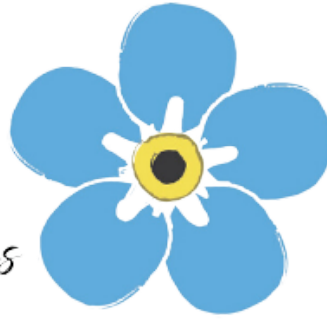




# South Gloucestershire

## *Dementia Friendly Communities*



NEWSLETTER

SUMMER 2021

## DEAR READERS

Hello and welcome to summer 2021!

What a year it has been so far. We started the roadmap out of lockdown, emphatically looking forward to the lifting of all restrictions. However, as this virus has shown, we had to put the brakes on and slow down a bit. We, like you, are hoping that we will be able to start afresh soon.

Many more individuals are getting vaccinated which is great news and should help to reassure people that they can venture out. What is also good news is approval of a new drug to treat the cause of one of the dementias, Alzheimer's disease. The approval of Aducanumab as a treatment is good news.

Another piece of good news, though not on a global scale is that Age UK south Glos will soon be offering Maintenance Cognitive Stimulation Therapy (MCST) sessions for people with mild to moderate dementia in South Gloucestershire. MCST a proven non-medical therapy that has been shown to have a positive cognitive impact on those who follow the therapy.

This issue, we have highlighted our member, Emma Doney, who has launched a community day service - if you are using her service do let us know what you think. Our promotion of a service is not saying it's better than others - it's a way of telling you of what our members are doing and also highlighting some of the options that are available for you in South Gloucestershire.

We continue to promote dementia awareness - we know that this is the best way for our communities to become places where those with dementia and their carers are supported and able to take part in things.

One big ask: please do share our newsletter with friends and colleagues. We do not know all of the groups, organisations and people who are living with dementia - but you can help get this newsletter out to them!

We are always looking to get involvement from you - please feedback and contribute to our next issue.





# Our Work

---

We have continued to deliver monthly Online dementia friends information sessions to a steady number of people over the last 3 months.

Since April we hosted two webinars; one was about creating dementia friendly businesses and the other webinar was our third time presentation of communication and dementia.

To keep up to date about our webinars and other upcoming events go to our website:  
[https://southernbrooks.org.uk/dementia\\_events/](https://southernbrooks.org.uk/dementia_events/)

In April we invited the South Gloucestershire memory clinic and Sirona care and Health to join us on Ujima Radio as part of their programme to promote dementia awareness to the BAME minority communities during Dementia Action Week 2021.

The funding we obtained from Independent Age was used to develop and run peer supported groups for those experiencing grief and bereavement associated with dementia. Our community worker Lisa developed a fabulous programme and delivered sessions online via Zoom and also through telephone conference.

We had great feedback. The project is now closed and we wish to thank the many volunteers and Lisa Dicker for delivering a timely project.

We were invited to give a presentation to the Patient Participation Groups chairs meeting – this fitted well with our aim to encourage GP surgeries to be dementia friendly.





# Summer & Autumn Plans

---

## **Dementia and the equalities group**

Dementia can affect anyone: anyone from an ethnic minority group; anyone with other disabilities or from any lifestyle or religious groups. We want to hear from people from minorities group about their experience of accessing services for dementia.

## **Volunteering opportunities for persons with dementia**

We are writing a tool-kit for organisations to encourage them to give volunteering opportunities to persons who have a diagnosis of dementia. The disabilities associated with dementia do not always impair a person to the extent they cannot continue to contribute.

We want to hear from organisations, (big or small) who have supported people with dementia to volunteer. What processes did you put in place to support the volunteers?

We also want to hear from those with dementia who are looking for volunteering opportunities. What type of volunteering roles are you looking for?

## **Dementia awareness for young people and dementia risk reduction**

To make our society dementia aware we need everyone, including those of school age, to understand about dementia, as well as how to reduce their risks.

If you run a youth club, uniformed organization or school please get in touch to book a free dementia information session for your group.

We are still looking to engage with retirement and care homes as well as schools for our intergenerational work.

## **Memory café in Soundwell**

We are looking for volunteers who want to make a difference and support a memory café with a difference. Do get in touch if you want to make a difference.





# Ahead of the Game

## The benefits of getting an early dementia diagnosis

---

**Many people are afraid of getting a diagnosis of dementia and will avoid visiting their doctors when signs and symptoms start to appear.**

Dementia is not a natural part of ageing. This means that the general cognitive decline that some people experience as they get older should not be confused with the symptoms of dementia.

