



# Forget-Me-Not

Selsey's Dementia-Friendly Community Project

**SDAA Newsletter**

**October 2023**

This newsletter forms the notes of a Selsey Dementia Action Alliance Meeting held remotely via Zoom on 24<sup>th</sup> October 2023. To find out more about any of the items, contact:

[sdaa@selseycommunityforum.uk](mailto:sdaa@selseycommunityforum.uk)

SCF Registered Charity No: 1156460

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

✿ **News**

Karen Pirks had a recent communication from Yolanda who had been a Carer in one of the Care Homes and also worked with the Care Shop as a volunteer and Karen wondered if Dawn Fairbrother remembered her. Yolanda helped Karen in the early days of setting up the Dementia Friendly Community in Selsey and also with Dementia Friends training and creating a Dementia Friends handbook. She moved back to Poland prior to the pandemic and has recently contacted Karen explaining she would like to set up a similar organisation in Poland. Karen was happy to send a copy of the Dementia Friends book and a link on the Alzheimer's website which is translated into Polish. Interesting to know that information about Dementia is spreading overseas and Dawn agreed and said it would be good to hear how they are progressing in Poland.

Mike commented it's good to sometimes to look back and see how things have developed.

Mike Nicholls explained that in Selsey over the last seven years we've developed a regular shared carers support group with the Alzheimer's Society as well as a particular support group for Ladies and also a reminiscence group called All Our Yesterdays that we hope to foster with the Care Homes. Karen helps with those partnerships with those Care Homes and Agencies. Mike Beal has been running Dementia Friends training sessions in different places and we will be starting an intergenerational project with young people from the Bridge Support Centre, we continue to develop with Linda and Later Life Buddies supporting people with their My Future Care Handbook.

Ten years ago, Ronelle started our Good Morning Call service, for people who are isolated and people living with Dementia. Mike is going to Midhurst next month to talk to their new community forum as they are starting their own Good Morning Call service in and around the Midhurst area. We continue with supporting the Bracklesham and Wittering area and Mike remarked how lovely it is when we work in partnership together and see these things developing in other areas.

### **Karen Halford Report**

Karen sent her apologies for not being able to attend and sent this report.

The past few months have been extremely busy with support being offered for housing, Schooling, Money Support, Wellbeing and general shopping and prescriptions.

We are keen to promote the Herbert Protocol as the nights are drawing in so if you have anyone who would benefit from this, please let us know

We are working with the Community Warden on a project to ensure service users who need Key safes are supported to get this in place as quickly as possible. At no charge, (obviously we are pleased to accept a donation). The key safe will be fitted free of charge by Richard Moorey community warden. If you are aware of a need, please let us know

The list for the Selsey Community Christmas Day Lunch is filling up so if you have names to be added let us know asap and as always, we are looking for volunteers to support the day.

As a charity we do rely hugely on donations and volunteers. Please ask your staff and friends if they have a few spare hours on a regular basis to support us at our groups or in the Care Shop and direct them to the Care Shop for further information.

I am in the process of contacting folk to discuss the ReSPECT document and the importance of having one in place. If I can assist you at all with this area, please let me know or indicate to the Selsey medical practice and we will organise a meeting. Take care, stay safe.

### **Friendship Groups**

On Friday afternoon 3rd November Ronelle has a new drop in for Tea / Coffee and chat group starting at the Venture Club. There is no transport provided but the local buses do stop just nearby at the Co-op and all are welcome.

Ronelle is finding at each of the friendship meetings: - Movies for Memories, Together Time, Morning Live and the Resbite teas have an increasing number of guests attending who are living with dementia.

Each week she is grateful for the extra support she gets at Together Time from trained Carers. Guardian Angels are supporting the group once a month, and Tuvida and Vitale support each week which is invaluable help for those folks who attend and are living with dementia.

We have found that films with music and singing are very well received. At Together Time there is always a sing song with old familiar tunes, and the 'old' games such as snakes and ladders are played which are enjoyed. Ronelle has a small stock of fiddle muffs and hope that some of the knitters at Together Time will make some. Please let her know if you know of someone who may need one. Ronelle has heard that the Alzheimer's Society are out of stock.

### **Sussex Grange – Kellie Barker**

Activities continue as usual. Recently a member of staff who has recently had a baby brought the baby in to show the residents and this brought great joy to everyone, especially one lady who had never held a baby. We have a one lady visiting soon with her mobile shop, clothes, toiletries, cards and gifts.

