

5th Lewisham DAA Newsletter

First of all, a very big thank you for all your hard work over the last few months to make our community more dementia-friendly. When visiting the community it is fantastic to learn about the ever increasing number of activities that you are offering for people living with dementia and their carers.

We also welcome all our new members. We are particularly delighted to welcome the Catford Bus Garage and Stagecoach London who are working with us towards becoming more dementia-friendly.

Over the last few months we have engaged with lots of you around your dementia-friendly work and it has been great to see how your action plans are developing. The landscape for people living with dementia locally is gradually improving and it is thanks to your efforts to make a positive difference for people living with dementia and their carers.

This issue comes following a very successful Dementia Awareness Week, which took place between the 14-20 May this year. You can find some of the highlights in this newsletter.

Thank you for your continued support and keep in touch with your latest questions, ideas and developments!

Spotlight on: Signage

Each issue the newsletter will try and focus on a different issue facing our members. This quarter the spotlight is on signage, which came up from a few members during recent visits.

Signage is a really important aspect of making a building or outside space dementia-friendly. While everybody living with dementia will experience it differently, some common aspects exist which can really be mitigated by clear and purpose-designed signage.



There are some basic elements to making your signage dementia friendly – and you can do all of these yourself, so there isn't a need to spend lots of money on specialist production. In general you need to ensure the following:

1. High contrast compared to what it's displayed on e.g. use a brightly coloured background to improve its visibility;

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2. Clear, short message e.g. use the simplest words you can and don't use more than you absolutely have to;
3. Plain, readable font e.g. use sans serif (that means **no flicks or fonts like this**, try a **font like this** instead);
4. Relevant, recognisable image e.g. for toilet signs, include an image of a toilet.

In particular, it's really important to remember that no two people with dementia will experience it in the same way, and it all depends on which parts of the brain are affected and their personal experiences and qualities. No one way of approaching signage is guaranteed to work well for everyone, but if you follow the guidance above it's likely to be useful to many of your service users.



You can visit this link for example signs from the Alzheimer's Society:
<https://www.alzheimers.org.uk/download>

[s/download/2055/dementia_friendly_signage](https://www.alzheimers.org.uk/download/2055/dementia_friendly_signage)

Dementia Awareness Week Special



Dementia Awareness Week took place this year between the 14 and 20 May. Throughout and around that week local LDAA members were raising awareness and running dementia-friendly activities for local residents living with dementia.

This issue we will focus on the activities of Dementia Awareness Week and take a look at some of the highlights.

Carers Lewisham and SLaM

Dementia Awareness Week at Carers Lewisham was run in conjunction with the South London and Maudsley hospital (SLaM). They delivered workshops entitled 'If Only I'd Known' for those caring for someone who is living with dementia. The first workshop had a great turnout and set the tone for the week.

On Thursday they hosted two more workshops. In the morning Arti Prashar from the Spare Tyre Theatre Co. ran a sensory themed workshop showing the carers imaginative ways of interacting with people living with dementia, like their friends and loved ones.

After lunch, Jacqueline Ede from Age Exchange joined the group to demonstrate how effective Reminiscence can be in triggering and sharing memories with people living with dementia. Both workshops received great feedback from our carers, and the week was a great success.

Lewisham Council

Around Dementia Awareness Week the Council aimed to and succeeded in creating 100 new Dementia Friends.

They ran sessions every day thanks to the help of our fantastic local Dementia Friends Champions – Lesley Allen, Peter Todd, Barbara Grey, Judy Harrington and Jenny Owens.

Council staff from across the organisation attended, including Customer Services, Communications and Adult Social Care. The sessions were a huge success with almost everybody learning something new and feeling it will help them in their role to identify ways to be more dementia friendly.



Keep Dancing – Lewisham MindCare

A great time was had by all who attended Lewisham MindCare’s recent event for dementia awareness week. Nineteen people joined in with a “Keep Dancing” session which included lots of music and movement from bean bag balancing to ceilidh dancing! Claudette who has Alzheimer’s disease attended the session with her daughter – she said that the bean bags reminded her of school days though it is a long time ago now!

The session was attended by a mix of people living with dementia and their family and friends. Chris who supports his wife said it was great to have the chance to dance and have a laugh together.

After the session afternoon tea was available for all and everyone took part in a dementia friends session. There was information available to participants about the Lewisham MindCare service and also local carer support.



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Diamond Club and Holy Cross UCM

The Diamond Club and Holy Cross UCM (Union of Catholic Mothers) hosted a quiz-night on the 25th May 2017 in Hartley Hall, to help raise money for the Alzheimer's Society. 44 people took part in the quiz entitled "Money makes the world go around".

There were rounds on old currency, banks, a music round on songs and shows to do with money such as: What show does "Who wants to be a millionaire" come from? (Of course it's High Society).

The evening was full of fun and laughter and everyone enjoyed a lovely buffet supper.

£430 was raised due to the generosity of the attendees and helpers and a good night was had by all.

Age Exchange



From a re-imaging Lowry to making Mexican eyes, Age Exchange's windows were filled with works created in our Caring Together & Day Services by those living with dementia and their carers. As well as showcasing what we do, we were delighted that having this display raised awareness about dementia, encouraged people to ask questions and enquire about coming to our sessions.

Age Exchange was also active during Dementia Awareness Week in our 3 local Boroughs including Lewisham; holding a reminiscence workshop at Lewisham Carers, an information stall in Lewisham Shopping Centre and running a popcorn selling collaboration with the Leah Lodge Care Home in Blackheath".

Other News and Dates for the Diary

Age friendly Lewisham

How age-friendly is Lewisham? You're invited to give your views in our new consultation around ageing in the borough. We want to know what matters to you and what you think could be improved.

