

Isle of Wight Dementia Alliance Newsletter

Summer 2018 - Issue 9

Welcome to the Summer 2018 edition of the Isle of Wight Dementia Alliance Newsletter - a quarterly publication for those whose lives are touched by dementia, their families, friends and carers.

We have developed this in partnership, so we can bring together in one place news and information along with details of local support groups and events.

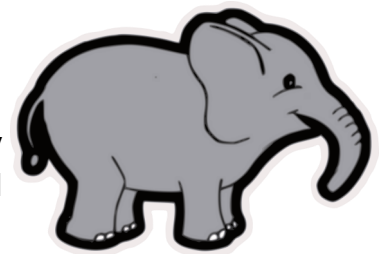
The newsletter, which is published every three months, includes a calendar showing the location, days/dates and times of all the regular support groups available, which we hope you will find helpful.



This time around our 'Do you know.....' article is about Advance Care Plans

News from The Elephant Club

This reminiscence and music group provides melody and memory stimulation to those with dementia and is held in a relaxed and informal setting.



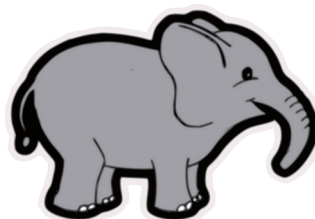
Come and listen to some gentle music, join in with a discussion around a particular chosen subject; and socialise with others, all while enjoying tea and biscuits!

The club is run by Anne, Mandy or Cheryl and is held on the third Thursday of the month in The Garden Room, All Saints

Church, Tuttons Hill, Gurnard, from 2pm – 4pm. It is FREE of charge and family, friends and carers are most welcome to stay.

For further information please phone Mandy: 07812 131 359 or Cheryl: 07736 548 480

THE ELEPHANT CLUB



CIRCLE DANCING

A **NEW** group, specifically for people suffering from memory loss or dementia, has started in Cowes.

The Elephant Club Circle Dancing is a group activity, developed by Dementia Pathfinders. The sessions are free, fun and gentle and aimed at helping participants gain physical and mental confidence.

Carers and relatives are very welcome to participate, or just sit and watch.

WHEN: First Thursday of each month: 2.15pm to 3.45pm.

WHERE: St Andrew's Hall, St Andrew's Street, Cowes, PO31 7DF

Free parking and disabled access



Circle dancing is not complicated – it is simple steps and sways to music whilst holding hands in a circle; some dances are done standing and some seated.

No special clothing or equipment is needed.

This new group is experiencing a lot of fun and laughter and a long tea break half way through each session is provided, giving everyone an excellent opportunity to chat and socialise.

For more information please phone Mandy: 07812 131359

News from Age UK Isle of Wight



People with dementia and their carers are being offered extra help to remain in their homes, thanks to a new grant.

Age UK Isle of Wight have been awarded funds from Taylor Wimpey, enabling the charity to provide a range of dementia-specific aids for FREE, enabling islanders with dementia to live independently in their homes, for longer.

- **FREE** bright blue toilet seats and grab rails (including **FREE** fitting)
- **FREE** superbright light bulbs
- **FREE** plug-in nightlights
- **FREE** room / door signs



Dementia can cause confusion when it comes to daily activities that many of us take for granted. Tests have proven that colour contrasting toilet seats and grab rails in electric blue can help disorientated users to clearly locate the toilet, removing confusion, subtly preventing accidents and increasing users' sense of independence.



- Perfect for those with dementia, or as a general memory prompt
- Designed to contrast with regular bathroom colours
- Easy-clean plastic seat fits most standard toilets

In addition, Age UK Isle of Wight's island-wide Homesafe Service can assist anyone who requires help with jobs inside and outside the house, using their team of experienced, reliable and trusted tradespeople. Jobs can range from installing key safes, doorbells, handrails and smoke alarms to power-washing patios and driveways or hanging blinds and curtains.