Residents have been having their covid and flu jabs, and this year for some residents there has been a reaction to the flu jab. Kellie had made sure they didn't have their jabs at the same time to try to avoid too many residents having a reaction.

We attended West Sussex Partners and Care Forum with CQC Moving Forward and there was lots of networking. It was interesting to share in the break out groups how lucky we are to be part of the Selsey Community with the Care Homes, Care Providers and Care Shop and how tight we are as a community and the access we have to facilities. There is no one else out there like our community. Recruitment continues. The biggest challenge for us has been hospital discharges with missing medication, incomplete paperwork. It seems discharges seem to be rushed to get the patients out of hospital. If it hadn't been for the Trusted Assessor who Kellie relies on to get information about missing patients who have changed wards, missing diagnosis or lost possessions. She was invaluable.

We have done two Herbert Protocols recently with two residents with the change in the seasons. We have 19 residents so we have one place available. Mike said he had heard favourable comments with one of our group members about the Care and Friendship of Sussex Grange.

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

The Home Care section of Sussex Grange recently had a new computer programme installed which meant a lot of hard work entering all the clients on to the system and on "Go-Live" day Corinna, Maureen and Sophie held their breath expecting some glitches but all went well. They have taken on two packages of Care for End-of-Life. They were able to pull out all the stops and got the assessments and paperwork completed in one day and the family were able to be with their loved ones at home. Corinna said they received a lovely letter from the family expressing their gratitude for how everything had been done so quickly. Recruitment is going well with four new members of staff and therefore have Availability to take on new packages of Care.

All their clients are getting their covid jabs. They have a Supervisors meeting coming up and all the information about the clients will be shared with them.

#### **TuVida – Yvonne Hammond-Powell**

At the moment TuVida do not have much of a waiting list at the moment and Yvonne added that there are only 14 Home Visit Assessments waiting for support in the home. When an Emergency comes through, they are able to turn these around in a day and do not have a waiting list. Currently, they are over their target for delivering care and Yvonne has a Commissioners' meeting on Thursday to discuss an increase in the hours they have been allocated, as this is costing them more money to deliver the increased care. At the moment they are offered 6 hours a week at £8 per hour on the subsidised rate and a 10-hour night is £10 an hour.

Yvonne said they are arranging a Coffee and Cake Morning for the 24<sup>th</sup> November for the Carers Rights Day and inviting any Carers to call in to the Clymping office, please spread the news.

With Christmas looming we are making plans for different activities and a staff party etc. so a busy time.

#### **Progress in the Manhood Peninsula – Mike Nicholls**

In partnership across the peninsula, we foster a lot of activity including Social Activity, Good Morning Calls and Bereavement Support which interacts with other services: Carers Support West Sussex and Dementia support. We are in the

process of launching the new Robins service for the End-of-Life befriending work and Alison Goodhram will be setting up the recruitment of twelve volunteers to get the service which is endorsed by St Wilfrid's, underway.

Last Tuesday Mike had a meeting at the Medical Practice with the Integrated Care Board to look at things that go on in Selsey and foster this Local Health Plan which embraces as much as we can to do together. We will share more news when we are able to do so.

### **Dementia Friendly Community – Dawn Fairbrother**

Things are changing with the Dementia Friendly Communities programme. Mostly around the cease of the Dementia Friendly sticker that used to be issued to organisations who made particular actions and commitments to become Dementia Friendly. These organisations will now be able to design and use their own stickers. The support will still be there from Alzheimer's Society and there will be a Community Development Officer in the New Year. There will be talks to organisations about Dementia and knowing the difference between Dementia and Natural Aging. These will be for people who do not have Dementia, people who are pre-Dementia, people who have parents with Dementia but would like to know the difference of natural aging and the signs of Dementia and what to look for, and when to contact their GP and to know which GP to have that conversation with. So, Raising Awareness, Preventative Methods, Healthy Heart, Social Isolation and how to combat that. Planning for the future like the ReSPECT document, My Future Care, and also planning what would happen if your Carer had to go into hospital or the person being Cared for had to go into hospital. Dawn continued to say that what they want to do is get Dementia more talked about in the general community and signpost them to people who are the experts that can get that done. Last year Dawn was given some funding and she has been working on a new website with a colleague which has now been built and they are just waiting for training. It will be called Dementia Community News West Sussex and will have signposting to a variety of National Organisation supporting people with Dementia and their Carers, and a Calendar of Events and Clubs its not for funded services this is for Dementia Friendly exercise classes, choirs and other Dementia Friendly activities and also fortnightly blogs.