We looked signs of dementia in previous newsletters, which you can read [HERE](#).

If someone is experiencing symptoms that might indicate dementia, avoiding a diagnosis will not remove the symptoms. In many cases other illnesses like urinary track infection or delirium can seems like dementia and can cause serious issues. Going to a doctor will eliminate this.

Unfortunately, often those with dementia do not present to their GP until their conditions have deteriorated significantly. This, although understandable is a shame as their lives with dementia could be better if they had sought help earlier.

It is worthwhile knowing that two-thirds of people with dementia remain at home. A diagnosis of dementia is not the end of your life: it is possible to live well, with the right support and understanding.

This article on living well with a diagnosis of dementia has many advise that are practical and straightforward:

<https://www.nhs.uk/conditions/dementia/saying-independent-with-dementia/>

An early diagnosis of dementia, can enable people to:

- Have access to relevant information, resources and support at a stage when they can apply the information.
- Enable you to access potentially beneficial drug and non-drug treatments such as Cognitive Stimulation Therapy and to take part in research that might benefit you.
- Make decision at a time when you are able about your current and future choices.
- Many people living with dementia get and should have rehabilitation support to help them manage their dementia. This could include ensuring their home is dementia friendly, introducing the use of technology to assist them to continue to live active productive lives or getting reasonable adjustments to enable those of working age to continue to work.

There are many organisations, from Sirona care and Health, Alzheimer's society, Age UK, Dementia UK which now covers young dementia and voluntary sector organisations who are funded to support those living with dementia. There are also organisations covering the rarer forms of dementia.

Every person with dementia should be able to get the support they need, if you're worried that you might have dementia do contact your GP surgery – they will help you to access the right service, which might include referring you to the memory clinic where you'll get a diagnosis and amazing support.





# Digital divide/inclusion

Over the course of the pandemic people have been affected through loneliness, loss of work, social isolation, poor wellbeing, deterioration of health and death.

Throughout this time, we also saw the rise in use of the internet and social networking online to keep people connected, whether for work or connected to families and friends. Unfortunately, the increased use of the internet has created a digital divide - a divide where some people were left behind either because they did not have the knowledge of how to use the technology, the fear of being scammed, lack of funds to purchase a smartphone or computers etc.

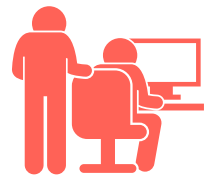
Many businesses will continue with digital as it has made their work smarter. To bridge the digital divide there are opportunities for people to gain skills, information, and support to enable them to use digital technology in a safe way without fear.

## Local Services for computer and internet access

### South Gloucestershire Libraries

All South Gloucestershire libraries have free access to computers and the internet. In addition to this, each library has trained staff and volunteers who can support you in getting online.

Drop into your local library, or call 01454 868006 to book a session in any South Gloucestershire library. If you are reading this on an online device, you can click [here](#) to find out more.



### Community Learning



Community learning offer a range of IT learning opportunities across South Glos. Their courses are free if you are 19 or older and have few or no qualifications (below Level 2), or have/ are recovering from poor mental health.

For further information call 01454 864613.

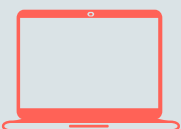
### Community Calling and Southern Brooks

If you are 40 or over and from a lower income background, Community Calling could help you to get online by providing a refurbished smartphone and one years data.

Contact Rosie Sinfield on: 07970894763 Or email: [office@southernbrooks.org.uk](mailto:office@southernbrooks.org.uk) for more information.



### Laptop Loan Scheme



Community Learning and Juice Community Project in Cadbury Heath have teamed up together for a new a laptop loan scheme. You could receive support to get online with help from volunteer Digital Champions and the chance to borrow a laptop.

Contact: Tel: 01454 302302, Email: [hello@juicecic.com](mailto:hello@juicecic.com)







# Feature: Looking after your brain through diet, exercise, cognitive exercise, and social interactions

---

June was brain health month – a month set aside to help us to take care of our brains.

People living with dementia can still take steps to improve their quality of life by looking after their brain. Everyone will feel better and they may experience the very positive benefit of slowing the progression of the illness as experienced by some people.

Diet, Exercise, cognitive exercise, social interactions – these 4 things are good for your brain health and your wellbeing.

## Diet

In [THIS](#) article from 2018 a mother with dementia was facing being sectioned under the mental health act due to her behaviour attributed to her dementia.