To learn more about the FREE dementia-specific aids, or Homesafe Service phone (01983) 525282 or email: technician@ageukiw.org.uk

Age UK Isle of Wight continue to run weekly **Community Memory Groups** at five locations across the island, with the aim of bringing together and supporting those with memory loss or dementia.

Groups run at **Brading, Cowes, Lake, Newport** and **Ryde**; they are welcoming and friendly, and offer cognitive stimulation via a range of reminiscence and social activities, discussions and games. They also provide respite for a carer / loved one.

- Groups run 10am - 3pm
- Half day options available
- Full day £25.50
- Half day £14.00
- Lunch can provided for £5 or bring your own packed lunch

To learn more about the Community Memory Groups, phone (01983) 525282 or email: activities@ageukiw.org.uk

News from Mountbatten and the Admiral Nurses



Music Therapy

Fraser Simpson, Music Therapist at Mountbatten, invites you to a 'Music Therapy Group' at the John Cheverton Centre. The group is an opportunity for fun, relaxation, meeting others, and being creative!

Come and sing and play a range of different musical instruments. No previous musical experience is required and carers are welcome to attend. This group meets every Wednesday from 3pm – 4pm.



Support Group

On the third Friday of every month, from 12.30 – 2.30pm in our John Cheverton Centre, we also have a 'Carer and person with Dementia Group' with various activities. The Admiral Nurses from the NHS Memory Service are also part of this group.

Dementia Carers Support Group

The Isle of Wight Admiral Nurses have joined up with Carers IW to facilitate a monthly 'Emotional Peer Support Group' for carers struggling with managing certain behaviours associated with dementia, who could also be experiencing feelings of isolation, guilt, grief and bereavement.

Those who have attended the sessions so far have found the group to be very supportive and beneficial. We also run a second group alongside this one to care for the person with dementia, so that carers can feel safe and at liberty to discuss the more difficult aspects of their caring role, without having to do so in front of their loved one.

The group is held at the Riverside Centre, The Quay, Newport, IOW, PO30 2QR and is an open invite to anybody living with dementia. It usually takes place on the first Monday of every month and will continue to do so for the foreseeable future.

Support from the Admiral Nurses

Admiral Nurses are there when things get challenging or difficult. Our nurses work alongside those with dementia and their families, giving them one-to-one support, expert guidance and practical solutions. The unique dementia expertise and experience an Admiral Nurse brings is a lifeline - it helps families to live more positively with dementia in the present; and to face the challenges of tomorrow with more confidence and less fear.

For general enquiries about the above groups or to find out more about the support an Admiral Nurse can provide please phone (01983) 533331.

Do you know.....

What an advance Care Plan is, and who should have one?

At Mountbatten, we believe that planning for your future care is vital; our experience shows that when people plan, it has a positive impact on their experiences, including end of life care. Planning is a normal part of life but planning ahead in anticipation of a time when you may be very ill or dying might seem a very difficult topic to think about. Other people may be resistant to this idea too, perhaps feeling it is too early, upsetting or 'morbid', but nobody can predict when unexpected incidents, accidents, or deterioration in health, may occur.

If something unexpected happened to you, would your loved ones or carers know what you would want (or NOT want)? Would they be able to agree who should speak up on your behalf? These are important questions we should all ask ourselves and talk about.

Advance care planning is a completely voluntary process, starting with a discussion between you, your loved ones or the people who help to care for you, leading on to the creation of an Advance Care Plan document - a record of your wishes and preferences about your future care, treatment options and end of life wishes.



You must have capacity to start your Advance Care Plan, so early planning is even more important for people who are diagnosed with a neurological condition, including dementia. If your loved one no longer has capacity, contact the person leading the care and you could record their views, if you know them, before they lost the capacity to do this for themselves.

Once completed, the Advance Care Plan belongs to you and while you have capacity, it can be reviewed and changed whenever you wish. The document only becomes effective if your capacity and ability to communicate is lost. Then, the wishes you have written down can guide health and social care professionals and the people close to you, including any legally nominated Lasting Power of Attorney for Health and Welfare, to make decisions in your best interests. Your Advance Care Plan enables you to continue to influence the care you receive.

