

## DEAR READERS

Welcome to the spring 2021 issue!

We are happy to be sharing our news and some updates with you this year. So many things have happened, we have had 3 lockdowns since March 2020 and I'm sure like us you did not think that when the first lockdown was announced you would still be in a lock down come March 2021.

The development of the many vaccines has been hard work by the many scientists, doctors and volunteers who acted as guinea pigs to ensure we have safe vaccines.

As I write this over 20 million people have received the vaccine. It is possible that you are one of them.

We also know that a lot of people have experienced loss, whether it's our ability to go where we please or the death of loved ones, move to permanent care for loved ones or other life changing situations, everyone has been impacted in some way by the pandemic.

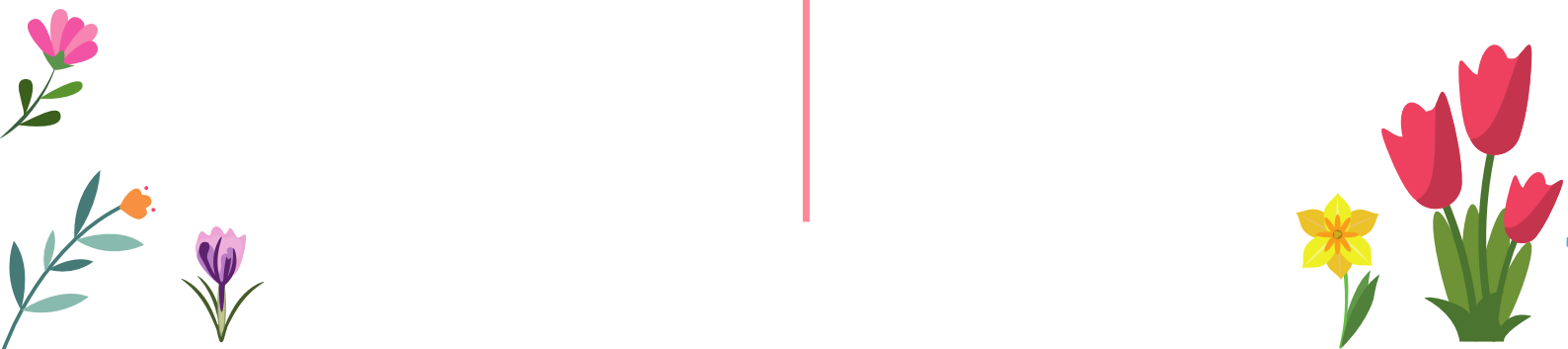
We have seen though the wonderful ways in which everyday folks have volunteered, donated and shown kindness to their neighbours.

So, we want to thank everyone who went the extra mile to make a positive difference in their communities.

It's ten years since the last census and we are gearing up for census 2021, this one is being promoted as the first digital census – although paper copies will be available. We hope that everyone will take the time to complete the census on Sunday 21st March. Because everyone will benefit.

We hope you enjoy the newsletter and if you know someone else who might benefit from the content then please share with them.

We can provide printed copies, so let us know if you would like this.





# Wellbeing

---

## **RE-ENGAGE WITH PEOPLE AND BREAK SOCIAL ISOLATION AND LONELINESS**

Loneliness and social isolation are two words that many of us have now had lived experience of during the last year. It has been worse for older people, especially those who live with dementia and are carers.

Social isolation is more than an emotional experience, it impacts our mental and physical health resulting in more visits/calls to GPs and out of hours service.

Re-engage is a charity operating nationally and locally working to cut loneliness in older people. The charity has developed Monthly Sunday afternoon tea parties in volunteers homes that are open to local older people, these will restart when the pandemic and lockdown rules are relaxed.

In the meantime they continue to link up older people with volunteers for one to one companion calls. These have been happening through the lockdown and will continue after lockdown.

This is for anyone over the age of 75 years who would value a regular telephone conversation on a weekly basis.

People sometimes feel embarrassed about admitting to being lonely, however this happens for most of us sometimes, what we need to realise is that we can do something about it and it's no shame or weakness involved – in fact it's a sign of strength to reach out for connections.

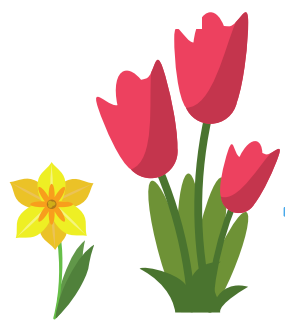
The feedback the charity has been overwhelmingly positive for anyone who joins in.