Her son took drastic action, he changed her diet to a Mediterranean type eating plan and her brain function/cognition improved significantly.

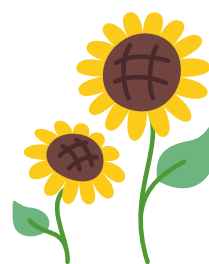
Their blog article can be found here on the Alzheimer's website:

<https://www.alzheimers.org.uk/blog/marks-story-we-were-living-nightmare-we-couldnt-wake-up-from>

For those of you that cannot access the internet some of the foods he included were broccoli, kale. Spinach, sunflower seeds, oats, sweet potatoes. Walnuts and Green tea. For treats they added dark chocolate with high cocoa content.



11 good brain foods to include in your diet – whether you have dementia or not  
<https://www.healthline.com/nutrition/11-brain-foods>





## Social interaction

Dementia is a socially isolating illness. People with dementia can find social situations awkward and stressful. If this is managed well, for example a care giver recognising when the person is becoming stressed, if it's a memory café with everyone wearing a name label etc then the awkwardness can be decreased, and social interactions can become pleasant and enjoyable. The pandemic and social distancing have shown us how important and necessary is social interactions for us all.

Many memory cafes and other social gatherings are slowly starting to open up again. Understandably, carers of persons with dementia are concerned about safety. However, all cafes will have put in place risk assessments to ensure the safety of all attendees. With the right precautions people should start to venture out and engage in normal social interactions. It will make them feel better and it will be good for their brain health.

## Protect from cognitive decline

<https://www.health.harvard.edu/mind-and-mood/protecting-against-cognitive-decline>

People with dementia can benefit from cognitive/brain exercise as much as anyone else.



Activities such as reading, writing, doing puzzles, whether that be crossword puzzles, simple word finding activities, simple number games are all good for brain health. Playing board games or card games, playing or listening or singing to music, and engaging in conversation are other active mental activities that help. They also will prevent boredom setting in.

The 2011 World Alzheimer's report suggested that routinely providing individualized cognitive stimulation activities for those with mild to moderate stages of dementia can produce short-term improvements and/or reduce decline in brain function!

## Exercise

Simple walking – chair based exercise, swimming or any gentle physical activity that is matched to the person's ability is good for brain health. This is great weather to get outside for a stroll or some gardening work.



Capture memories and share time with some living with any form of dementia: <https://www.helpforalzheimersfamilies.co.uk/learn/preserve-memories/capturing-memories-someone-alzheimers/>





# Determined College Students Fund Projects

We have been funded by students from South Gloucestershire & Stroud College to the tune of £500!!!

Who said kindness and hard work is dead? Well, this story shows that both are alive and kicking in our young people.

Over 20 first year BTEC business studies students from SGS college at Filton campus chose to fundraise for Southern Brooks and selected two projects, dementia memory cafes and youth work.

They did not let the lockdown dissuade them, but developed new ideas that they could use for their fundraising ventures.

Their fundraising activities included a

gaming evening, design a t-shirt competition, 24hrs boxing and sponsored walks.

These activities raised a whopping £1000 to be shared equally between their two chosen projects.

We invited them to our charities office to say thanks and tell them a bit more about the work we do and how their funding would help us deliver our memory café sessions in the autumn.

I'm sure you'll agree that these students have done a wonderful thing – young people caring about vulnerable members of their society!







# Dementia Friends

---

We are continuing to provide online public dementia friends information sessions on a monthly basis. We can offer sessions for your organisations at a time and date to suit.

Dementia is a health issue, we have seen the impact of the pandemic on those with dementia, it is time everyone learn about dementia,

[This article](#) shows why it is important and beneficial for staff in businesses to become dementia aware.

If you're not able to access this article, it is about a bank worker who, having become a dementia friend realised his responses and help for customers with dementia was not good. He changed how he interacted and it made a positive difference to those with dementia.

Our sessions are Suitable for anyone over age 14yrs old. Ideal for those family, friends, workers in dementia care and anyone interacting with the public.

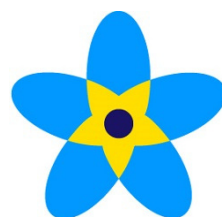
We can also provide sessions for schools, youth groups and family/friends. Contact us to find out how to book your personal session.

Here are our sessions from August to Dec 2021. You can easily book onto any one of these sessions or you can contact us to request a session. Why would you delay to become dementia aware?

