

Information and Support ... continued

Newcastle Carers Dementia Café

Newcastle Carers Centre, 135-139 Shields Road, Byker, Newcastle
NE6 1DN Tel 275 5060

This runs on the last Friday of every month between 12.30 pm and 2.00 pm. Just pop into the Newcastle Carers Centre. Everyone is welcome. Contact the Centre for further information and support available to carers.

Alzheimer's Society National Helpline (free of charge)

If you have any questions or concerns about dementia and you would like information and support, please call this number **0300 222 1122**

Talking Point – Online Dementia Support Forum

If you have access to a computer, you can sign up to the Alzheimer's Society's online dementia forum. You will find a community of people all affected by dementia in some way. It can be a great source of support. Talking Point can be found at:

http://forum.alzheimers.org.uk/?_ga=1.147107007.944519326.1452878700

Dementia Connect

This is Alzheimer's Society's online services directory for anyone affected by dementia. It has over 4000 listings of local information and support services that can help people with dementia, their families and carers. You can search the directory according to your postcode.

The website address is:

www.alzheimers.org.uk/dementiaconnect

Jesmond Dementia Action Alliance Newsletter

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Why not become a Dementia Friend?



Some new Dementia Friends on completion of an information session in Jesmond Library.

Did you know it only takes an hour of your time to become a Dementia Friend? Jesmond Dementia Action Alliance (JDAA) has a team of volunteer Dementia Friends Champions, who are trained and supported by Alzheimer's Society to run Information Sessions. In each friendly and informal one hour session, participants learn more about dementia and how to help create dementia-friendly communities. Here are some of the pledges made by people who have attended our sessions:

"We will hold a special day for our customers living with dementia".

"I will encourage my fellow students to become Dementia Friends through our student society".

If you would like to become a Dementia Friend, you can find out more by emailing us at dementiafriendlyjes@gmail.com

Or you can sign-up to a session online via the Dementia Friends website at <https://www.dementiafriends.org.uk>

Or you can call in at Jesmond Library and sign-up at the main desk

Members of Jesmond Dementia Action Alliance

The work of the JDAA focuses on the changes that can take place locally to ensure people with dementia and their carers can live positive lives. We aim to create an enabling and supportive environment where individuals are valued and understood and can continue to be part of Jesmond community life. This includes:

- Having access to information and advice about help, support, services and activities that are available locally
- Ensuring that local resources, businesses and organisations are fully engaged and making changes that make a difference to the lives of people living with dementia and their carers.
- Ensuring that we include and involve people living with dementia and their carers' voices and views in all our plans and actions.

To date, the following organisations and businesses in Jesmond have signed up to become members of the JDAA:

Afternoon Tea Club, Jesmond	Andrew Lawson Estate Agents
Atkinson Dental Practice	Boots, Jesmond
Café 1901	Evans Opticians
Hay Travel, Jesmond	Jesmond Community Forum CIO
Jesmond Library	Jesmond United Reformed Church
Jo Bullerwell Hair Salon	Medicentre, Jesmond
Music in Hospitals	Newcastle High School for Girls
Post Office, Jesmond	Right at Home Tyneside
St George's Church	Starbucks, Jesmond
Timpsons, Jesmond	Y and L, Jesmond

All members are listed on the Dementia Action Alliance website at:

http://www.dementiaaction.org.uk/local_alliances/12535_jesmond_dementia_action_alliance Look on the website to find out more about the commitment each member has made to support people in the community living with dementia.

Information and Support

Jesmond Library has established a local hub for information about dementia. This resource includes a range of *Reading Well Books on Prescription for Dementia*. The books are part of a national Reading Agency scheme supported by Newcastle City Libraries.

These books have been recommended by health professionals and have been tried and tested by people with experience of dementia.



As well as books the library holds a variety of information from organisations which support people with dementia and their carers. There are also reference copies of the top 10 most frequently requested factsheets from the Alzheimer's Society and these cover a range of topics.

Why not pop along to Jesmond Library, have a look and let us know what you think?

What's On

Afternoon Tea Club, The Holy Name Church Hall, Towers Ave, Jesmond
Every Thursday from 2 pm to 4 pm. £2 per person but no charge for carers accompanying guests. Enjoy afternoon tea, activities, company and conversation at this friendly tea club in Jesmond. Ring The Holy Name on 281 0940 to find out more.