So if you want to take control of your wellbeing give Reengage a call on freephone:

0800 716 543 or 0207 240 0630

or email them at [info@reengage.org.uk](mailto:info@reengage.org.uk)

[www.reengage.org.uk](http://www.reengage.org.uk)



# Wellbeing



Setting up a Neighbourhood watch scheme is good for your wellbeing!

Neighbourhood watch schemes are a vital way to reduce the risk of crime and also to keep in touch with your neighbours. The pandemic has seen the huge value of volunteering and social action by ordinary people in setting up mutual aid groups.

A neighbourhood watch group gives residents up to date information by the police on local crimes/scams being committed, advise on staying safe and help those who are vulnerable in the community. They have been shown to reduce loneliness, and have developed a Communities that Care programme that is tackling fraud through videos, information flyers and community volunteers.

To find out more and join a neighbourhood watch scheme please visit the following website:

<https://www.ourwatch.org.uk/support/benefits-membership>

## MUSIC AND DEMENTIA

Our dementia action alliance has become a community hub for Playlist for life [www.playlistforlife.org.uk](http://www.playlistforlife.org.uk).

We can provide you with a booklet to create a playlist of your most memorable music.

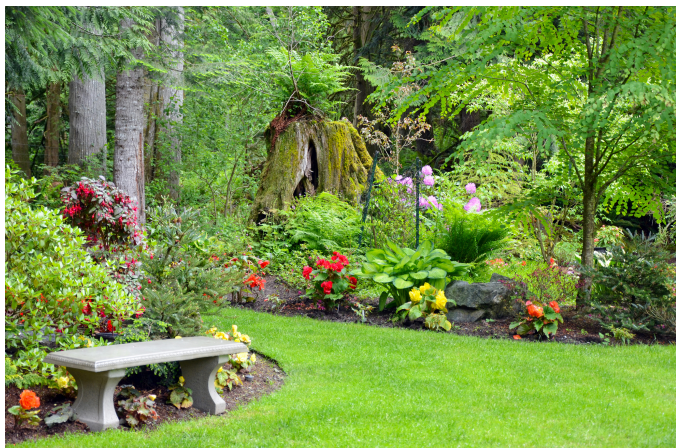
Music has repeatedly been shown to have a positive impact on those living with dementia – in some people the impact is very dramatic but in all persons there is at least some smiles when favourite pieces of music are played.

We have always incorporated music into our memory cafes and have continued with music in the Telephone connect café we now run as well as discussing the power of music in our peer support bereavement groups.

Our colleagues at Bristol Dementia Action Alliance are now offering free MP3 music players!

If you know anyone who could benefit from an MP3 Player please email [office@bdaa.org.uk](mailto:office@bdaa.org.uk). They have already received funding to provide MP3 players for locals. They simply need a name and delivery address and 15 song titles and artists.

# Getting Outside



We know that being outside is good for the mental, emotional as well as physical health of everyone including those living with dementia.

Last summer many people were saved the worst effect of the lockdown because they were able to get outside for walks and to enjoy their gardens.

Gardening can be great for the mind and body. Just being outdoors brings great benefits on our health. And, for those living with dementia, gardening can be hugely beneficial for keeping the brain active.

It can help create a routine, stimulate the mind and the senses, and provide a great feeling of purpose.

This spring we hope that many people will again be able to get outside and those fortunate to have a garden to use it.

Dementia friendly design principles can be used to make outdoor space more

accessible, more engaging and encourage higher levels of physical activity.

Make the garden safe and accessible, think about level surfaces and remove trip hazard. Consider seating and planting in raised pots so people do not need to bend. Avoid plants that are hazardous to health.

Attract local wildlife. Perhaps have a bird table to attract wild birds, and plant low lying plants to create a cosy place for hedgehogs etc.



Create a sensory experience For those living with dementia, sensory experiences can help keep the brain active, so try growing plants that can stimulate their sense of touch, sound, smell, taste and sight.