Monday 9th August 2021 10 am – 11:00 am  
Dementia Friends information session online. Book [HERE](#).

Tuesday 7th sept 2021 10:00 am – 11:00 pm  
Dementia Friends Information Session online. Book [HERE](#).

Monday 11th October 2021 1:00pm – 2:00 pm  
Dementia Friends Information Session online. Book [HERE](#).



## Dementia Friends

An Alzheimer's Society initiative





# *In Focus: Emma Doney*

## *Adorno Community Day Centre Ltd*

---



Emma Doney recently launched her new Community day centre to offer respite for people with dementia.

We caught up with Emma to ask her a few questions about her business.

### **Hi Emma, Where are you based in South Gloucestershire?**

Ridgewood Community Centre, Yate and Crossbow House, Frampton Cotterell. We expect to open more venues later in 2021 due to high demand.

### **When are you open?**

10am-2pm with transport available before and after.  
Currently Tuesday, Wednesday and Thursday

### **SGDFC: What safety precautions have you put in place to ensure your clients are safe?**

Every single one of our support workers and attendees are vaccinated. Support workers must wear face masks and we ventilate the rooms as far as possible when temperature allows. We clean and sanitise toilets after every use and all touch points around the day centre are regularly cleaned.

### **If people cannot pay the fee how can they access support for making payments?**

Many of our clients use the non means tested Attendance Allowance to fund the sessions which we are more than happy to help with advice on the application process. Direct Payments can also be used and the council are also paying directly in some cases through their brokerage team.

### **Do you expect members who attend the community day centre to do their own personal self- care?**

Currently we can't provide personal care. Although we are exploring options for the future.

### **What sort of activities do you provide?**

We have gardening club, a mini pool table and air hockey, pets as therapy visiting, visits from the 2 local preschools at Sodbury Vale and Crossbow House. We have numerous dementia friendly board games, puzzles, oil painting sessions, craft, laughter, story telling and much much more!

### **How do you provide/cater for the various needs of your clients?**

We buy new activities based on what our individual clients enjoy all the time from our activity budget.





## ...Continued...

**Many day centres have activities that are female focus - have you built in any specific activities for men, and can you give us a few examples?**

We have definitely noticed this too! We have lots of ball games we play including ping-pong swing ball, chair based basket ball, magnetic darts and rope quoits. We also enjoy getting outside when the sun is shining and taking part in games with the preschoolers which gets everyone up and about.



**Are the day centre activities suitable for those who are younger in age say under 65yrs years old? (would a 60 or 55 year old person with YOD fit in?)**

Yes this wouldn't be a problem. We cater to all ages.

**What is the ratio of staff to clients?**  
Maximum of 1:5 but we aim for 1:3.

**Many people with Young Onset Dementia and others would like to do activities that will help them maintain their current abilities for as long as possible. Are your activities designed with this in mind?**

Absolutely. We want our clients to remain as independent as possible for as long as possible and individual ongoing wellbeing is at the heart of everything we do.

To find out more, visit our Facebook page: [@AdornoCommunityDayCentre](https://www.facebook.com/AdornoCommunityDayCentre) or contact us via email on [AdornoCDC@gmail.com](mailto:AdornoCDC@gmail.com) or call on 07398 526024.

We also provide one to one support via our sister company Adorno Companions for those that prefer the familiarity of support at or from home. More info on Adorno Companions can be found at [www.adornocompanions.co.uk](http://www.adornocompanions.co.uk) or by calling 07988700115.

*Many thanks, Emma!*





# Memory Café plans

All memory cafes were closed during the pandemic, but being resourceful many came up with creative and safe ways to stay connected with their members and all are now busy planning for a re-launch as soon as it is safe to do so. Here is a quick update from some of the cafes:

Memory Café	When will they restart	Where they will meet	Contact details
The Haven Memory Cafe	Friday 6th August 1st and 3rd Fridays They have Zoom singalong sessions booked on July on 2nd and 16th	Thornbury United Reformed church	robinpencavel@gmail.com 01454 414826 Or 01454 632 064 barbara@goom.me.uk
The Retreat memory cafe	September 2021 2nd and 4th Mondays	St Stephens church, Soundwell	Winsome Barrett-Muir dementia@southernbrooks.org.uk 01454 868570
NEW! Yate and Sodbury dementia social group	Monday 6th September weekly	Chipping Sodbury Rugby clubhouse	Mike and Janet Jones 07896 53 4811 or 07896 53 4812
Dementia Connection	September But some allotment meetings in July	Two venues: 1)The Sportsman's lounge, Charfield memorial hall 2) Chipping clubroom, Wotton under edge.	Amanda Pearson 07814 692 195 Email dementiaconnections@outlook.com
Patchway Memory cafe	September 1st and 3rd Mondays of the month.	St Chad's church hall, Patchway.	Susan 0117 975 9347 Carol 0117 070 3732