Mountbatten has created an Advance Care Planning booklet for anyone to use to start their plan. This booklet can either be downloaded from the Mountbatten website: www.mountbatten.org.uk or picked up in paper format from the John Cheverton Centre at Mountbatten Hospice in Newport. If you have any queries you can contact Jane Garner, Mountbatten Nurse and Advance Care Planning Facilitator by phoning **(01983) 529511**.

People who have a diagnosis of dementia, who have capacity to make decisions, should speak to their GP or the person leading their care. If you are already under the care of Mountbatten you should speak to the health professional leading your care about creating an Advance Care Plan if they haven't yet done so.



IW DEMENTIA AWARENESS CONFERENCE

Celebrating innovation and partnership
in dementia care on the Isle of Wight

TUESDAY 17th JULY 2018

9.00am Registration - Close 4.30pm

COWES YACHT HAVEN

Speakers include:

- **Professor Viv Bennett C.B.E.**
Chief Nurse and Director Maternity and Early Years Public Health
- **Maggie Bennett**
Managing Director of Island Healthcare Ltd, Executive Officer of Alzheimer Café Isle of Wight
- **Dr Gemma Jones**
Dementia Care Consultant & founder of Alzheimer Café movement in the UK
- **Professor Marion Lynch**
Deputy Medical Director/STP Workforce Lead NHS England South (South Central)
- **Jane Hughes**
Director of Making Connections & Inclusion Outright – a training and consultancy company specialising in all aspects of adult safeguarding
- **Natasha M. Wilson**
Master of Arts in Dementia Studies at the University of Sheffield

All welcome - places are offered on a first come first served basis

To register, please go to the link below which will take you to Eventbrite where you can book your **FREE** ticket

<https://www.eventbrite.co.uk/e/iw-dementia-awareness-conference-tickets-44109708325?aff=es2>

News from Bodster CIC



Bodster Equine
Assisted
Learning Centre

We are based in Sandford, near Godshill (PO38 3EX) and facilitate sessions for anyone aged 5 to 100 years of age, opening up opportunities for them to interact with our ponies on the ground (no riding involved).

We are continuing to run fully funded sessions for anyone with Dementia and/or their carers. Carers are also welcome to attend without the person they care for.

Sessions run on Fridays from 10am to 12 noon whatever the weather as we also have indoor facilities. You can drop in anytime between the above times and don't need to stay for the whole session. Just give us a call beforehand on the number below to find out more.



We are pleased to announce that we are winners of The Peoples Project 2018 so thank you to everyone who voted and supported us, we appreciate all the help and support we received.

Consequently we will, very soon be making more visits to Dementia residences and Care homes on the Island with one of our ponies. Do get in touch to find out more about this exciting project "Whispering Ponies".

For more details about the above sessions please phone Giles or Jo on: 07887 876138 or email: joangi@googlemail.com You can also find out more on our website: www.eaqbodster.co.uk

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News from Dementia Pathfinders



Dementia Conversations

Dementia Conversations is an initiative offered by Dementia Pathfinders in collaboration with St John's Church, Ryde, providing an opportunity for carers, relatives and friends of people living with dementia, to share experiences, gain knowledge and explore issues that challenge our belief and attitudes.

We meet on the second Friday of the month at St John's Church, High Park Road, Ryde, PO33 1BP. Our next meetings are on: 8th June, 13th July, 10th August. The sessions take place from 2pm - 4pm and are co-delivered by Barbara Stephens and Reverend Sue Theobald.

There is no charge and everyone is welcome. If you have an enquiry about this group please phone Reverend Sue Theobald: (01983) 617174.



For further information about Dementia Pathfinders phone: 0845 257 2250 or email: info@dementiathfinders.org

News from Alzheimer Cafe



What's on at the Alzheimer Cafés?

