



# Forget-Me-Not

Selsey's Dementia-Friendly Community Project

**SDAA Newsletter**

**January 2024**

This newsletter forms the notes of a Selsey Dementia Action Alliance Meeting held remotely via Zoom on 23<sup>rd</sup> January 2024. To find out more about any of the items, contact:

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SCF Registered Charity No: 1156460

✿ **Welcome** Mike Nichols welcomed everyone and thanked us for taking the time to attend the meeting.

Mike started by reminding us why we hold these sessions and how important is to remember. Mike usually conducts his counselling sessions at Costa Coffee and one of the ladies who's dementia symptoms are gradually becoming more pronounced was there with her carer. She also attends many of the activities too but is always pleased to get home where she feels secure. Mike also talked to a gentleman of 75 who was in tears at times due to his partner who has not had a diagnosis of dementia has clear symptoms but is in a stage of denial. The gentleman has a part time job but is finding this more difficult to manage this with looking after his wife. He said I feel totally split when I feel frustrated with her but those moments when she feels completely scared and he is filled with pity. This is what we are all about. Trying to support people in all sorts of situations, by educating our communities so people are treated with kindness and compassion. Sometimes the smiliest face can hide the darkest thoughts and secrets.

✿ **Ronelle Juleff -Befriending**

**MORNING LIVE** - every Monday morning at the Venture club - usually 20 attendees, 4 or 5 are living with dementia. Also, a partnership with the Venture club.

**MOVIES FOR MEMORIES** - twice a month showing a suitable film plus a 3-course lunch is served. 25 to 30 guests each time.

**TOGETHER TIME** - every Thursday from 10 until 3.30 - includes a sing song, quiet time, lunch, crafts, a raffle, 2 mobility sessions. We have 35 to 40 attendees each week, plus carers from Vitale, Tuvida, Guardian Angels, plus 7 regular volunteers. Several of the service users (usually 8 or 9) are living with dementia, are disabled, or have had strokes etc.

**FRIDAY TEA & TALK** - every Friday afternoon at the Venture club. A newish group with 12 to 14 attendees. A partnership with the Venture club. A sociable afternoon.

All these groups have guests who are living with dementia. Some come with their carers and others are assisted by SCF staff or the carers that help us. Karen from Tuvida that helps on Thursdays at Together Time is exceptional.

#### **Sussex Grange – Kellie Barker**

Sussex Grange is at full capacity with 20 residents and no vacancies. The Day Care service is going to be resumed and they have been inundated with enquiries regarding this on behalf of their loved ones.

It's the time of year when renewal of in-house training is needed - Manual Handling, First Aid, Need to Succeed.

On-going challenges with hospital discharges. It's been valuable to have those bi-monthly meetings at the surgery and be able to share these challenges. Belinda, the Trusted Assessor inside the hospital has been a phenomenal resource we can contact for help.

A therapy dog visited the Home today and all the residents thoroughly enjoyed the visit.

Some of the struggles we have with people we support with dementia is Maintaining Structure which is so important, and when we try to arrange something which is outside their regular routine it is so overwhelming for them. We are receiving support with this.

#### **Sussex Grange Home Care - Corinna Forsdike**

Corinna began by thanking SCF for the Christmas Day lunches which were delivered in the community were well received and everyone was complimentary about them.

One of their staff gave a shout-out for a Christmas Tree for one of the clients and another member of staff decorated it and delivered it to a young man who would have been without one.

Recruitment is going well. They are fully staffed now. Corinna had been talking to Karen about how difficult it had been when they had been bidding for packages of Care but not hearing back. They are coming in now they are so whatever Karen did, is now working, Thank you.

A recent CQC Inspection under the new framework and they are waiting for the outcome.

They have a new Care Plan System and are now promoting the ReSPECT Form with all the clients and advising them how important it is to have one in place.

#### **Mike Beal - Venture Bus Chair**

Mike has arranged for The Malthouse and The Bill residents to be collected and taken to The Beacon Church for the Reminiscing Sessions. It's been a learning curve for all involved but is working fairly well. Mike has been discussing with the Care Homes to become Corporate Members of the Venture Club which would make everything a bit easier with checking whether they are members. Mike is hoping to attend one of their monthly meetings so he can explain the process in more detail.

