

# DEMENTIA SUPPORT SERVICE (DSS)

*For people with memory loss and their carers*



## A DEMENTIA FRIENDLY WALK ON A CRISP DECEMBER DAY!

*"Oh it has been lovely, just to see all your lovely faces  
again, even if you are wearing masks. Eyes still smile  
you know!"*

*Family Carer*

**Socially distanced walk around Blackleach Country Park December 2020**

## THANK YOU FROM DSS MANAGERS



**Mary Ann**



**Jean**

We have passed the anniversary of the first lockdown, and have produced our first post lockdown newsletter, therefore we would like to take this opportunity to thank our amazing team for their hard work and commitment over the past year. They have made thousands of welfare calls, have facilitated our online zoom programme and worked hard to reopen our face to face groups back in November 2020.

We would also like to thank all those who access our service for embracing the changes and for your continued wonderful feedback.



# Family Carers go above and beyond

## DAVID AND HIS CAMPERVAN MOVE TO LITTLE HULTON

*"When lockdown was announced I said goodbye to my partner and drove my fully loaded campervan onto Joan and Ron's driveway and we all began our shielding together!"*

*I started to stock up on provisions; soap, toilet roll, sanitiser and wine.*

*We had our ups and downs along the way but on a Thursday at 8pm, we stood on the drive and clapped for the NHS, carers and key workers.*

*Joan, Ron and I would like to thank Diane and the DSS team for staying in contact with us. It was important that we didn't feel alone."*

**David**



**Dave**



**Joan and  
Ron**

## MOVING IN WITH MUM DURING LOCKDOWN

Claire moved in with her mum Kay to care for her during the pandemic. Claire helped Kay to stay in contact with friends and family. They spend time in the garden when the weather permits, and occasionally walk to the end of the drive to see their friendly neighbours.

Claire said there has been a real community spirit during this challenging time. Their neighbour's decorated her mum's house for VE day, which was lovely. Claire and Kay are regular attendees of Dementia Support Service and Empowered Conversations weekly zoom groups.

*"Joining the online groups have given me and mum a routine. It is good to chat with those we know and some new people too."* **Claire**



**Claire and Kay**

# Zoom, Zoom, Zoom....

## WEEKLY ZOOM PROGRAMME OF ACTIVITIES

Throughout lockdown the DSS team have facilitated a range of group activities using the zoom platform. Sessions include Singing and Music, Word Games for the Brain, Creative Writing, Chair Based Dancing, World Through Your Window, and even Bingo!



Christingle making December 2020

## MONTHLY ZOOM WORKSHOPS

In addition to the weekly zoom programme, the DSS team arrange monthly zoom workshops with topics ranging from Nutrition and Hydration and Vegan Cooking to Good Recycling, with a virtual tour of a Salford recycling centre, and Back to the 60s with the Swinton History Group. We even had a regular slot with the animals at Lower House Sensory Farm!



Nutrition and Hydration Workshop



# DSS Team just got bigger!



If you would like to find out more see  
[www.empowered-conversations.co.uk](http://www.empowered-conversations.co.uk)  
email [empowered@ageuksalford.org.uk](mailto:empowered@ageuksalford.org.uk)  
or call 0161 728 2001

You may have noticed, back in November, that the DSS team were joined by the Empowered Conversations team who have recently secured £300,000 of Lottery funding to continue delivering the following:

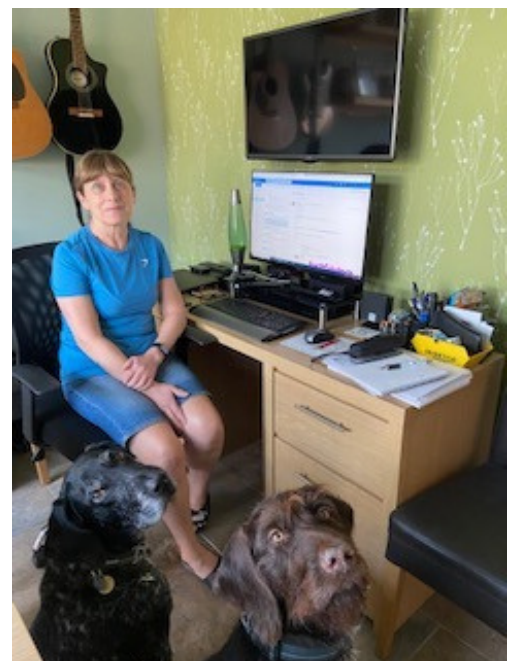
- Communication Courses - Empowered Conversations and Moving Beyond Words - Delivered through a rolling online programme of daytime and evening courses
- Empowered Carers - one to one online coaching and counselling for Salford carers
- Empowered Movement - A short programme of movement and stretches to increase mobility and maximise independence
- Empowered online - Offering weekly carers groups, varied engagement sessions and regular webinars.
- Online Bereavement Group - A pilot programme supported by Amanda, one of our coaches/councillors

## "Oh no, how can I work from home?"

Cast your mind back to March 2020, when Prime Minister, Boris Johnson, told the UK to stay at home and work from home. My initial thought was: *"Oh no, how can I do that when all our paperwork and equipment is in the office. Who will answer the phone and pick up the messages?"*

Thankfully, Age UK Salford have the 'cloud' and I can login to my work remotely from my office at home. The phone issue was easily resolved by the purchase of a work mobile phone and a new message on the office answerphone.

