

DEAR READERS

Hello and welcome to our autumn 2020 edition of the SGDFC newsletter. We hope you are all keeping well and taking care.

There are three simple actions we must all do to keep on protecting each other:

- Wash hands keep washing your hands regularly
- Cover face wear a face covering in enclosed spaces
- Make space stay at least 2 metres apart - or 1 metre with a face covering or other precautions

We also need to observe the current rule of 6.

Since the last edition we have continued to raise awareness of dementia, delivered information sessions, and worked with a group of volunteers to create some lovely activities that you will read about later. We continue to encourage you the members of the SGDFC to be mindful of the need to support those with dementia.

We continue to investigate ways of remaining connected to the members of our memory cafes. We know that the lack of face to face meet-up has had a dreadful impact on some carers and people living with dementia.

At the same time, we also acknowledge and thank all the many organisations, volunteers and others who have gone beyond the expected to support those with dementia. Thank you all.

With the approach of winter, we are looking to deliver teleconference meetings and Zoom as well as delivering activity packs to café members.

We hope you enjoy this edition and would love to put your organisation in focus for the next edition. So, what have you been doing to support people living with dementia – do share so we can celebrate with you.

Finally, you might wonder why we send out information that might not be of immediate relevance to you. You have either become a member of our alliance or attended an event and signed up to say you're interested in dementia awareness.

We are glad you did and hope you will share the information contained in this newsletter.



ELDER ABUSE DURING THE COVID-19 CRISIS

Although we do not wish to cause upset we feel it is important to raise the issue of elder abuse including abuse of those who are affected with dementia.

Elder abuse can be financial, sexual, physical, neglect, domestic or psychological. Many people for fear of causing further issues fail to report abuse of the elderly but this is never the best solution.

Elder abuse can be perpetuated by individuals or institutions. Research has identified factors, individual and structural which can increase risk of abuse. These can include stress, dependency, isolation, and communication difficulties.

Abuse can occur as a spontaneous act, where the abuser takes advantage of a situation or as a premeditated and calculated act.

It is imperative in these times of increased isolation that we all stay alert for signs of abuse of our neighbours, family and friends and that we review our own behaviours to

ensure that we are not disempowering our loved ones even when our motives are pure and to help.

The Alzheimer's society acknowledge that the signs of abuse can often be difficult to detect but some signs could include:

- a sudden change in behaviour
- unexplained bruising or injuries
- not eating enough
- low self-esteem
- changes in how the person looks,
- missing personal items, etc.

These lists of possible signs are not exhaustive, and people may experience different types of abuse.

So, if you have any concerns about how someone you know is being treated, tell someone.

Safeguarding can help to put in place support that you or someone else may need.

Some useful contact details:

- South Gloucestershire council safeguarding 01454 868007 or 01454 615165 for out of hours and weekend.
- Hourglass helpline 0808 808 8141 They are solely based on supporting those who face elder abuse.
- Elder Abuse 0808 808 8141
- Age UK 0800 678 1174
- If the matter is life threatening call the police.

Are You Winter Ready?

GENERAL INFORMATION



- Encourage older people to get their flu jab. Priority is being given to over 65s.
- AGE UK: "Winter Wrapped Up" guide – covers practical top tips for preparing for the winter months along with advice on heating bills. <https://bit.ly/3k4iRI3>
- Healthcare providers are likely to be stretched this year. So, the more steps people can take to manage their health and reduce risks the better. For example, order a bit more of your prescription just in case bad weather prevents you from leaving the house.

COLD WEATHER & DEMENTIA



- People with dementia might not be able to communicate or recognise that they are cold.
- They may struggle to operate heating systems or remember to put on additional clothes to keep warm.
- If checking a person's temperature, don't just check hands and feet
- Avoid drinking alcohol as it makes you feel warm, but actually, draws important heat away from vital organs.
- Cold temperatures can increase confusion
- The cold puts more pressure on our hearts and circulatory systems

PRACTICAL TIPS



- Face masks /scarves – wearing one when you go out warms up the cold air before you breathe it in, reducing risk of chest infection.
- Keep moving – it's important to keep physically active, even if you are unable to go outside.
- Eat well – during winter aim for at least one hot meal a day and plenty of warm drinks.
- Best materials for retaining heat are cotton, wool and fleece.
- Get a hot water bottle to warm the bed.
- Stock up on food and medication in case the weather takes a bad turn and you are unable to go out.
- Install handrails or anti-slip mats as needed.
- Wear sensible shoes with good grip on the soles to prevent trips and slips.

Winter Fuel Payment helpline – For information and application forms to claim the payment.

Tel: 0800 731 0214 or go online at: www.gov.uk/winter-fuel-payment

We would like to thank Louise Bates Alzheimer's Society dementia friendly communities' officer for sharing these fabulous tips. Please share them with anyone in your contacts who might benefit.

Get clued up on Dementia

CREATING DEMENTIA FRIENDLY BUSINESSES TO SUPPORT OUR VULNERABLE RESIDENTS IN SOUTH GLOUCESTERSHIRE

A dementia information session is an opportunity to learn about dementia, its impact on individuals and how we can help to make a difference

We continue to promote dementia friends information session online. We are also able to create a bespoke dementia awareness session for your team. We can support your organisation with dementia friendly access.