## **Dementia Friend Training**

As a Dementia Friend Ambassador Mike is more than happy to deliver Dementia Friend training and to 4 people last week, one of those attending whose mother had been diagnosed with Dementia, It was upsetting for her when she realised the prospects and how a person with dementia perceives different everyday situations but it was also an opportunity to discuss with the other attendees their experience they were having with their loved ones.

## **Community Christmas Day Lunch**

Mike thanked Corinna for mentioning the SCF Christmas Day Lunch. We are fed 150 people on Christmas Day with 70 Volunteers it was a remarkable event and we thank everyone who was involved with that. It gave a lot of joy to persons that were served and those that volunteered.

## **DEMENTIA FRIENDLY COMMUNITY**

### **Dawn Fairbrother – Alzheimer's Society**

Dawn explained her role had changed to Community Development Co-ordinator and the role is focused on raising awareness, prevention, noticing the signs of natural aging and dementia. What the next steps if you notice those signs. Getting a diagnosis and sign posting all those organisations that provide the support and care during the "Living Well" with dementia. Helping people to think and plan ahead about what may happen in the future.

We only reach 20% of people living with dementia and we are now focusing on reaching the other 80% by working with rural communities we haven't reached previously and visiting markets in East Sussex and we've given some Dementia Friends sessions to the Farming Network. Next week we are in Pulborough for a Big Breakfast to raise awareness in the rural community.

Later this year we will be working closer with Veterans groups and visiting Harvest UK Foodbanks and more community groups.

### **Karen Pirks**

Karen explained that when the news came through just before Christmas about the lack of funding for the memory assessment service and her thoughts turned to thinking about people who have been referred and their love ones who will be wondering how long that diagnosis. Karen began to think about how to take a proactive approach and offer support we can provide locally. With that in mind we are going to call it "Navigating Together" – a supportive community for those awaiting a dementia diagnosis and their carer. Karen will be dropping into the groups and seeing what the conversations are about their thoughts and struggles. We already have some people referred to us. We can guide them to the information on our Alzheimer's website which has a raft of support. Putting

in place future plans as Dawn was talking about and also provide information with the My Future Care Handbook. We can guide people through these things without overwhelming them.

Karen was in training session today for the new Robins Project and that was with Alison Goodham, Jo Morgan from Vitale and James from the hospice. The training was for the Volunteers who will be supporting this service and included the ReSPECT document and Advanced Planning. This drives through getting your house in order while you can and links in with My Future Care Handbook too. The drop-in session starts on 22<sup>nd</sup> February at The Shop. Karen also dropped into the Alzheimer's Society Carers Support meeting with Lorrain Bridger. Karen was so impressed by the Carers openness and frankness, resilience in dealing with challenging situations and offering support for each other. As a community we can give them a big hug and say "You are not alone, we can help you on that journey whatever that journey may be".

### **Mike Nicholls**

Like everyone else, The Selsey Care Shop have been aware that that expression of need has increased. In January 2023 we noticed the numbers had increased from the previous year and this January the numbers have increased again. We have reorganised the Care Shop and now have 2 Reception desks to deal with the different folk that come in. We are finding the needs that come in are so varied. Loneliness is helped through befriending and the Carers Support service is in great demand. We now have a group of 5 Volunteers who are proactively phoning every Carer on our database every 6 weeks to check how they are. Wednesday afternoon we have a new Carers Support group at The Shop to help people with information. This month we have provided 125 interventions through our Money Support service. Like all you we are serving a lot of people which we are glad to do but it is stretching us and that is why it is so important for us to support each other.

**Karen Halford** was unable to join us tonight through technical difficulties. Karen has been conducting staff training and following the session the feedback was very complimentary. Well done Karen!

### **Any Other Business**

**Date of Next Meeting – Tuesday 26<sup>th</sup> March 2024 at 5pm via Zoom**