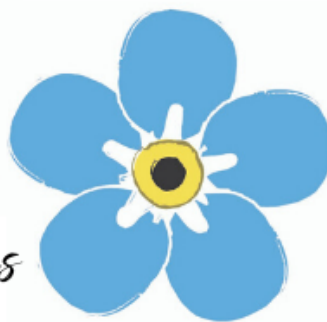




South Gloucestershire

Dementia Friendly Communities



NEWSLETTER

WINTER 2020/21

DEAR READERS

Hello and welcome to the Winter season edition of our newsletter.

We hope you are all keeping well and getting ready for the Christmas season!

We have reached December and it feels like 2020 was a long year, this has been a year like no other.

The COVID-19 pandemic did not just force us to socially distance, but it highlighted structural inequalities and exacerbated loneliness and isolation.

However, at the same time it showed the outpouring of goodwill by neighbours looking out for each other which was heart-warming.

We are thankful that several vaccines are on the horizon with one being used as we write this newsletter.

We therefore look forward to a new year with hopes that 2021 will be better.

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.





Hi, I'm Lisa...

I have joined Southern Brooks community partnerships as a Community Development worker.

I will be delivering peer-support groups for people who have recently been diagnosed with Dementia and groups for people who have lost loved ones associated with Dementia

Receiving a diagnosis of Dementia can be a confusing, scary time for people. The aim of the group, 'This is me' is to support people through this difficult time.

We will explore the stages of grief that is often felt after a diagnosis.

Peer-support is as it says. Being able to engage with others who are on the same journey as you can help you relate to your own feelings and worries.

The 'STAR' (share, talk and remember) group is for people who have experienced loss associated with Dementia.

Loved ones often find themselves left behind as their role changes in the relationship. Loss can be felt from many different aspects. A loss of identity and guilt is often felt.

The responsibility and decisions that you need to make on behalf of a loved one can be difficult.



The STAR group will again look at the stages of grief in relation to the perspective of the carer.

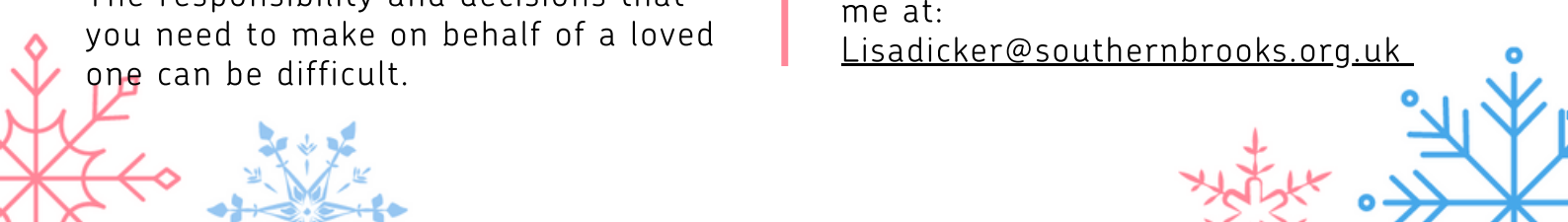
Being in a space with people who are having the same experiences can benefit from knowing that others are having the same feelings and thoughts.

The groups will be starting in early January. In guidance with the Covid-19 regulations support groups are still able to continue but we will be using our own discretion with this decision.

There will be online and telephone groups also starting in January.

For any more details please contact me at:

Lisadicker@southernbrooks.org.uk





Upcoming Events

Alzheimer's Society carols for Christmas on Thursday 17th December starting at 6:30 pm



The Alzheimer's Society is not letting the Pandemic stop the enjoyment of Christmas and have organised for your entertainment a virtual (online) carols for Christmas.

It will be a special night and you can watch from the comfort of your own armchair.

To register you need to fill in the form found here: <https://bit.ly/3lUuoJZ>

Health watch meeting with carers of people living with dementia on 18th Dec from 2:00 pm

Healthwatch would like to hear your views, ideas and suggestions about mental health and well-being support for people who care for people with dementia.

