club is open from 9am to 4pm with a cooked lunch provided. Flexibility with half day bookings or fortnightly bookings is available on request. A full day at the

club costs £40.00 with £5.50 for lunch and £1.00 for refreshments throughout the day.

Pop along for a visit, there is no obligation to join. A free trial day is also available. To find out more call Elena Prieto-Ruiz, Day Club Manager, on 023 8028 6345.



New online resources for dementia

West Hampshire Clinical Commissioning Group has worked with a national community interest company to develop a website known as a “dementia roadmap”. The Dementia Roadmap is the one place where all the information about support, care and treatment for people with dementia comes together. We are working with services and organisations across the area to keep local information up to date.

The Dementia Roadmap aims to assist health and social care professionals more effectively support people with dementia and cognitive impairment, their families and carers. The website can also be used directly by anyone who would like to find out more about national and local support for people with dementia.

“I like the term Roadmap as it seems to be like a journey, it includes how to navigate many issues. I think it incorporates practical tips, education, information and an easy to follow layout. As a carer it feels supportive and provides tools to look out for certain changes.”

The West Hampshire Dementia Roadmap can be found at
<http://dementiaroadmap.info/westhampshire>

It has been said that dementia is a time bomb. The three Totton general practices therefore, wanted to have a better understanding of dementia and be as supportive as we can to our patients and their carers by becoming ‘dementia friendly’. This article describes Totton Health Centre’s efforts over the last 18 months.

In 2014 we invited our local Older Person’s Mental Health Specialist to talk to the GPs about the types of dementia, making a diagnosis and managing the condition. Our GP dementia lead has reviewed many patients’ records and as a result has increased our diagnosis rate. The GPs are developing care plans for all the relevant patients and have the new Dementia Roadmap on their desktops. A dementia ‘lunch and learn’ education session was held late summer for all staff.

We also invited the Dementia Friendly Hampshire project lead to talk to all practice staff to increase our general awareness of how dementia affects daily life and how to make our practice more dementia friendly. As a result we have made some changes, we now have new, clear signage and our reception staff have brightly coloured tops with dementia friendly badges.

We are now ‘Dementia Friendly’ but there is still more we can do.

Yesteryear tea dance (cover photo)

On the 23 May 2015, the Lymington Dementia Action Group hosted a traditional tea dance at the Lymington Community Centre. The event was designed to create a reassuring, familiar and fun event particularly for families living with dementia. Over 50 people attended.

Traditional china, handmade bunting, freshly cut flower arrangements and yesteryear memorabilia all created a

beautiful environment and a warm, friendly ambience in the Fuller McLennan Hall. Homemade cakes, fresh cream scones and bakewell tarts were complimented with fresh tea and ground coffee. An eclectic mix of live music was expertly delivered by the six piece Blue Tides band and had many of the attendees up on the dance floor (as evidenced by the front page of the newsletter) or vigorously tapping their feet.

The event was the finale of activities run by the Lymington Dementia Action Group during dementia awareness week. It was supported by Hampshire County Council, Colten Care, Bluebird Care and the Lions Club of Lymington who provided 15 volunteers to provide support to those who attended. Around £100 was raised through donations to the Lymington Dementia Action Group for further events.

Useful contacts

Telephone

Dementia Advisor Service

023 9289 2034

Alzheimer’s Society National Dementia Helpline

0300 222 1122

Dementia Friendly Hampshire - sign up to HDAA, find your local Dementia Action Group or for information to help set up your own Dementia Action Group

07827 318017

For locations, dates and times of Dementia Friends information sessions contact dementiafriends.org.uk

For a large print version of this newsletter contact New Forest District Council, Corporate Communication on 023 8028 5588 or communications@nfdc.gov.uk

Websites

newforest.gov.uk/dementia

westhampshireccg.nhs.uk

lymington.com/dementia

dementiamos.org