You can find out more about dementia friendly gardens at: <https://bit.ly/30dY0cV>







# Useful apps for dementia

---

A person living with dementia will require more care as their condition progresses. However, during the early or mildest stage of dementia there are a number of things that can be done to help the person to maintain as much of their independence as possible, and help to keep their brain active, possibly slowing the onset of middle stage moderate symptoms for a little longer.

Nowadays the majority of people own a smart phone or tablet device loaded with all manner of apps; but did you know that there are a plethora of apps on the market that could be beneficial to people with dementia?

Whether you are experiencing early signs of dementia and are looking for ways to boost your memory, or you're a carer looking after a dementia patient, it's likely that there's an app or two that can make life a little bit easier for all involved.

## **Family Locator - GPS tracker App**

Over time People with dementia struggle with short term memory loss, and this can often mean that they forget where they are or where they should be. This app allows family members to track each other, provided they have the device with them and the GPS is activated. It is Available for free on Android and iOS

## **MyTherapy**

MyTherapy offers peace of mind to dementia patients and their families. It features reliable medication reminders, as well as comprehensive tracking of blood pressure, blood glucose etc in easy to use charts.

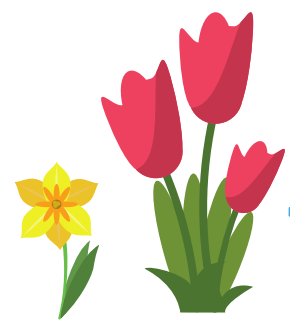
Many doctors also use the MyTherapy app's built-in reports to better understand their patients' progress. Additionally, family and friends can receive notifications for missed medication! This is also Available for free on Android and iOS.

## **Colorfy**

Colouring in is a great way to relax; it promotes mindfulness and helps you to focus your mind on something. This app is full of images such as florals, animals, cats, nature, famous paintings, and mandalas to colour in. This is Available for free on Android and iOS.

This website lists the top 25 apps that can help to improve the life of people living with dementia as well as family/carers.

**<https://www.uksmobility.co.uk/blog/2016/07/25-useful-apps-for-dementia-patients-and-carers/>**





# census 2021

CENSUS DAY IS SUNDAY 21 MARCH 2021

---

Everyone will benefit from Census 2021. Households across the UK will be asked to take part in Census 2021 this spring. The census is a once-in-a-decade survey that gives us the most accurate estimate of all the people and households in England and Wales. Understanding the needs of the nation helps everyone from central government to organisations, such as councils and health authorities, plan and fund public services across England and Wales.

Census outputs inform where billions of pounds of public funding is spent on services like transport, education and health – on cycle routes, schools and dental surgeries. Information from the census is also important in helping lots of other people and organisations do their work.

Charities and voluntary organisations often use it as evidence to get funding. It helps businesses to understand their customers and, for example, decide where to open new shops. Plus, those doing research, like university students and people looking into their family history, use census data.

It provides important information on population diversity, allowing organisations to know whether they are meeting their responsibilities and triggering action where necessary.

Census 2021 will be the first run predominantly online, with households receiving a letter with a unique access code and explaining how they can take part, allowing them to complete the questionnaire on their computers, phones or tablets. Paper forms will be made available for those who need them.

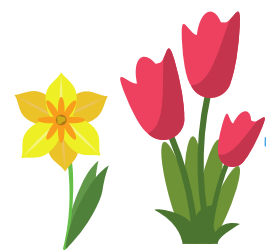
Based on the information you give, it ensures millions of pounds are invested in emergency services, mental health care, school places, hospital beds, houses, roads, GP's and dentist's services.

The census will include questions about your sex, age, work, health, education, household size and ethnicity. And, for the first time, there will be a question asking people whether they have served in the armed forces, as well as voluntary questions for those aged 16 and over on sexual orientation and gender identity.

Results will be available within 12 months, although personal records will be locked away for 100 years, kept safe for future generations.

Your personal details will not be disclosed to anyone by taking part in this census.

“No-one should miss out. Everyone can complete online with a new search-as-you-type ability and paper forms for those who need them.”





# Volunteering

WITH US

---

## **VOLUNTEER OPPORTUNITIES – WE SUPPORT YOU TO MAKE A REAL IMPACT**

The work of the South Gloucestershire dementia friendly communities would not be possible without the support of our volunteers. We continue to look for volunteers to support our work.