The meeting will be conducted on Zoom and you can register here: <https://bit.ly/2JbFz3B>

Training courses for those who wish to learn about dementia. Free course starting in February 2021

If you have family members or friends living with dementia and you want to find out what it is then this course is for you.

This free course offers university quality education about the latest in dementia research and care.

Find out more here: <https://bit.ly/3oxbB9t>





HOW COVID-19 HAS IMPACTED THOSE LIVING WITH DEMENTIA – ALZHEIMER'S REPORT

The Alzheimer's Society carried out a survey with those who are living with dementia and their carers to ask them what impact the pandemic has had on them.

The results showed that the effects of lockdown have been devastating. There was negative impact on wellbeing and mental health especially in those with dementia who live alone.

Carers living with someone with dementia and PLWD living alone have spent the longest amount of time alone without any connection or conversation with anyone else.

This has had a negative impact on their health. Those with dementia and carers reported a drastic decline in the symptoms of dementia.

Since the easing of the first lockdown PLWD who live alone reported that they felt less confident going outside.

You can access the full report here: <https://bit.ly/3mZwd9X>

Our hope is that with increased awareness each of us can do more to enable those with dementia to overcome the many challenges that lockdown has brought.

We are now planning for the reopening of The Retreat memory café in Soundwell and are on the lookout for volunteers to help us do this in the Spring. Do contact us if you wish to help at: dementia@southernbrooks.org.uk



If you would like to contact the Alzheimers Society, you can contact Lynn Cross South Glos Services Manager during normal working hours on 07484 054050

Alternatively, you can email: southgloucestershire@alzheimers.org.uk

You can also ring the national Dementia Connect Support line number 0333 150 3456

Good links to create your own music list

According to NHS England, Music can have many benefits in the setting of dementia.

It can help reduce anxiety and depression, help maintain speech and language, is helpful at the end of life, enhances quality of life and has a positive impact on carers.

Just because the person with dementia was not an avid musician or singer it does not mean they didn't hear and like music through their lives.

Reconnecting to music can have many beneficial effects and at Christmas time carol singing, and hearing songs of yesteryears can be lovely for those living with dementia. It can also act as a source of conversation.

If you have access to the internet then BBC musical memories is a fantastic resource of music of different genres and from different time periods. Click here: <https://bit.ly/3gx4Qld>

There are also printable worksheets that you can download to do musical activities at home.



Playlist for life

We are a local community help point for this wonderful organisation who provide music to improve the quality of life for those with dementia.

If you have access to the internet you can find out more at:
www.playlistforlife.org.uk

Playlist for life is raising awareness of the power of music and memories in the festive season by encouraging people to share a festive music memory.

Find out more at:
www.playlistforlife.org.uk/my-festive-memory/



Online Groups

A GUIDE TO USING ZOOM

Before the pandemic very few of us had heard of Zoom and only some people would have used Microsoft Teams and other online communication application like teleconferencing meet up and Skype.

With the continuation of lockdown there has been an increase in the use of these communication apps and comments like "You're on mute" has now become common place.

Unfortunately there is a significant number of people who find using any of these difficult. Here is a simple 'steps to using Zoom' which is one of the most popular applications.

Using Zoom - To join a meeting:

- Click on the meeting link that has been sent to you
- OR
- Go to <https://zoom.us> and click 'Join a meeting' (it's at the top of your screen, on the right-hand side). You will then be prompted for a meeting ID. Each meeting has its own ID and this will show on the invitation for the event.

System requirements/devices:

You will need to join the meeting on a device with a webcam and mic:

- On a phone or tablet: Most phones and tablets will have a camera and mic
- You may wish to download the App in advance of the meeting



Zoom...