Ryde	All Saints Church Hall, Queens Road, Ryde, 11.30am-2pm
1 June	Admiral Nurse Team
6 July	Social Event: Andrew Knights
3 August	Understanding Grieving and Guilt - Presented by: Maggie Bennett
Ventnor	The Green Room, Salisbury Gardens, Dudley Road, Ventnor, 6-8pm
6 June	Planning for the future/Lasting Powers of Attorney - Presented by: Glanvilles Damant
4 July	What happens to memory and attention? -Presented by: Maggie Bennett
1 August	Social Evening
ACE7	Riverside Centre, The Quay, Newport, 10.30am-12.30pm
5 June	Visit to Godshill Park Farm and BBQ (booking required)
19 June	Craft Activity: Badge Making - Presented by: Anita Ryder
3 July	Dementia Friendly Environments - Presented by: Maggie Bennett
31 July	Visit to Sailability (booking required)
August	No Café – Summer Holidays
Cowes	The Methodist Church Hall, Birmingham Road, Cowes, 2.00-4.30pm
13 June	Communication – how do we stay connected? - Presented by: Maggie Bennett
11 July	Social Afternoon / Birthday celebration
August	No Café – Summer Holidays
Totland	St Saviours Holy Family Centre, Weston Lane, Totland, 2.00-4.30pm
20 June	What happens to memory and attention? - Presented by: Maggie Bennett
18 July	Singing with Jane
15 Aug	Why life stories matter / Choosing a care home - Presented by: Kate Hall
Newport	St John's Church Hall, Drake Road/Terrace Road, Newport, 6.00-8.30pm
28 June	Planning for the future/Lasting Powers of Attorney-Presented by: Glanvilles Damant
26 Jul	Social Evening
30 Aug	What happens to memory and attention? - Presented by: Maggie Bennett

We hope to keep to the programme as published, but some Cafés may be subject to change.

Alzheimer Café

TOTLAND



Alzheimer Café Isle of Wight
Charitable Incorporated Organisation, 1171437

Totland Alzheimer Café takes place on the third Wednesday of each month from 2.00 pm—4.30 pm at St. Saviour's Holy Centre, Weston Lane, Totland PO39 0HE.



Totland celebrated their 6th Birthday and as you can see — the volunteers certainly seemed to enjoy the cake!



Also in attendance this month (May) were some very special guests!!!

Totland Alzheimer Café is co-ordinated by Marion and Keith Brettell and supported by their team of Volunteers.

If you require more information, or transport, please leave a message on 01983 220200 or email alzheimercafe.iow@btconnect.com

We look forward to welcoming you to the Totland Café!

For more information about Alzheimer Cafe and transport phone: (01983) 220200 and leave a message or email: alzheimercafe.iow@btconnect.com

You can also visit our website: www.alzheimercafeiow.org.uk or Facebook: Alzheimer Café, Isle of Wight

News from Carers IW



Are you caring for someone with dementia or memory issues? Carers IW can support you in a number of ways:

Emotional Support: Do you find it hard to talk to family or friends? We can offer you support on a one to one basis or peer support with other carers who understand.

Carers Support Groups and Events: We have several support groups which take place regularly at various locations around the Island: Bembridge, Freshwater, Newport, Ryde and Sandown - which are for all carers. These are a good opportunity to meet others in a similar position, to have a chat and enjoy a cuppa.

Take a Break Group: We run a group specifically for carers caring for people with dementia, offering a creative session and the opportunity for some holistic therapy. With prior notice, we are also able to care for the person you care for at the Centre, enabling you to fully benefit from a couple of hours' respite. We meet on the second Tuesday of the month at The Riverside Centre, Newport. Please contact us to apply for a place.



Dementia Carers Support Group: This group is designed to talk about the issues dementia carers are struggling with and discuss potential solutions with the Admiral Nurses and Carers IW. It is held on the first Monday of the month between 2pm – 3.30pm at the Riverside Centre, Newport. Activities for those you care for will be provided in another room with experienced volunteers. Please see the 'Mountbatten' section for further details about this support group.