Most of the memory cafes will finalise their opening information following the next government updates in July. Most are also looking for volunteers, so if you're reading this and would like to give back then make contact about volunteering opportunities







# Cognitive Stimulation Therapy

## What is it and why is it a big deal?

Last year September I travelled to London and took a day's training (self-funded) in Cognitive Stimulation therapy (CST) delivered by Professor Aimee Spector who is one of the pioneer of this non-medical intervention to treat the symptoms of mild to moderate dementia.

### Why did I do this you might ask?

Because I'd read a lot about its benefits and wanted to find out more. Cognitive Stimulation Therapy (CST) is a programme of themed activities, usually carried out over several weeks in small groups, led by a trained professional or a carer.

The evidence so far suggests that Cognitive Stimulation Therapy could be just as beneficial as drug treatment for the symptoms of dementia.

### Some important facts to note about CST:

1. Cognitive Stimulation Therapy is the only non-drug treatment recommended by the National Institute for Clinical Excellence (NICE).
2. The programme is usually carried out over 14 sessions, each lasting around 45 minutes and containing structured discussions and group

activities. Groups are deliberately small, often consisting of only five to eight people.

3. Cognitive Stimulation Therapy is often led by a professional who has been specially trained.

### Evidence it works:

A trial in 23 care homes and day centres showed that CST led to 'significant benefits' in mental ability and memory, similar to the benefits of taking medication for symptoms of memory loss.

Further research revealed that CST could also make a significant impact on language skills such as naming, word-finding and comprehension.

They also saw an increase in confidence and psychological well-being. Research evidence suggest that MCST shows benefits to people months after attending.

Many memory clinics, including the one in Blackberry Hill offer CST to some of their clients on diagnosis.

Age UK south Glos will be offering this as a paid-for service from August. For more information contact them on:

[mcst@ageuksouthglos.org.uk](mailto:mcst@ageuksouthglos.org.uk)  
☎ 01454 411707 (option 5)





# Partner Updates

## Green community transport

Many older people and those living with dementia might not be able to drive but still need to get to appointments as well as meeting up socially with friends.

During the pandemic Green community transport provided essential services and were indispensable for many people. To continue their excellent service, they are looking for volunteer drivers. Can you help?



Green Community Travel need Voluntary Drivers to help drive their minibuses and also people who would be willing to drive their own cars to get people to hospital appointments. Costs of training and expenses are reimbursed by GCT. We work with volunteers so it fits in around your life!

Please call us on 01454 228706 or email us at: [admin@greencommunitytravel.co.uk](mailto:admin@greencommunitytravel.co.uk) to discuss further  
We hope to hear from you soon!

Made with PosterMyWall.com

## Age UK new service for over 50s

Age UK south Glos will be launching a new service for anyone over the age of 50 years. The idea stems from the fact that as we age, and have significant life changes such as retiring, moving house or the death of a love one we might find our social circle decreasing. Loneliness can then creep in. Reconnect gives you the opportunity to make new connections knowing that Age UK is supporting the process. You can read more about it here: <https://www.ageuk.org.uk/southgloucestershire/our-services/reconnect/>

You can access the Reconnect service at Age UK south Glos on 01454 411 707 and select option 2 for more info or email them at [reconnect@ageuksouthglos.org.uk](mailto:reconnect@ageuksouthglos.org.uk)

## Avon and Somerset Police

Many people with dementia want to maintain their independence and feel safe. Unfortunately, sometimes due to the disabilities caused by dementia, people can become lost when out and about, causing them and their loved ones distress and involving significant police time.

Avon & Somerset Police have developed a hi-tech wristband which helps safeguard people with Dementia by allowing the police to locate someone who might be missing.



These wristbands are free from: <https://www.avonandsomerset.police.uk/apply/dementiasafeguarding-scheme-herbert-protocol/> or email sergeant Start King on: [stuart.king3@avonandsomerset.police.net](mailto:stuart.king3@avonandsomerset.police.net)





# Useful Contacts

If you need support there are services in South Gloucestershire to support you through most crisis.