CONTINUED

- You can find the link for 'zoom Mobile Apps' about half-way down this page: <https://zoom.us/download>
- On a desktop PC or laptop: When you click on the link to join a meeting you will be asked to download the Zoom client onto your computer
- It would be a good idea to join the meeting a bit early so that the software can download, or if you want to do it in advance of the meeting, you can find the 'Zoom client for meetings' at the top of this page: <https://zoom.us/download>

If you prefer not to download any software or the app:

- It is possible to join from your browser: When you click on the meeting link, a dialogue box will appear. In this box will be a 'Join from your browser' link you can click on
- Please note that this has limited features, which includes a time limit of 40 minutes per meeting
- It functions best on Google chrome
- You will need to have set up and signed into a Zoom account
- You may want to do a test run in advance to make sure your audio and video settings are working. You can do this at zoom.us/test

When you join the meeting:

- You need to make sure that your video and audio are on
- Once you have established that your audio is working PLEASE MUTE YOURSELF so that the meeting is not interrupted by background noise

- To mute yourself click the mute button (microphone symbol) in the bottom-left corner of the meeting window or Alt & A on a PC
- To un-mute, click the mute button again
- To ask a question or make a comment:
 - o In large meetings it is difficult to see everyone who might wish to comment or ask a question, so if you wish to do either please use the 'raise hand' icon:
- Click the participants button in the menu bar to open the 'Participants panel'
- Click the raise hand icon. Once your question/comment has been dealt with please click the icon again to clear it
- There is a gallery view option which will allow us to all see each other

Useful Tips

- Sit with a window in front of you, not behind
- Position the camera at eye level if possible

Zoom Workshop

Would you benefit from having a workshop? Let us know and we'll arrange it for you.



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.



Our Work

THROUGHOUT THE PANDEMIC

We have continued to deliver our work, adapting to the changing circumstances created by the pandemic.

We think with the devastating effect that Covid-19 has had on those who have dementia and their families it is all the more important that we continue to raise awareness of those living with this illness.

RAISING AWARENESS OF DEMENTIA ACROSS THE EQUALITIES GROUPS

We have been trying to reach members of the various BAME and minority organisations in South Gloucestershire to find out the impact if any that dementia is having on them. Possibly due to the every changing situation with COVID-19 we have only heard from two groups.

So, in the new year we will be launching a survey to find out what impact has dementia have on these communities and how are they coping.

Are you from a BAME or disability group or other groups that are seldom heard from around dementia? Look out for the survey.

Together we can make a difference.

RAISING AWARENESS OF DEMENTIA RADIO INTERVIEW AT BRADLEY STOKE RADIO


I had an interview with Catherine Ayers of Bradley Stoke radio in November to discuss dementia in our communities and the impact of COVID-19 on those with dementia.

You can listen to it here on Bradley Stoke radio Listen Again.
<https://www.mixcloud.com/BradleyStokeRadio/current-affairs-with-catherine-ayers-talking-to-winsome-barrett-muir-about-dementia-awareness/>

COMMUNICATION AND DEMENTIA WEBINAR ON 17TH NOVEMBER:

With presentations from Dr Joseph Webb, Dr Emily Oliver and support from Sirona dementia advisors Mark Swepson and Martin Colley as well as Roy, who is living with dementia, we delivered a comprehensive presentation on communication attended by 65 participants some of whom were from other parts of the UK.

We are planning to take this learning and deliver another session in February 2021.





Our Work

THROUGHOUT THE PANDEMIC

ONLINE DEMENTIA INFORMATION SESSIONS

We continue to offer online free dementia information sessions and presentation about dementia to groups and organisations.

Dementia awareness for businesses and organisations is not just a moral thing to do but a business savvy thing to do. We're inviting all local businesses, community groups and community centres to become dementia friendly places where those with dementia can use their services.



You can still become a socially-distanced Dementia Friend!

Join us for one of our FREE 40-minute online webinars.

Arrange for us to deliver a FREE online session to your group or staff team (minimum 6 people attending).

Join with us in the **South Gloucestershire Dementia Action Alliance** and let's work together to make South Gloucestershire the most Dementia Friendly county in the South West - it's FREE to join!

We will provide ongoing support through networking, newsletters and meet-ups - virtually at first, and face-to-face when possible.

Get in touch to find out more: dementia@southernbrooks.org.uk



South Gloucestershire
Dementia Friendly Communities



Our Work

THROUGHOUT THE PANDEMIC

TELECONFERENCE MEET UP FOR MEMORY CAFES MEMBERS

We know that some people are unable to access online activities and so we have recruited a new team of volunteers to deliver a telephone meet up group.