NEW! Carers Lounge at St. Mary's Hospital: We are delighted to announce that we now have a Carers Lounge at the hospital. We welcome Sarah, Katherine and Nicola who are our team based at the hospital Monday to Friday, working flexible hours to enable support to carers visiting during the day and evening hospital visiting times. We are based at the entrance to Appley and Colwell Ward and are open to all adult carers of adults. The Carers Lounge offers carers a safe place to discuss their needs and the help they require to support their cared for person whilst in hospital. Do pop in and see us, or contact us via email: carerslounge@carersiw.org.uk

Dates For Your Diary For Unpaid Carers: (Call 533173 to book)

Carers Week takes place from 11th - 17th June and we will be celebrating on Tuesday 12th June from 10am - 3pm at the YMCA in Shanklin. There will be demonstrations and talks from various agencies. Yvonne Millmore, our Carers Commissioner, has a new role as the Registered Manager of Shared Lives, based at the Riverside Centre, where the aim is to match cared-for people with carers for both short and long term placements; this could be another option for respite for carers. Do try to come along, it will be an exciting day, and there will be lunch if you order it in advance.



Dates For Your Diary For Unpaid Carers ctd.:

Quiet Half Day - Carisbrooke

- Monday 2nd July, 10am - 1pm
- Relaxation and a period of quiet, with 'bring and share' lunch
- For carers only

Carers IW Relaxation Day - Shalfleet

- Monday 9th July, 10am - 3pm
- Spend time relaxing, and, if you wish, participate in some gentle craft activities
- Therapies available, 'bring and share' lunch, tea and cake to finish
- For carers only

Quiet Day - Freshwater

- Friday 27th July, 10am - 3pm
- Relaxation and a period of quiet, with 'bring and share' lunch, tea and cake to finish
- For carers and former carers

Dementia Training

Carers IW are part of the Dementia Awareness Partnership, and we are pleased to announce that we can offer a four week Dementia course for unpaid carers:

- What is dementia and how is it diagnosed? Memory and Attention in dementia and the Bookcase Model
- The Ageing Senses: in normal ageing and dementia, Stages in the Dementia Journey
- Feelings, Emotions, Fear and Anger, and Effective Communication
- Creating a Life Story Workshop

The training will take place on: **25th Sept / 2nd Oct / 9th Oct / 16th Oct, 2pm – 4pm**. Please note that it is essential to attend all four sessions. The training is free for unpaid carers; however, if you have to cancel there will be a £20 charge.

For further information about any of the services available through Carers IW please phone: (01983) 533173, email: info@carersiw.org.uk or go to: www.carersiw.org.uk or www.facebook.com/carersIOW

And finally.....

Please keep this newsletter handy, as it includes our Support Groups Calendar, showing the locations, days / dates and times of all the regular support groups taking place on the Island. We welcome any feedback you may have about this newsletter or other items for inclusion in future issues.

**Please contact: Helen Randall, Age UK Isle of Wight
Tel: (01983) 525282 / Email: helen.randall@ageukiw.org.uk**

Age UK Isle of Wight have prepared this newsletter from content provided by external parties and therefore do not take responsibility for the accuracy of this information. Please check in advance that the event you wish to attend is going ahead.

