

# Dementia Action Alliance

Lewisham

March 2017

## 4<sup>th</sup> Lewisham DAA Newsletter

First of all, a very warm welcome to all our new Lewisham DAA members. We are delighted to have you working with us to become more dementia-friendly. We have a really good selection of organisations signed up, from domiciliary care to leisure centres and we look forward to welcoming more members over the coming quarter.

We've also had some really good engagement over the last few months with large organisations like Transport for London, Tesco and Sainsbury's. It's great to see a willingness to improve practices and raise awareness from organisations big and small, and it all helps to make a positive difference for people living with dementia and their carers.

Over the last few months our members have worked very hard to support our residents living with dementia. You can find some of the highlights in this newsletter. To make the newsletter as helpful and informative as possible we're now including a section that will focus on your questions. This quarter the question came from Erica Ross, from Deptford Mission, and was about dementia-friendly soap-dispensers. So we have decided to focus on dementia-friendly bathrooms.

Please send in any questions you have and we'll search for solutions and include them in future newsletters.

Thank you for your support.

## Spotlight on: Bathrooms



Making your bathroom, whether it's in a shop, care home,

leisure centre or café, dementia-friendly can make a big difference to people living with dementia.

Making sure the floor is matte as opposed to glittery or shiny can help prevent it looking like water. A toilet seat that contrasts with the floor and toilet bowl can make the toilet more obvious. Old-fashioned looking taps, flushes and cisterns make the room more familiar and useable.

Marking taps as hot or cold appropriately and clearly will help avoid mistakes, and colour coding improves this further. As with the toilet seat, making soap dispensers a different colour to the surroundings so they stand out, or having a coloured bar of soap on a white sink can be useful, as well as labelling the soap dispenser with words and a picture to help identify it.

To see a virtual bathroom based on the evidence of what works, you can visit:

<http://dementia.stir.ac.uk/design/virtual-environments/virtual-care-home>

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## Working Towards Dementia Friendly Award Catford South



On Saturday 4 March Catford South held their Local Assembly and it was dedicated to those working very hard to become dementia friendly in their area.

Awards were given out to recognise the actions of some local individuals and organisations who have been making a sustained effort to be more dementia friendly.

It was a real celebration of the community's efforts and great to see individuals, community groups, leisure centres and businesses working together.

If you're from outside Catford South and would like your local ward to work on becoming dementia friendly together you can contact

[natasha.valladares@lewisham.gov.uk](mailto:natasha.valladares@lewisham.gov.uk) for a pack which will explain the steps you need to take.



## Age UK Lewisham and Southwark have launched SAIL Connections: a new project to enable older people to access services more easily

Lewisham SAIL Connections is the name of Age UK Lewisham and Southwark's quick-referral service. The project supports older people (60+) living in Lewisham to access services which support safe and independent living. This is done through a simple checklist of questions relating to services supporting: health and wellbeing, improved living conditions, fire safety and home security and financial support. Anyone can complete a checklist. Checklists are available as A4 pads and on the Age UK Lewisham and Southwark website.

For more information contact: [sailconnections@ageuklands.org.uk](mailto:sailconnections@ageuklands.org.uk) or 0207 358 4077 or visit the website [www.ageuk.org.uk/lewishamandsouthwark/sail/](http://www.ageuk.org.uk/lewishamandsouthwark/sail/)



## Age Exchange is working with UK Power Networks to improve their power-cut response for people with dementia

Age Exchange has been working with UK power networks to help them to



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understand how they can support people with dementia in the event of a power cut.

They are running two focus groups with their service users and carers on behalf of UK Power networks. The focus groups are using object handling and reminiscence to help ease the discussion and stimulate memory and will inform UK power networks response in an event of a power cut.

UK Power Networks own and maintain the electricity cables in London, the East or South of England, and already offer extra support to vulnerable people on their priority services register in the event of a power cut.

Find out more about the priority register online at:

<http://www.ukpowernetworks.co.uk/internet/en/power-cuts/priority-services-during-a-power-cut/priority-service-register-application-form/>

or by calling 0800 31 63 105. You may wish to recommend the register to your service users.

### Drug free table tennis Alzheimer's therapy trial

The BAT Foundation is a national charity investigating the benefits table tennis can for those living with Alzheimer's.

In collaboration with the specialist neuroscience team at King's College London, BAT are delivering a groundbreaking piece of research to show how table tennis can:

- Improve hand-eye coordination
- Stimulate the Hippocampus
- Extend long-term memory

- Delay cognitive decline
- Enhance motor skills



BAT are looking for 32 volunteers, diagnosed with early stage or mild Alzheimer's, to join their study. Divided into two groups, patients will take part in specialised table tennis sessions or living life as normal for a 10-week period. Volunteers will take part in MRI scans, simple cognitive tests, and well-being questionnaires at the beginning and end of the study.