Make your organisation stand out by doing the right thing, become a dementia friendly organisation and join our push to make our county of South Gloucestershire a place where those with dementia and their carers are included, supported and enabled to live well with their dementia.

Public online Dementia information sessions available:

Tuesday 10th November from 2:00 pm – 2:40 pm
[CLICK TO BOOK](#)

Thursday 3rd December 2020 10:00 am – 10:40 am
[CLICK TO BOOK](#)

DEALING WITH A DIAGNOSIS OF DEMENTIA

At present people are getting diagnosis of dementia and due to the restriction caused by Covid-19 their normal everyday activities are curtailed. This compounds the diagnosis for many.

Here are a few tips courtesy of the Alzheimer's Society that can help if a person has just received a diagnosis.

Facing a dementia diagnosis:

1. Be kind to yourself.
2. Reaffirm your identity.
3. Allow yourself to feel.
4. Learn all you can about the type of dementia you've been diagnosed with.
5. Seek early intervention.
6. Adapt your environment.
7. Stay connected with family and friends.
8. Contact your local Alzheimer's Association.

The Alzheimer's Society connect helpline number is 0333 150 3456

You can also connect with The Silver Line, the only free confidential helpline providing information, friendship and advice to older people. They can be contacted anytime on 0800 470 80 90. They are open 24hours a day every day of the year.

News on Funding

We have obtained funding from Independent Age for a 6-month post to support people who are living with dementia/cognitive impairment and carers and are dealing with grief and loss/bereavement.

We are currently recruiting for this post. I'm sure you will agree that this is a timely funding. We will update you and introduce our new colleague when they start.

We are thankful to Independent Age for the grant funding.



CONTINUATION OF FUNDING FOR THE PROJECT COORDINATOR

We would like to thank South Gloucestershire Council, the combined CCG of BNSSG and St Monica's Trust for funding this role.

In addition to raising awareness of dementia across South Gloucestershire we are looking at the various equalities group and their experience of dementia and supporting those with dementia to engage with people in the community and their social groups.

We want to hear from families / carers and those affected with dementia from minority groups and under-representative groups as well as third sector groups who support them.

This is an opportunity to share your experience of dementia support in South Gloucestershire.

Research has shown that people with dementia benefit from social interaction with young people and children. Covid-19 has significantly affected many older people, a high percentage of whom had dementia.

In our current covid-19 health crisis we want to make the lives of the vulnerable less lonely, refocus on sharing experiences and learning from each other.

This project will fulfil many of the curriculum on citizenship, health and wellbeing, history etc. We want to hear from primary or secondary schools that would like to be part of this project.

We are also looking for 4 schools across South Gloucestershire to take part in intergenerational work with 4 care homes/retirement homes.

To find out more about the project contact us at:
dementia@southernbrooks.org.uk

Online Events

UPCOMING EVENTS AND CONFERENCES

HEALTH INEQUALITIES IN OLDER PEOPLE

Free Virtual Conference on: Health Inequalities in Older People, A Time for Change, Wednesday 21st October. 9.30-1.30pm

A FREE, online, half-day conference!

To book email:
staceypottinger40@gmail.com

You will join Academics, Community Members and Policy Makers to listen to experts in this field and be involved in discussions about health inequalities in older people in England and Wales.

The purpose of the event is to encourage policy makers to adopt a different approach to the narrative of developing policies aimed at health inequalities in older people and to consider using a participatory approach to develop these policies. During the event we will discuss the challenges facing older people in England and Wales.

You will have the opportunity to discuss your ideas for addressing these challenges. We will also present and discuss findings from three community engagement research projects conducted in the South West.

More information [HERE](#) and [HERE](#).

GRIEF AND DEMENTIA

All of us will be affected by loss, grief and bereavement at some point in our lives.

With the current Covid-19 health challenges more people have experienced grief this year.

It is therefore timely that the Good Grief fest event will be taking place this month. The event this year is online meaning that more people can access it.

For those with dementia there is the grief of the diagnosis and then the grief as the disabilities mounts up.

Losing someone when they die is another form of grief.

If you visit the website you can sign up for a wide range of meetings, workshops and discussion on grief. Some people have benefited through creative activities, others through mediation or the support of their faith etc.

There will be 45 talks, 20 workshops and 100+ speakers under one unified topic – grief. Talking about grief is not morbid, ignoring grief is.

<https://goodgrieffest.com/>

Online Webinar

COMMUNICATION AND UNDERSTANDING IN DEMENTIA

Dementia brings challenges and frustration for the person living with dementia, as well as their love ones, professionals and volunteers seeking to communicate and understand each other effectively.

This is compounded if the person with dementia experience changes in their communication skills due to their disability progressing.

This autumn we will be delivering a free webinar and discussion on communication and dementia.

Over the last 4 or 5 years we have delivered many information sessions and various presentations to thousands of people. One common thread is how best to communicate with someone with dementia.