There are pluses and minuses when working from home; on the plus side, I can continue my role supporting the team, we still see each other in virtual team meetings, I don't get stuck in traffic and my dogs have me at home 24/7. I do miss the office banter though and seeing my work colleagues face to face. **Anna**



**Anna - DSS Admin support**



# 'Sound Up' and 'Create Arts' facilitate two wonderful zoom group programmes for DSS

'Sound Up Arts' have secured funding from Salford CVS to provide a weekly creative workshop for people accessing our Dementia Support Service. So far they have created, songs, poetry and a short film showcasing their creativity.



Sound Up Arts zoom group

med-up  
Happy  
Calm Good  
Thirsty Relaxed  
Great Fine  
Content  
Refreshed  
Good Buzzin  
Grateful  
Fandabidoo

'Create Arts' have just begun an eight week creative writing programme with DSS. The weekly zoom session is facilitated by 'James Baldwin' who has written for BBC 'Doctors' and the National Theatre.

The group will use memories to write poetry, songs, theatre monologues and soap style scripts.



# Our Face to Face groups are open!

The DSS team are pleased to announce that we successfully re-opened 'six' of our peer support groups back in November 2020.

Group members and staff were so excited to see each other again at our social groups. Feedback has been fantastic and has given a boost to us all. Thanks to support from Chandos Sports and Social Club for the use of their venue and to the Public Health team for their Covid-19 Safety guidance and training.

The groups currently running are:

- **Young Onset Groups** - Every other Monday. Morning and afternoon sessions for younger people living with dementia and their carers
- **Dementia Cafes** - Every other Tuesday. Morning and afternoon sessions for people living with dementia and their carers
- **Buddy Clubs** - Every Wednesday and Friday. For people living with dementia only.



Barbara - Buddy Club member

If you would like to access any of our groups please contact Anna on [dssadmin@ageuksalford.org.uk](mailto:dssadmin@ageuksalford.org.uk) or call 07928 826036

*"Coming back to the group has brought me back to life."*  
Dave

*"I just love coming here."*  
Joyce

*"Being here is better than being anywhere else."*  
Dennis





# Maintenance Cognitive Stimulation Therapy (MCST) for people in Salford



DSS have secured £20,000 funding from National Age UK to deliver an MCST programme for people with mild to moderate dementia. We will run a weekly 45 minute online group and a weekly 2 hour face to face group. Both groups will be held on a Thursday.

The programme will run for 12 months from April 2021, with the groups starting in July.

Group members will take part in meaningful and stimulating activities, proven to help maintain memory and mental functioning. The groups will provide a fun, supportive environment where people can build new friendships.

We have a maximum of 6 places for the online group and 8 places in the face to face group.

If you, or someone you know, would like to get involved, please contact Anna on [dssadmin@ageuksalford.org.uk](mailto:dssadmin@ageuksalford.org.uk) or call 07928826036.

# Mr Alzheimer's goes online



Since January 2021, the Mr Alzheimer's team have been delivering their sessions online, using zoom.

Joy and Amanda facilitate Dementia Awareness sessions using Mr Alzheimer's, a friendly animated character living with dementia. The workshops raise the understanding of dementia with local school children, their teachers and families. So far, they have reached 56 children and 10 school staff members.

Online workshops will continue until mid June 2021.

If you know a school in Salford who would like a workshop for their pupils please contact Anna on [dssadmin@ageuksalford.org.uk](mailto:dssadmin@ageuksalford.org.uk) or call 07928826036

# Dementia Action Week

Monday 17-23 May 2021

- DSS and Salford Rangers are planning two Dementia Friendly Walks in Buile Hill park for Dementia Action Week. Each walk will have a maximum of 15 people supported by DSS staff and The Salford Ranger team.
- DSS also plan to deliver 200 gift bags to people living with dementia and their carers. The bags contain useful information and advice plus individual craft items made by DSS staff and our social group members. See pictures below.



For more information or login details for any of the groups or activities mentioned, or to refer someone to our service, please contact:  
dssadmin@ageuksalford.org.uk, or call 07928826036

[www.ageuk.org.uk/salford/our-services/dementia-support-service](http://www.ageuk.org.uk/salford/our-services/dementia-support-service)

visit [www.facebook.com/AgeukDSS](http://www.facebook.com/AgeukDSS)