### **Karen Pirks**

Karen has been reflecting today whilst going through her diary, about our Sing Your Heart Out Friday Club, which came about by a grant awarded by the Joint Dementia Strategy. We were able to run it for several terms and when the money ran out, we were lucky enough to be sponsored by local people for the last block. We welcome anyone to "The Club." Including those with Dementia and their Carers. As a compassionate community we are keen to keep our links going and support our Care at Home Agencies who look after our lovely members and without their support these people could not live at home safely.

**Herbert Protocol** - in this edition of Selsey Life.

**Sing Your Heart Out Friday Club-** continues with sponsorship if available from local people. Whilst we have seen the passing of 2 of our original guests, we have had the privilege to support their carers during the time of loss. There is a lot of love shared within this small group and carers are always invited to return to us as they have made connections with other guests and volunteers. They are small groups currently members ten guests, seven volunteers and one professional Carer. This allows a good ratio of support to a person with a health care need and to their carer too. The facilitator can then focus on leading the group and developing

something quite magical. We are involved in many public concerts now with other choirs, and planning for one in May 2024.

**Recruitment Event-** for Care at Home Providers to be held on 8<sup>th</sup> November at the Bubble Bar in Selsey High Street from 10am to 4pm, to support the vital work they play in our community to ensure that people can live for as long as possible safely at home.

**Intergenerational Project** – between the Bridge, SCF and Auburn Lodge. Plan to begin January 2024. Six young people from the Academy (ages 10-12) will be invited to form a group after school for six weeks. From self-reflection and developing a questionnaire, they will become a Dementia Friend with Mike Beal, and then go onto visit and develop talking boxes with residents at Auburn Lodge, along with a play list of preferred music. This will end with a small celebration and opportunity to evaluate their experience. We would like to continue to do this with other care homes or through the Wellness Cafe.

#### ✿ **November Newsletter**

Mike advised us that there is an article in the next newsletter about Sussex Grange looking back at their 20<sup>th</sup> Anniversary Celebration. Some of the groups that Ronelle runs are supported by TuVida staff which is a very welcome presence and a safeguard for the folks who attend these groups.

#### ✿ **Any Other Business**

**“Are you Worried about Your Memory”** document from Alzheimer’s Association at end of Newsletter.

Invite to Carol Concert at 2.30pm at Pagham United Reformed Church on 7<sup>th</sup> November copy at end of Newsletter.

Information from Carers Support for a Carers Arts and Craft Events in Pulborough on 21<sup>st</sup> November 2023 and 20<sup>th</sup> February 2024, poster also at the end of the Newsletter.

**Date of Next Meeting** - 23<sup>rd</sup> January 2024 at 5pm via Zoom

### **Dementia is not just about losing your memory.**

We all know what it is like to forget or misplace something.

Or walk into a room and realised that you do not know why you went in there?

### **Are you worried about your memory?**

You may have been living with memory problems or other symptoms for some time.

Your problems probably developed very gradually, so can be harder to recognise.

Often, close friends and relatives see changes in us before we do.

If you have only recently become aware of changes, it might feel as though your symptoms are not ‘bad enough’ yet. But getting an early diagnosis of dementia can be important.

### **Why is it important to get dementia diagnosed?**

Getting a diagnosis of dementia can give you a better understanding of the condition and what to expect. Timely diagnosis can help you make important decisions about treatment, support, and care. Afterall, your symptoms could be due to something else undiagnosed. The only way to know for sure is getting a referral to the memory clinic via your GP.

### **Benefits of having a dementia diagnosis**

If you have dementia, being diagnosed at an earlier stage gives you a chance to adjust and get things you need, such as:

- **Access to support.**
- **The offer of benefits and protections.**



- Information that will help people understand what you are going through.

Deciding to speak to your GP is a positive and important step.