Recently the volunteers, Lisa and I were trained in delivering these sessions and we will start delivery in the new year.

If you would like to join our telephone café meet -up please get in touch to be sent the joining information.

If you know someone who would benefit from this new group, then do give them our contact details. There is no cost at all as the phone number is a free call number.

We are looking forward to meeting some new people!

Tel: 01454 868570 or email us at dementia@southernbrooks.org.uk



Our café remains closed, but we continue to deliver activity bags to our members.

We will deliver over Christmas this newsletter in a printed format, Christmas quizzes, a Christmas card and some will get a Christmas craft.

Four volunteers have been recruited from Bristol university to deliver Teleconferencing chit chat from January 2021.

We will also be looking reopening our café as soon as we are able to deliver face to face sessions.



Consider This...

Showing consideration to those affected by dementia.

Each of the 850,000+ persons who has dementia in the UK will experience their dementia in a unique way.

That is the main reason we ask that the support you give to a person living with dementia be unique to them, person centered.

There are some common threads and some general advice we would advise.

Here are 10 things you can do to support a person living with dementia.

This Christmas, if you know someone living with dementia or a carer give them a call, send them a card and keep in touch.

10 Requests from a Person with Dementia

1. Please be patient with me. Remember that I have an organic brain disease for which I have no control.
2. Talk to me. Even though I cannot always answer you, I can hear your voice and sometimes comprehend your words.
3. Be kind to me. For each day of my life is a long and desperate struggle. Your kindness may be the most special and important event of my day.
4. Consider my feelings for they are still very much alive within me.
5. Treat me with dignity and respect as I would have gladly treated you.
6. Remember my past for I was once a healthy, vibrant person full of life, love and laughter with abilities and intelligence.
7. Remember my present. I am a fearful person who misses my family and home very much.
8. Remember my future. Though it may seem bleak to you, I am always filled with hope for tomorrow.
9. Pray for me for I am a person who lingers in the mists that drift between time and eternity. Your presence may do more for me than any other outreach of compassion you can extend to me.
10. Love me. The gifts of love you give will be a blessing from which will fill both our lives with light forever.



Supporting PLWD

OVER THE CHRISTMAS SEASON

Christmas can be a wonderful time of year, a time of tradition and creating new ones. It can also be a confusing and anxious time for those who live with dementia. We can make the season enjoyable and reduce the moments of bewilderment, stress and anxiety for our loved ones with dementia by following these simple steps:



- Put decorations up gradually: Introduce the Christmas or festival environment slowly. Sudden changes to environment or routine can be challenging for a person living with dementia.
- Keep it simple and familiar: Try to keep the celebrations simple and low key to help your loved one relax.
- If possible, try to build the festive activities around the person's usual routine.
- Get everyone involved: Think about what activities the person can be included in. Could they assist with shopping? Could they help you cook or bake a traditional dish together? Could you decorate and write festive cards together or perhaps have a sing along to old festive classics?
- It's about ensuring the person feels involved and thinking about what they can rather than can't do.
- Create a quiet room: a house full of people could be overwhelming for a person with dementia.
- Bring back old memories: Whether that's an old song, a classic festive film or an old family tradition, reinforcing and supporting those memories is really important. You could also light some scented candles that tie in with the celebration as smells are strongly linked to memory.
- Be mindful of food: A plate laden with food might be quite daunting for someone who has difficulties eating. Visit the Alzheimer's Society website for information on supporting a person with dementia with eating and drinking. Also, consuming alcohol isn't a good idea for someone who struggles to retain a good body temperature.
- Avoid having lots of different patterns and decorations at the dinner table. It is a good idea to use a plain coloured table cloth with plates of a different colour to create contrast between them.
- Be flexible: Don't get upset with a loved one if they get tired quickly or their needs disrupt your plans for the running of the day. Have a plan B in case your loved one doesn't feel up to it on the day.