We have been fortunate to have the support of Emily Oliver a consultant Admiral Nurse for dementia at Dementia UK and Dr Joe Webb of University of Bristol Vice-Chancellor's Fellow & NIHR School for Social Care Research Capacity Building Fellow who has co-produced research with people living with dementia on communication among many other research.

Mark Swepson and Martin Colley, Sirona dementia advisors who between

them have daily experience of supporting many people with dementia across South Gloucestershire.

This online webinar is suitable for those living with dementia, for family carers or those who work or volunteer in organisations where they have opportunity to serve people living with dementia.

You will gain an understanding of why dementia affects communication, and be provided with advice and practical ideas to help you communicate better.

We want our communities to be places where we can support and empower those with dementia to engage as much as they can. Effective communication is one way to do this.

We look forward to meeting you on the webinar.

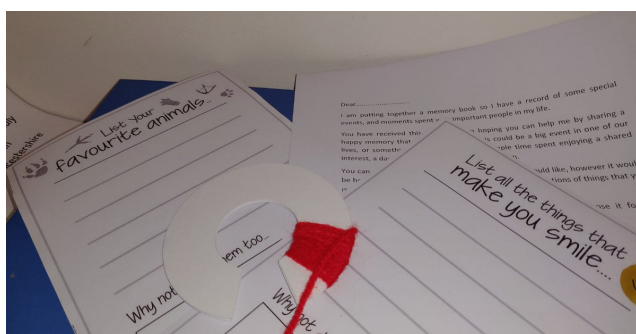
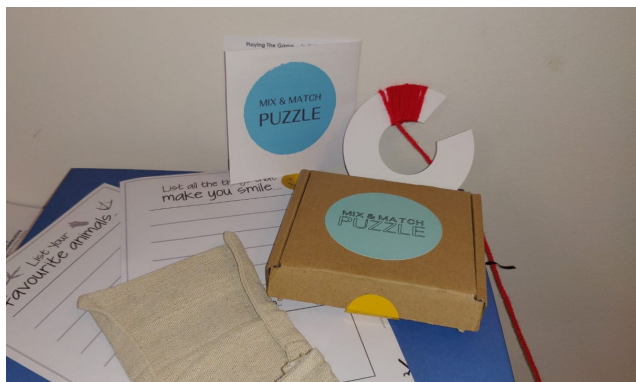
Click [HERE](#) to register for the webinar.



Volunteering with us

This summer we sent out a call for volunteers to help us create some content for our activities packs that we intended sending out to our café members.

We had several responses, and a faithful group of volunteers came together to create some wonderful activities including a conversation tree, a Listography, a beautiful Mix and Match puzzle as well as an invite to share memory letter and the old favourite pompom craft activity.



We are so grateful for their time and the wonderful creativity that they brought to the project.

We are always on the lookout for volunteers – if you think you would like to support our South Gloucestershire Dementia Friendly Communities please get in touch.

We are currently looking for memory café volunteers. We are investigating various ways to connect with our café members and we are looking for people who have an interest in supporting this, whether it's online, or over the telephone or when conditions allow in person. We would love you to join us in doing this.

We are also looking for people who enjoy speaking, have a gift for getting people together to join us in creating local dementia friendly communities in their locality. If you want your area to become dementia friendly, then do get in touch. We will support you all the way – people living with dementia and their families have a right to be included.

We are looking for budding writers and researchers who would like to try their hands at writing. We are looking for people who have a passion for dementia awareness, to join our team as a volunteer. Whether you are a carer, a person living with dementia or someone who is passionate about dementia awareness, we want to hear from you.

You will be supported in your role with relevant training.

You can email us at: dementia@southernbrooks.org.uk or telephone us on 01454 868570 and ask to speak with the project coordinator.

And Finally

DEMENTIA PARTNERS NEWS



Carers Support Centre Bristol and South Gloucestershire

OPPORTUNITY FOR CARERS IN SOUTH GLOUCESTERSHIRE.

The Carers Support Centre are looking for carers who would like to find out more about becoming a carers representative.

From Mid-November the Carers centre will be running a series of training online to prepare you for the role.

You can find out more by contacting Caroline McAleese the Carers Engagement and Involvement lead on 07857 919 195 or you can email her at: CarolineM@carerssupportcentre.org.uk

hearing loss and dementia

Hearing loss affects a significant number of people with dementia. We think that this guide gives valuable and useful information and contact of those who are able to help.

Friends With Pens

Build friendships; **Connect** with others;
Share your stories

What? An intergenerational penpal scheme between people in the Bristol community aged over 55 and University of Bristol students

Who? If you are older than 55, live in Bristol and enjoy letter writing this is suitable for you

When? We will send you more information and once you have signed up and been matched, you can expect to hear from your penpal in November

How? Contact Sophie Payne from Bristol Hub on [07377936429](tel:07377936429) or sophie.payne@bristolhub.org



BRISTOL CHARITIES

LinkAge
Network



bristol hub

Until next time

It would be great to hear from you. Get in touch and share your story or just say hi.
P.S. If you no longer wish to receive this newsletter let us know and we will remove your details from our distribution list.

Keep safe and well,
Winsome & Kirstie