### 10 early signs and symptoms of dementia

Warning Sign	Dementia	Normal Aging
<b>Memory loss that disrupts daily life</b>	<ul style="list-style-type: none"> <li>• Forgetting recently learned information</li> <li>• Forgetting important dates or events</li> <li>• Repeatedly asking the same questions</li> <li>• Relying on memory aides</li> <li>• Relying on family members for things they used to handle themselves</li> </ul>	<ul style="list-style-type: none"> <li>• Sometimes forgetting names or appointments but remembering them later</li> </ul>
<b>Challenges in planning or solving problems</b>	<ul style="list-style-type: none"> <li>• Changes in ability to follow instructions</li> <li>• Changes in ability to work with numbers</li> <li>• Trouble following a familiar recipe or keeping track of monthly bills</li> <li>• Difficulty concentrating and taking much longer to do things</li> </ul>	<ul style="list-style-type: none"> <li>• Occasional errors with numbers</li> </ul>
<b>Difficulty completing familiar tasks at home, work or leisure</b>	<ul style="list-style-type: none"> <li>• Hard to complete familiar daily tasks</li> <li>• Trouble driving to familiar location, managing a budget at work or remembering rules of favourite game</li> </ul>	<ul style="list-style-type: none"> <li>• Occasionally needing help to use settings on microwave or recording TV show</li> </ul>
<b>Confusion with time or place</b>	<ul style="list-style-type: none"> <li>• Losing track of dates, seasons, and the passage of time</li> <li>• Trouble understanding something if it is not happening immediately</li> <li>• May forget where they are or how they got there</li> </ul>	<ul style="list-style-type: none"> <li>• Getting confused about the day or the week but figuring it out later</li> </ul>
<b>Trouble understanding visual images and spatial relationships</b>	<ul style="list-style-type: none"> <li>• Alzheimer's disease can result in vision problems.</li> <li>• There may be trouble in judging distance (e.g., on stairs), colour and contrast.</li> </ul>	<ul style="list-style-type: none"> <li>• Vision changes related to cataracts</li> </ul>
<b>New problems with words in speaking or writing</b>	<ul style="list-style-type: none"> <li>• Trouble following or joining a conversation</li> <li>• May stop in middle of conversation and not know how to continue</li> <li>• May repeat themselves</li> <li>• May struggle with vocabulary, finding the right word or calling things by the wrong name</li> </ul>	<ul style="list-style-type: none"> <li>• At times having trouble finding the right word</li> </ul>
<b>Misplacing things and losing the ability to retrace steps</b>	<ul style="list-style-type: none"> <li>• Putting things in unusual places</li> <li>• Lose things and be unable to go back oversteps to find them again</li> <li>• May accuse others of stealing</li> </ul>	<ul style="list-style-type: none"> <li>• Misplacing things from time to time (e.g., glasses or TV remote control)</li> </ul>
<b>Decreased or poor judgement</b>	<ul style="list-style-type: none"> <li>• Changes in judgement or decision making</li> <li>• Poor judgement when dealing with money</li> <li>• May pay less attention to grooming</li> </ul>	<ul style="list-style-type: none"> <li>• Making a bad decision occasionally</li> </ul>
<b>Withdrawn from work or social activities</b>	<ul style="list-style-type: none"> <li>• May start to remove themselves from hobbies or social activities</li> <li>• May avoid social engagements</li> </ul>	<ul style="list-style-type: none"> <li>• Sometimes being weary of work, family, and social obligations</li> </ul>
<b>Changes in mood and personality</b>	<ul style="list-style-type: none"> <li>• Mood and personalities can change. They can become confused, suspicious, depressed, fearful, or anxious.</li> <li>• May become easily upset at home, friends, work, or places where they are out of their comfort zone</li> </ul>	<ul style="list-style-type: none"> <li>• Developing specific ways of doing things and becoming irritable when a routine is disrupted.</li> </ul>



*You are invited to attend a*

## *Christmas Carol Concert*

*at Pagham United Reformed Church*

Pagham Road, Pagham, near Bognor Regis PO21 4NJ

*Thursday 7th December at 2.30pm*

Followed by Christmas refreshments in the Church Hall

*For further information please contact*

*Tim Wilkins at [tim.wilkins@alzheimers.org.uk](mailto:tim.wilkins@alzheimers.org.uk) or call 07801 136212*

## CARER ARTS AND CRAFTS EVENT PULBOROUGH



You are invited to join us for an art and craft workshop and join in with other carers for a hot drink, cake and chat. In this workshop we will be making clay birds.

Birds are often seen as a symbol of freedom, hope and new beginnings. We hope you will enjoy the session and have some respite time away from the caring role and enjoy a chat with other carers. All materials and refreshments will be provided. Just bring your self!

There is plenty of on street parking available near by and there are several parking bays outside the venue. We look forward to seeing you!

#### Venue:

Pulborough United Reformed Church,  
82 Lower Street, Pulborough, RH20 2DW

#### Dates and Times:

Tuesday 21st November 2023 10:30am -12pm

Tuesday 20th February 2024 10:30am – 12pm



### To book please contact our friendly team to find out more:

Call **0300 028 8888**

Email **info@carerssupport.org.uk**


Visit **www.carerssupport.org.uk**


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