A black and white photograph showing a hand holding a smartphone. The phone's screen is white and displays the text "stay safe" in a simple, black, sans-serif font. The background is a piece of paper covered in dense, handwritten cursive text, which is out of focus. Some legible words and phrases include "Katie Cross", "beautiful", "the art of", "old B", "stay safe", "we show", "she puts", "away...", "programmed with the", and "P. Amos". The lighting is soft, and the overall composition emphasizes the digital message against a backdrop of analog, personal writing.



FIRE SAFETY IN THE HOME

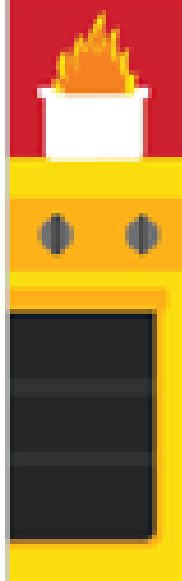
*Keeping you safe from fire,
while you stay safe at home.*



SMOKE ALARMS

save lives, but only if they're working. You should have **AT LEAST ONE** smoke alarm on every level of your home.

You should test your smoke alarms at least monthly.



IN THE KITCHEN...

DON'T leave pans unattended while cooking and **NEVER** leave children and pets in the kitchen alone.

Keep cooking areas clear from combustible items like tea towels, oven gloves and food packaging.

Clean your oven and grill regularly. A build up of fat and grease can cause a fire.

Ditch the chip pan.

ONE SOCKET = ONE PLUG



Don't overload your plug sockets. Appliances such as washing machines should have a single plug to themselves as they are high powered.



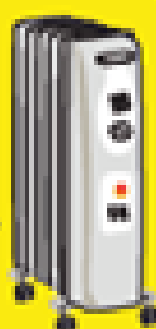
ELECTRICAL ITEMS

Check your electrical appliances are in good working order. If the wires are damaged or frayed, do not use them.

DON'T leave washing machines, tumble dryers or dishwashers running overnight.

HEATERS should be kept well away from clothes, curtains, furniture and other flammable materials.

NEVER use heaters to dry clothes. Make sure they're switched off and unplugged before you go to bed.



NFCC
National Fire
Chiefs Council





CANDLES should never be left unattended when lit and should be fully extinguished before you leave the room or go to bed.

Keep candles away from flammable items like curtains, furniture, bedding, clothing or books. Consider using LED battery operated candles instead.

ESCAPE ROUTES

Plan an escape route and make sure everyone in the home knows how to escape.

Keep exits clear from clutter and obstructions.

Keep your door and window keys in a known and accessible place.

Think of a second escape route in case the first one is blocked.

If you have an emergency pendant, make sure you wear it and have it close by at bedtime.



PUT IT OUT - RIGHT OUT



NEVER smoke in bed.

Take extra care if you smoke when tired, taking prescription drugs that make you feel drowsy or have been drinking.

Be sure to use a proper ashtray that can't tip over.

Be careful if you smoke and use emollient creams - they can soak into clothing, bedding and dressings leaving a flammable residue.

**REMEMBER, IN THE EVENT OF A FIRE,
GET OUT, STAY OUT, AND CALL 999.**

**If you don't have working smoke alarms, please
contact Avon Fire & Rescue Service (not 999)
for advice by calling: 0117 926 2061**



NFCC
National Fire
Chiefs Council



AVON
FIRE & RESCUE





In Focus

CONISTON COMMUNITY CENTRE

FOR THIS ISSUE WE ASKED AMELIA, THE CENTRE MANAGER TO TELL US ABOUT THE COMMUNITY CENTRE AND WHY THEY STRIVE TO REMAIN DEMENTIA FRIENDLY.

"Coniston Community Centre is located in Patchway and managed by Coniston Community Association, since 1993, arranging activities for the entire Community.

Coniston Community Centre officially opened in July 2004 and relaunched with the construction of the second half of the building in June 2011 and bringing a Community Café on the ground floor.

Over the years the Community Centre has grown to become the home of a number of community groups and provide a variety of activities for all members of the Community. We provide facilities and cater for all ages from Baby Groups to Friendship & Exercise Groups for the Elderly and our Plodder Pals is a Baby and Toddler Group that incorporates multigenerational activities to include the whole family.