If you're over 50, have or know someone with on-set or mild Alzheimer's, and are interested in changing the face of Alzheimer's therapy forever you can get in touch for a chat today with Andrew at BAT on [Andrew@batfoundation.com](mailto:Andrew@batfoundation.com) or 07739 490935. Their website is: [www.batfoundation.com](http://www.batfoundation.com)

### Seniors invite you to their Forget Me Nots reminiscence cafe

Seniors run a reminiscence group called Forget Me Nots which meets every first and third Friday of the month from 11am-1pm in Seniors' hall.

They run reminiscence activities, arts and crafts and more. They also offer hot drinks and cake. Carers are welcome to join.

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The next session will be on Friday 17 March and you can contact Tina on 020 8291 1164 or by email at [info@seniorslewisham.co.uk](mailto:info@seniorslewisham.co.uk) for more details.



## Holiday at Home

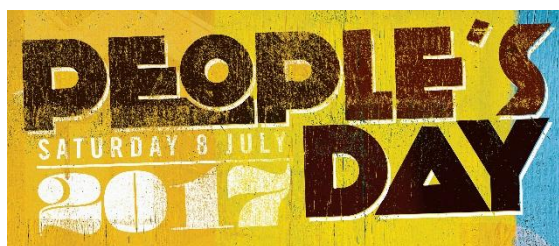
The Diamond Club are hosting a holiday at home scheme for older people living in the Catford south and Rushey Green areas commencing on the Tuesday 1<sup>st</sup> August for a week.

The week is aimed at older people who feel unable to get away on holiday anymore or who may be caring for a loved one living with dementia. It will try to replicate a seaside holiday with a brass band, Morris dancers, a tea dance, sing-alongs, gentle Zumba, a classic film with popcorn and ice cream, fish and chips, games such as skittles, boules, and of course bingo.

The scheme will also give young people from the local comprehensive school and church community an opportunity to volunteer. They have spaces for sixty people per day, and the days will run from 10am to 3pm in the fully accessible Hartley Hall, Culverly Rd, Catford.

The week has been supported by the Catford South and Rushey Greens assembly grants as well as Holy Cross church. For any enquiries or to book a place please contact: [lesleyaallen@btopenworld.com](mailto:lesleyaallen@btopenworld.com)

## Dementia Friendly at Lewisham People's Day



Lewisham People's Day is coming up on Saturday 8 July from 12 noon to 8pm. Now in its 33<sup>rd</sup> year, People's Day is one of south east London's biggest free festivals.

People's Day is a celebration of art, craft, music and community with over 25,000 visitors a year. Having worked in the past to make sure the event is inclusive and accessible for the whole community, this year it will be working to be dementia-friendly as well.

It's also a great opportunity to promote your services to a huge audience. If you'd like to have a stall on the day to share what you do, reach new users and raise awareness you can apply online as a community or voluntary organisation here:

<http://www.lewisham.gov.uk/inmyarea/events/peoples-day/working-at-Peoples-Day/Pages/Voluntary-organisations-at-People's-Day.aspx>

or as a national or international charity or a business here

<http://www.lewisham.gov.uk/inmyarea/events/peoples-day/working-at-Peoples-Day/Pages/Applications-for-exhibitors.aspx>.

## Other News and Reminders:

### Guide for Retail re-launched

The Alzheimer's Society have recently launched their guide for dementia-friendly retailers. You can download the guide in full here:

[https://www.alzheimers.org.uk/downloads/download/1915/dementia\\_friendly\\_retail\\_guide](https://www.alzheimers.org.uk/downloads/download/1915/dementia_friendly_retail_guide)

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The guide was produced by a group of retailers chaired by Sainsbury's and you can find their blog on the topic here:

<http://www.j-sainsbury.co.uk/blog/2016/2016/07/supporting-the-alzheimers-societys-campaign-for-retailers-to-be-dementia-friendly/>

### BAKERS NEEDED:



University Hospital Lewisham is planning on having a monthly afternoon tea party on their dementia ward and are looking for volunteers or organisations who would like to donate cakes to serve to patients. For more information and how to donate cake, please contact Ginnie Adamson on [ginnie.adamson@nhs.net](mailto:ginnie.adamson@nhs.net) or Tel: 0208 333 3000 Ext: 3023

### Appeal to Carers:

The Lewisham DAA-Steering Group is currently looking for a volunteer who is able to represent Lewisham carers for people with dementia in the Lewisham DAA. Should you be interested or know of someone who might be interested please contact Karin Barthel: [karin.barthel@nhs.net](mailto:karin.barthel@nhs.net)

### Action plans:

We'd like to remind all members to update their action plans on a regular basis but at least once a year. If you have any questions with regards to your action plans, please contact Karin Barthel: [karin.barthel@nhs.net](mailto:karin.barthel@nhs.net)

### Activities and events:

As well as the activities advertised in above, there are two regular events happening in the borough for people living with dementia:

Dance for dementia takes place in Abbotshall Lifestyle Centre fortnightly throughout this year and you can contact 02032285960 for more information.

Reminiscence is also available at the Torridon Library, weekly, between April and June and you can contact 07882270159 for more information.

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