## **South Gloucestershire Rapid Response Service.**

If you have a crisis at home, the rapid response service is a team of emergency response staff who provide personal care either in an emergency or urgent care crisis.

The service is available 365 days of the year. Telephone 01454 615 045 between 8:00am and 10:15 pm

## **South Gloucestershire Emergency**

social services number for nights, evenings and weekends. This service can help when personal, family or accommodation problems have reached a crisis when you cannot wait until the next working day.

Telephone: 01454 615 165

## **Sirona Care and Health**

works in the community with district nurses and more including dementia advisors – you can contact them on 0300 125 6789

## **Alzheimer's Society**

are there for you practically, emotionally or for any needs associated with dementia, whether you have a formal diagnosis or not.

They can be contacted on 0117 961069

During the normal working week people can contact Lynn Cross, South Glos Services Manager on: 07484 054050 .

Alternatively, email:

[southgloucestershire@alzheimers.org.uk](mailto:southgloucestershire@alzheimers.org.uk)

You can also ring the national Dementia Connect Support line number 0333 150 3456

## **The Carers Centre**

are there to support you if you are a carer and need support.

You can contact them on 0117 965 2200 Monday to Friday 10 am – 1:00 pm and Monday to Thursday 2:00 pm – 4:00 pm

## **Age UK South Gloucestershire**

offer support and advice including helping you to fill in those complicated forms.

Call them on 01454 411 707 and you will be presented with the following options:

1. Benefits advice
2. Befriending and volunteering
3. Activity Day Centre enquiries
4. All other enquiries





# And Finally

---

## **SETTING UP A MEMORY CAFÉ/SOCIAL GROUP IN YOUR LOCALITY**

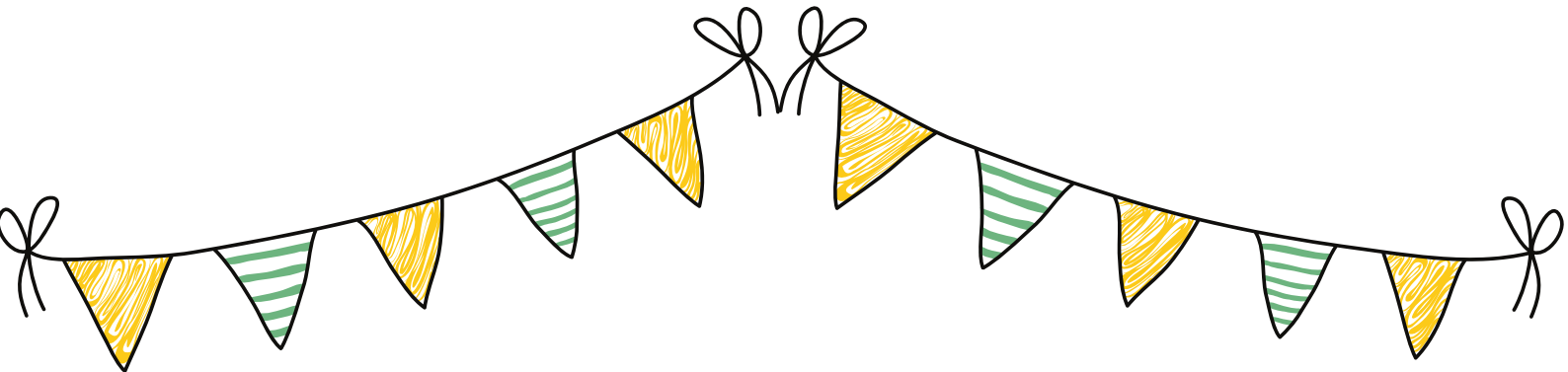
Are you thinking of setting up a social group for people with dementia? Confused as to how to do it? Then we are here to help. South Gloucestershire Dementia Friendly Communities have supported many memory cafes to open and we have set up memory café.

Freely, we will support you, from advice on finding a venue, to running the café, we will be there with you. Some areas of South Gloucestershire need a local memory café. Get in touch to start your journey of giving back.

We hope you enjoy reading through the newsletter and that the content was useful for you.

The year has been hard and particularly so for those living with dementia, While formal groups remain closed, do venture out – observe all the safety regulations and enjoy the warmer, brighter weather.

It would be great to hear from some of our readers – tell us what makes you smile or causes you to grimace!



*Until next time...*

*Stay safe and look after yourself,*

*Winsome and Kirstie x*