Our centre users are diverse, and so we ensure that all our sessions - as well as the building itself - are accessible and comfortable for all in the Community.

We have taken a dementia friendly stance to be truly inclusive. Some of the measures that we have taken are small but can have a huge impact: labelling the light switches in the rooms, display boards showing what is on in each room on each floor, clear posters showing procedures, dementia friendly signage so that everyone knows they are welcome.

We believe that small steps can have a huge impact. The Centre Manager is a trained Mental Health first aider and Safeguarding Lead and is able to signpost where necessary for a variety of people in the Community should they require assistance.

Our goal is for the whole Community to feel involved, catered for, accepted and able to make positive differences in both their own and others lives. In the future, we hope to make additional steps to become even more dementia friendly and inclusive by keeping up with regular training and liaising with brilliant colleagues in the field of dementia awareness to make sure that we are doing everything that we possibly can."





MANAGING STRESS AND REMAINING CALM DURING THE PANDEMIC - AND MAYBE OVER CHRISTMAS

The pandemic and social distancing has created various degrees of stress in us all.

Our mental wellbeing has been impacted. The Red Cross has put together a guide to managing stress, you can find the full article here: <https://bit.ly/3oGbusn>

However, as we are going to print this newsletter for those who are not on internet here is a summary: How to take the C.A.L.M.E.R approach to stress and anxiety.

C = Consider your own needs and those closest to you. You will only be able to care for others as best you can if you are also looking after your own physical and mental health too.

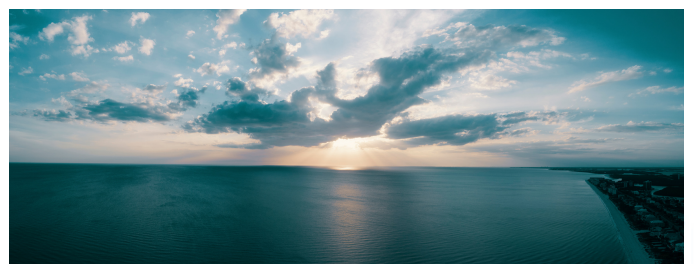
A = Acknowledge the source of stress, and how it impacts upon you. Gather your information from trusted sources, such as the WHO website and your local health authority's platforms, to help you to distinguish facts from rumours.

L = Listen to how you're feeling mentally and physically. We know the restrictions we are living under are for our good but it's perfectly normal to feel frustrated and angry from time to time. You might be feeling lonely or fearful. These are also reasonable feelings so do not berate yourself on your bad days.

M = Manage - ways to manage your stress and regain control. If you're working from home, try and take the same breaks you would if you were at your normal place of work. Similarly, it's easy to forget to stop working at the end of the day, so try to set yourself a dedicated time to down tools and enjoy your evening. If you are a carer try to take short breaks throughout the day - to read a book, do a quiz or listen to some music that is just for you. Remember the six important Rs of resilience: responsibility, reflection, relaxation, relationships, refuelling, and recreation.

E = Enable - what has enabled you to cope with stress in the past? We all have activities or interests we like to spend time on when we're feeling overwhelmed. Engaging in activities that you enjoy and find relaxing, such as exercise, will help you keep a sense of normality about your day and help you to keep things in perspective.

R = Resource - what do you need to put steps in place? We all have different needs and preferences and we will all react differently. Think about the resources you need that will help with all of the above. Is it input from friends and family?





CHRISTMAS BUBBLE

Between 23 and 27 December you can form an exclusive 'Christmas bubble' of up to three households

Find out more: gov.uk/coronavirus

Forming a Christmas bubble between 23rd and 27th December 2020

Christmas bubbles, support bubbles and childcare bubbles are all different things and have their own specific rules.

The rules on forming and using a Christmas bubble will be the law. You must follow them to minimise the spread of infection. Everyone is allowed to form a Christmas bubble.

There are three main rules:

- you can only be in one Christmas bubble
- you cannot change your Christmas bubble
- your Christmas bubble should not include people from more than three households

Bubble Safety

It is important that you keep your Christmas bubble as small as possible.