Support Groups Calendar – June, July & August 2018

Support Groups Calendar – June, July & August 2018		Suitable for			
Name of Support Group	Where	When	What time	Family, friends & Carers	Those with dementia
Age UK IW – Community Memory Groups - Tel: (01983) 525282					
Brading	St Mary's Church Hall, High Street, Brading, PO36 0AT	Every Wednesday	10am – 3pm	*	✓
Cowes	Northwood Cricket Club, Park Road, Cowes, PO31 7NN	Every Monday	10am – 3pm	*	✓
Lake	The Lions Club, New Road, Lake, PO36 9LA	Every Tuesday	10am – 3pm	*	✓
Newport	Congregational Church, 98 Pyle Street, Newport, PO30 1UH	Every Monday	10am – 3pm	*	✓
Ryde	St John the Baptist Church, High Park Road, Ryde, PO33 1BP	Every Thursday	10am – 3pm	*	✓
Alzheimer Café - Tel: (01983) 220200					
Cowes	The Methodist Church, Birmingham Road, Cowes, PO31 7BH	Second Wednesday monthly: 13 June, 11 July, 8 August	2pm – 4.30pm	✓	✓
Newport	St John's Church Hall, Nodehill, Newport, PO30 1EQ	Last Thursday monthly: 28 June, 26 July, 30 August	6pm – 8.30pm	✓	✓
Ryde	All Saints Church, Queens Road, Ryde, PO33 3BG	First Friday monthly: 1 June, 6 July, 3 August	11.30am – 2pm	✓	✓
Shanklin	United Reformed Church, High Street, Shanklin, PO37 6LA	Fourth Wednesday monthly: 27 June, 25 July, 22 August	2pm – 4pm	✓	✓
Totland	St Saviour's Holy Family Centre, Weston Lane, Totland, PO39 0HE	Third Wednesday monthly: 20 June, 18 July, 15 August	2pm – 4.30pm	✓	✓
Ventnor	Green Room, 1 Salisbury Gardens, Dudley Road, Ventnor, PO38 1EJ	First Wednesday monthly: 6 June, 4 July, 1 August	6pm – 8.30pm	✓	✓
ACE7 (for ages 40-65)	The Riverside Centre, The Quay, Newport, PO30 2QR	Every other Tuesday Next date: 5 June	10.30am – 12.30pm	✓	✓
Bodster CIC – Tel: 07887 876138					
Pony Interaction Sessions	Sandford Farm, Shanklin Road, Godshill, PO38 3EX	Every Friday	10am – 12 noon	✓	✓

Support Groups Calendar – June, July & August 2018

Support Groups Calendar – June, July & August 2018		Suitable for			
Name of Support Group	Where	When	What time	Family, friends & Carers	Those with dementia
Carers IW - Tel: (01983) 533173					
Take a break (please phone Carers IW to book a place)	The Riverside Centre, The Quay, Newport, PO30 2QR	Second Tuesday monthly: 12 June, 10 July, 14 August	Booking required	✓	✗
Carers Support Groups and Events	Various locations	See the newsletter for up and coming events, dates & locations		✓	✗
Dementia Carers Support Group	Riverside Centre, The Quay, Newport, PO30 2QR	First Monday monthly: 4 June, 2 July, 6 August	2pm – 3.30pm	✓	✗
Dementia Pathfinders – Tel: 0845 257 2250					
Dementia Conversations - Ryde	St John's Church, High Park Road, Ryde, PO33 1BP	Second Friday monthly: 8 June, 13 July, 10 August	2pm – 4pm	✓	✗
Mountbatten – Tel: (01983) 533331					
Music Therapy Group	John Cheverton Centre, Mountbatten, Halberry Lane, Newport, PO30 2ER	Every Wednesday	3pm – 4pm	✓	✓
Support Group	John Cheverton Centre, Mountbatten, Halberry Lane, Newport, PO30 2ER	Third Friday monthly: 15 June, 20 July, 17 August	12.30pm – 2.30pm	✓	✓
The Elephant Club – Tel: 07812 131 359 or 07736 548 480					
The Elephant Club	The Garden Room, All Saints Church, Tuttons Hill, Gurnard, PO31 8JA	Third Thursday monthly: 21 June, 19 July, 16 August	2pm – 4pm	✓	✓
The Elephant Club Circle Dancing	St Andrew's Hall, St Andrew's Street, Cowes, PO31 7DF	First Thursday monthly: 7 June, 5 July, 2 August	2.15pm - 3.45pm	✓	✓