Let us know what ageing well means to you and how we can help. The questions ask about all aspects of local life from transport and housing to outdoor spaces and social events. Responses for all ages are welcome.

The survey is available online here www.lewisham.gov.uk/agefriendly.

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Hard copies are available on request – contact Lucy Formolli, Older People’s Lead, on 02083146314 or by email at lucy.formolli@lewisham.gov.uk.

The survey closes on Sunday 16 July, at midnight.

‘Holiday at Home’ hosted by the Diamond Club 1st – 4th August 2017

Are you ...over 60, living in Lewisham? Lacking the opportunity to go away on holiday because of poor health, disability, lack of money or carer responsibility? Looking for some summer fun? The Diamond Club is dementia friendly and welcomes people living with dementia and their carers.

For more information and to register your place, please contact Lesley Allen on 07729785843 or email lesleyallen@btopenworld.com

Events with the Elder People’s Support Project

The Ackroyd Centre’s Elder People’s Support Project is running trips throughout the year. People living with dementia are welcome, but will need to be accompanied by a carer or similar companion.

The next day out is on Tuesday 18 July to Faversham Market and Doddington Gardens.



Faversham Market is the oldest market in Kent and sells a range of local produce, household items, plants and collectibles. Doddington Gardens are lovely landscaped gardens, recognised as being of historical importance by the English Heritage. They’re in the grounds of an imposing Victorian mansion and surrounded by the outstanding natural beauty of the North Downs.



The group will be departing at 9.30am and returning around 6.30pm. Booking costs £21 for non-members, £19 for members.

Other upcoming trips include:

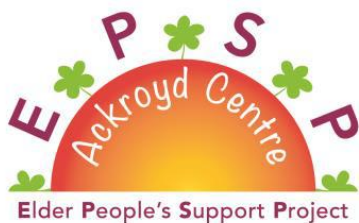
Tuesday 8 August to Eastbourne. Departing at 9.30am and returning around 6.30pm. Booking costs £15 for non-members, £13 for members.

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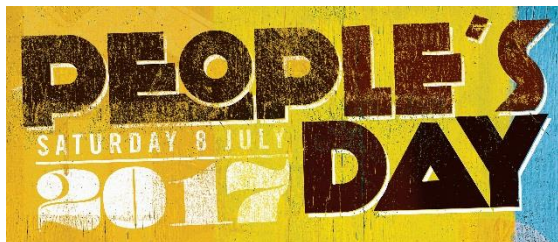
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Monday 11 September to Deal and Teapot Island with Cream Tea. Departing at 9am and returning around 6.30pm. Booking costs £21 for non-members, £19 for members.

To book please call the Ackroyd Centre on 020 8699 9009 or email epsp.info@ackroydcentre.org.uk – bookings need to be accompanied by full payment and typically need to be made around three weeks before the event.



Dementia Friendly at Lewisham People's Day



Lewisham People's Day is coming up next month on Saturday 8 July from 12noon to 8pm. Now in its 33rd year, People's Day is one of south east London's biggest free festivals. You can find out more, including the line-up of who will be performing, by visiting: <http://www.lewisham.gov.uk/inmyarea/events/peoples-day/Pages/default.aspx>

This year the event is aiming to be more inclusive than ever, and for people living with dementia it may be particularly helpful to know there will be dementia-friendly signage and dementia friends across site, with a plan to support adults who become separated from their companions or lost on the day.

An accessibility guide has also been produced to give visitors peace of mind about the day and information about what will be available. Contact events@lewisham.gov.uk to request a copy.

Caribbean Social Forum's Men's Health Event:

On Tuesday 27 June there will be a health information day hosted by the Caribbean Social Forum at:

The Tramshed,
51-53 Woolwich New Road,
SE186ES

It will be all about men's health and will cover a range of health concerns. Free refreshments will be provided.

FREE MindCare Dementia Training:

Working with the NHS Lewisham Clinical Commissioning Group (CCG), the MindCare Dementia Skills team is offering free dementia courses for anyone who lives or works in the London Borough of Lewisham.

Please see below the dates for the next available courses:

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- **Understanding Dementia:**
 - 29th June 2017 – all day session (9.30 am – 4.30 pm) - Town Hall Chambers, in Catford
 - 11th July 2017 – all day session (9.30 am – 4.30 pm) - Town Hall Chambers, in Catford
 - 20th July 2017 – all day session (9.30 am – 4.30 pm) - Town Hall Chambers, in Catford

- **Behaviours we find Challenging in Dementia Care:**
 - 12th July 2017 - all day session (9.30 am – 4.30 pm) - Town Hall Chambers, in Catford

- **Successful Communication in Dementia Care:**
 - 4th July 2017 - all day session (9.30 am – 4.30 pm) - Town Hall Chambers, in Catford

- **Person Centred Dementia Care:**
 - 28th June 2017 - all day session (9.30 am – 4.30 pm) - Town Hall Chambers, in Catford
 - 26th July 2017 - all day session (9.30 am – 4.30 pm) - Town Hall Chambers, in Catford

It is highly recommended that delegates attend “Understanding Dementia” first, as our other courses lead on from the ideas and information covered in this session.

If you are interested in booking any of these dates please email training@mindcare.org.uk including attendee’s name, position and date/session you wish to attend as soon as possible. Please be aware that places fill up very quickly.)

Other News and Reminders:

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

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

Thank YOU:

Natasha, the graduate trainee who has been working with the LDAA, is moving to her next placement and we wanted to say a very big THANK YOU! It was fantastic to have you on the Team.

Natasha also wanted to express her gratitude and admiration for the work of all the LDAA members.

Point of Contact:

For any enquiries please contact your LDAA chair, Karin Barthel, at Karin.barthel@nhs.net.

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