You must not form a Christmas bubble if you are self-isolating.

More information on the government guidance can be found at: <https://bit.ly/2VTRuGi>






Christmas Fun!

FUN THINGS TO DO AT CHRISTMAS IF YOU'RE ON
YOUR OWN OR WITH FRIENDS AND FAMILY

Card games: Solitaire, snap/matching pairs.

Keep a nature diary: what was the weather like? What shape did the clouds make? How many birds can you see from your window? What types of birds visit your garden?

Try to draw something each day associated with the Christmas season. Here is an example to help you along 

Baking with the family -make some mince pies or gingerbread men.

Make a pompom bunting with spare wool.



24 days of Christmas!

- 
- 1- Snowfall
 - 2- Snowflakes
 - 3- Icicles
 - 4- Snowman
 - 5- Snowman face
 - 6- Penguins
 - 7- Gingerbread man
 - 8- Candy canes
 - 9- Red/green
 - 10- Poinsettias
 - 11- Wreathes
 - 12- Holly
 - 13- Christmas trees
 - 14- Ornaments
 - 15- Presents
 - 16- Lights
 - 17- Tinsel/garland
 - 18- Stockings
 - 19- Santa hats
 - 20- Sleigh or sled
 - 21- Reindeer (Rudolf)
 - 22- Elf
 - 23- Santa
 - 24- Favorite manicure



Useful Contacts

It is worrying for those with multiple health issues and those living alone or for carers during the Christmas season that they might get ill.

We would suggest that family and trusted friends and neighbours keep in touch with you during the holiday period. However if you do need support there are services in South Gloucestershire to support you through most crisis.

South Gloucestershire Rapid Response Service.

If you have a crisis at home, the rapid response service is a team of emergency response staff who provide personal care either in an emergency or urgent care crisis.

The service is available 365 days of the year. Telephone 01454 615 045 between 8:00am and 10:15 pm

South Gloucestershire Emergency social services number for nights, evenings and weekends. This service can help when personal, family or accommodation problems have reached a crisis when you cannot wait until the next working day. Telephone: 01454 615 165

Sirona Care and Health

works in the community with district nurses and more including dementia advisors – you can contact them on 0300 125 6789

Alzheimer's Society

are there for you practically, emotionally or for any needs associated with dementia, whether you have a formal diagnosis or not.

They can be contacted on 0117 961069

During the normal working week people can contact Lynn Cross, South Glos Services Manager on: 07484 054050 .

Alternatively, email:
southgloucestershire@alzheimers.org.uk

You can also ring the national Dementia Connect Support line number 0333 150 3456

The Carers Centre

are there to support you if you are a carer and need support.

You can contact them on 0117 965 2200 Monday to Friday 10 am – 1:00 pm and Monday to Thursday 2:00 pm – 4:00 pm

Age UK South Gloucestershire

offer support and advice including helping you to fill in those complicated forms.

Call them on 01454 411 707 and you will be presented with the following options:

1. Benefits advice
2. Befriending and volunteering
3. Activity Day Centre enquiries
4. All other enquiries



And Finally

VOLUNTEERING OPPORTUNITIES

We know that social distancing will eventually be relaxed and that people will be able to socialize face to face.

We are now actively planning for the reopening of the memory café when that happens sometime next year. We are looking for volunteers to support us to deliver a different type of memory care.


So if you are creative, if you have a few hours to spare twice a month and if you want a challenge that will make a huge difference to those who are living with dementia then do get in touch with us. We would love to speak with you about this project. We can only deliver it with your help.

Are you a member of the SGDA? Have you done any dementia friendly actions during the pandemic? We are inviting you to update your membership with your new actions.

This year we will be reviewing our members lists and recommending those who are actively working to become Dementia Friendly.

We have enjoyed sharing with you some of the things that are happening in our communities and we hope you will all join us in working to make South Gloucestershire a friendly place because it is in dementia friendly communities where those with dementia are included and feel respected, safe and able to take part in things that interest them.

Until next time...



*Wishing you a blessed Christmas
and a happy and healthy 2021!
from Winsome and Kirstie x*