The Friday Café, St George's Church Hall, Osborne Rd, Jesmond
Every Friday from 10.00 am to 12 noon. Everyone warmly welcomed. Contact the Parish Office on 281 1659 to find out more.

Games for the Brain, Newcastle Eldon Leisure Centre
Every Friday afternoon for one and a half hours. These sessions are being piloted by Alzheimer's Society in the north east and focus on bringing younger men with dementia together for physical activities. Activities range from table tennis and ten-pin bowling to balloon tennis. Volunteers and carers join in and the group largely attracts men aged under 65 although some older men attend too. All sessions are free of charge. Contact Hannah Woodworth, Dementia Support Worker on 0191 298 3989 for more information.



Tyneside Cinema, Pilgrim Street
The cinema has announced the return of its popular screening programme for people with dementia and their families and carers. Each month there will be a screening of a popular musical and trained staff will be on hand with a warm welcome.

An American in Paris	28 th July at 1.30 pm
The Jungle Book	25 th Aug at 1.30 pm
Gypsy	29 th Sept at 1.20 pm

Tickets: £4.50 per person and carers go free

Contact Tyneside Cinema on 0191 227 5500 for more information.

Share your Experience

Are you living with dementia in Jesmond or are you a carer or family member of someone who is living with dementia?

If so, JDAA would like to hear from you about your experiences of local shops and services or any advice or suggestions for improvements you would like to share with us.

We are also working with the Newcastle Carers' Centre to develop a support group in Jesmond, which we can progress if there is enough interest. Please contact us on 0191 281 8255 or 07946 412015 or email to: dementiafriendlyjes@gmail.com

Help with Research



Video is a useful medium for capturing both verbal (eg conversation) and non verbal (eg gestures, body language and facial expressions) interactions that occur in everyday life. Researchers at Newcastle University are currently exploring how video could be used to support carers of people experiencing dementia to reflect on the interactions they are having with their loved one, as a way to improve their communication strategies. In an attempt to support this process, we are interested in exploring how groups of carers could coach one another through this reflection process by providing advice and support to one another.

We are looking for carers and people with early stage dementia to talk to us about their experiences of communication breakdowns and how technology might support communication in these instances.

We want to talk to people about the specifics of what our technology might look like, for example, what types of information would be useful in different settings, and who the best support network of people would be. If you are interested in being involved, please contact Róisín McNaney on r.mcnaney@ncl.ac.uk or 0191 2084636 to receive further information.

JDAA Events at Jesmond Community Festival 2016

Celebrating Dementia Awareness Week



Emmerdale actor John Middleton (third from the right) with some members of the JDAA Steering Group

Jesmond Dementia Action Alliance held a special event on 16th May at Newcastle Cricket Club, Jesmond, to celebrate Dementia Awareness week. Our very special guest was John Middleton, the actor who plays “Ashley” a character who is living with dementia in the TV soap Emmerdale.

The purpose of the event was to highlight to local residents and businesses what being “dementia friendly” means. Speakers from two local businesses, Evans Opticians and Café 1901, told us what they were doing to support people living with dementia.

Roisin McNeaney from Newcastle University spoke about her research and about new phone “apps” that will help people with dementia and their carers share their good and not so good experiences of local cafés and other services.

A number of information stalls were available including those from Nexus, Newcastle University and The Alzheimer’s Society. Jesmond’s Dementia Champions signed up quite a few new Dementia Friends and Dementia Friendly Businesses.

We were fascinated to hear about the research John Middleton has done for his role in Emmerdale, which required him to talk to many people with dementia and their carers and families. Those of us who avidly watch the programme will be interested to see how Ashley’s story develops, including the support provided by the Emmerdale community.

Dementia Information Market Place in Jesmond Library

On 9th May, eleven organisations who provide information and support to people living with dementia and their carers, set-up information stalls in Jesmond Library. Feedback from some of the people who dropped in to the event emphasised the importance of having an opportunity to find out, in an informal and relaxed way, about the support that is available for anyone living with dementia. Organisations represented were:

Age Uk	Alzheimer’s Society
British Red Cross	Dementia Care
Inst. of Health & Society, Newcastle University	Home Instead
St George’s Church, Jesmond	Newcastle Carers
Quality of Life Partnership	Search
The Church of the Holy Name, Jesmond	

Information from the above organisations can be found on the Dementia Information shelves in Jesmond Library.