

Dementia Support Service

November 2019

For people with memory loss and their carers



Dave Shaw and Bob Musk during Malnutrition Awareness Week 2019

MCC: Trip to Hope View Sensory Farm

Hope View is a sensory farm aimed at giving people living with dementia and their carers a little time-out. At the farm, you can enjoy a leisurely stroll through the gardens, feed and pet the animals or spend some time fishing. The Mount Chapel Champions group, for younger people living with dementia and their carers, had a lovely afternoon there. Here's a photo of Bernard, catching a fish 'This Big!'



Dementia Café: A day trip to Scarisbrick Marina



Our Dementia Cafe Group enjoyed a wonderful day out at Scarisbrick Marina on the 10th September 2019.

The group had a delicious meal in a beautiful setting, in great company. The outing was arranged in loving memory of the group's good friend Keith Sheridan who passed away in May this year.

We take this opportunity to say a big thank you to his partner Doreen McKee for arranging such a lovely day out.



Buddy Groups: Calligraphy Workshops at the Dementia Buddy Groups



We were pleased to welcome the Calligrapher, Brian Whitmore, to our Buddy Clubs in the summer. He stayed with us for several weeks, teaching us all about the art of Calligraphy: "the wondrous art of painting speech to the eyes." Calligraphy has been shown to help people with dementia by improving visual attention, picture memory and concentration. There is also evidence that leisure activities such as calligraphy may delay cognitive deterioration.

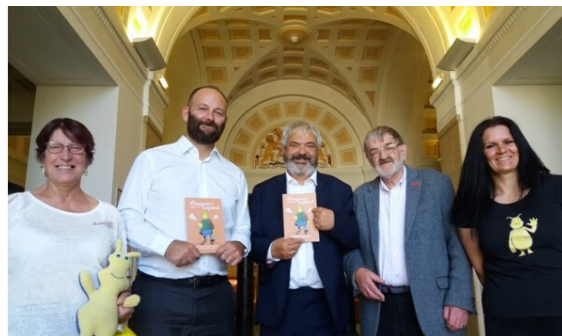
We thought this would be a wonderful experience for our group members to take part in. A huge amount of fun, enjoyment and laughter was had by all. The Buddy Club members created some wonderful pieces of art along the way including: beautiful boxes with illuminated letters, decorative quotes and water colour calligraphy.

Mr Alzheimer's Project

A group of volunteers in Swinton came together recently to stitch and stuff our Mr Alzheimer's mascots.

The mascots are then sent into local schools with a backpack including other learning resources to raise awareness of dementia with children and their families.

The Stitchers and Stuffers group meet every 2nd Friday of the month. We are always looking to involve more local people so if you are interested in joining the group please contact us on 0161 728 2001 or just turn up at the next group session on **Friday 13 December 2019** from 10am-12.30pm at Humphrey Booth Resource Centre.



Carers Workshops

We recently held our third group of Carer Workshops this year. Key topics covered were Coping for Carers, Dementia Awareness, Carers Rights and Legal and Finance.

Thirty six carers took part and completed the workshops. All said they felt comfortable talking honestly and openly about their role as a carer and the impact it has had on them and their families. They said they found the information they had been given very beneficial. One carer said: "Listening to other people's stories helped me realise I wasn't on my own." More workshops are planned for 2020.



A Carers story



My name is Ann Poole and I am a carer for my husband Bill, who is living with Alzheimer's disease. Bill and I have been married for almost 60 years. We have two children, Lynette and Tony. I was born in Sale but grew up facing Salford Royal Hospital and we now live in Little Hulton.

Bill worked as a window cleaner and adored his job. For the last 10 years of my career, I was a Home Help for the Council. I loved that job and remember supporting a lady with Alzheimer's. I used to take her out shopping and on the odd day trip.

After Bill was diagnosed, I was given information from Woodlands hospital. One of the flyers was for the Dementia Support Service at Age UK Salford. As it has been difficult at times to care for Bill, I thought I'd contact them. I can honestly say, I can't praise them enough. Diane, my Dementia Worker, has been fantastic. I meet up with her regularly and she gives me lots of advice on how to cope with the challenges of caring for a person with Dementia. Diane has put me in touch with a councillor and recommended that I attend the Carer workshops. I have attended the Coping for Carers workshop which was really helpful. Listening to different ways of managing when things get difficult, also talking to other carers in the same situation has been really useful for me.

I have my daughter Lynette to thank for looking after Bill so I can come along to the workshops. With all the support I receive from Diane and my family, things are a lot better now.

Kevin's Walk

On Saturday 7th September, Mary Done with Claire Marrett and Joanna Drogomirecka took part in a fundraising walk in Derbyshire. Mary's partner, Kevin Barr has young-onset dementia and now lives in a care home in Eccles. Kevin worked for the Open Doors Service. He helped others by talking about his diagnosis and ways to live well with dementia. A total of £661 was raised for Age UK Salford Dementia Support Service.

Meet Andrea - one of our group volunteers

I have been volunteering with Age UK Salford for about 3 months. I retired from work 18 months ago (I previously worked in social housing as a support worker for vulnerable tenants and saw many older people who lived alone and had little contact with others). I got in touch with Age UK Salford to see if there was anything I could do to help older people in the community. After speaking to Mary Ann, Service Manager, she arranged for me to volunteer at the Dementia Support Group at Roe Green in Worsley. This is a very friendly group with some real characters. The staff have made me feel very welcome and they make everything fun for the clients, with a range of activities, and there are lots of laughs. I really look forward to my weekly session with the group and being part of the team. If you're interested in volunteering with Age UK Salford, contact us on 0161 788 7300.



Thank you



Thank you to The Twiddle Club for donating 35 Twiddlemuffs to Age UK Salford Dementia Support Service.

The group make Twiddlemuffs for people with dementia and younger people living with autism.

The Twiddle club meets every Thursday at Eccles Parish Church from 11:30am – 1:30pm. All are welcome to join the group to enjoy a cuppa and a chat with a group of friendly knitters.

Contact Us:

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Partnerships and funding by:

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NHS
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