## **VOLUNTEERS TO SUPPORT OUR WORK ON PEER SUPPORT GROUPS**

We are looking for volunteers with people skills, including good listening skills to support our work on the peer-support bereavement groups. These groups are currently delivered via telephone conferencing and Zoom so we need people who are comfortable with speaking on the phone and accessing Zoom platform.

Full training will be provided on dementia awareness, communication, risk assessment and grief awareness.

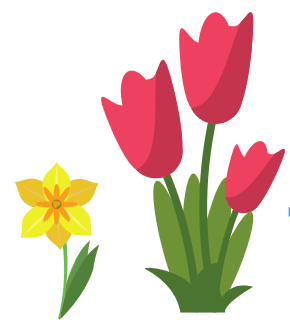
If you would like to discuss this please contact Lisa Dicker at:  
[lisadiker@southernbrooks.org.uk](mailto:lisadiker@southernbrooks.org.uk) or  
[dementia@southernbrooks.org.uk](mailto:dementia@southernbrooks.org.uk)

## **VOLUNTEERS NEEDED TO HELP RUN OUR MEMORY CAFES**

We are looking forward to the end of social distancing and the eventual reopening of our memory cafes. During lockdown several of our volunteers have become ill and a few are not able to continue to deliver our café in Soundwell. We are keen to continue this as people are looking forward to meeting up again.

Are you organised, friendly, a good listener and can spare 3 – 6 hours a month? Our cafes open twice a month and we are looking for a team to run it with our support. Full training and support will be given.

If you would like to discuss this please get in touch with Winsome at:  
[dementia@southernbrooks.org.uk](mailto:dementia@southernbrooks.org.uk).  
You can also call 01454 868570 or call 07969 189 333





# Project Update

## PEER SUPPORT GROUPS

---





Lisa joined the SGDA in November 2020 to deliver Peer-Support bereavement groups associated with Dementia.

We are coming to the end of the first round of groups, and it has been a positive experience.

Having a Welcome Pack has helped us to interact in the sessions and we have listened to music and tried doodle art to help us identify feelings and strategies for wellbeing.

'This is me' is a group for people diagnosed with Dementia in the last 2/3 years. Talking about the grief that is often felt after receiving a diagnosis and the anticipation of what the future holds can be difficult to talk about.

Although, we shared thoughts and feelings around the subject of loss and death, there were still times of laughter and positive conversations.



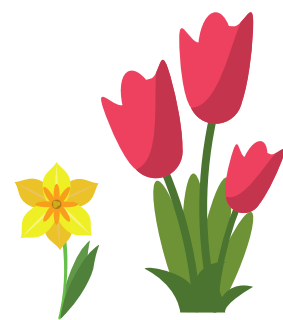
Talking Together' is a group for people who have experienced loss associated with Dementia. Many loved ones feel that they grieve for a person twice: a sense of loss when you feel the person doesn't feel mentally with you anymore, and from death.

This is why the group is for people who have loved ones physically with them still as well as for those whose loved one has died. Talking and listening to others on the same journey as you helps to 'normalise' and relate to yourself and others.

The volunteers who co-facilitate the groups always have time to reflect together and we always feel positive following the sessions. It is very rewarding to know you are supporting someone with something so difficult.

Our next round of groups start on the week commencing the 8th of March and we are looking forward to meeting new people to share stories with.

For more information contact Lisa on [lisadicker@southernbrooks.org.uk](mailto:lisadicker@southernbrooks.org.uk) or call 07971 799371.





# Our Work



**South Gloucestershire**  
Dementia Friendly Communities



**NHS**

**Bristol, North Somerset  
and South Gloucestershire**  
Clinical Commissioning Group

## Telephone Connect Cafe

Are you missing social interaction but not able to join groups online?

We're running small group sessions by telephone! If you have dementia or are/have been a carer for someone living with dementia then you are welcome to join us!

Our DBS checked dementia volunteers will facilitate the sessions, but the content is up to you! Favourite songs, memories or quizzes - you choose!

To find out how to join and to receive a personal invitation please call us on 01454 868570 and mention Teleconferencing chit chat or Winsome or email [dementia@southernbrooks.org.uk](mailto:dementia@southernbrooks.org.uk)

**Strong Communities Powered by People**

☎ 01454 868 571 / 07969 189 333

🌐 [www.southernbrook.org.uk](http://www.southernbrook.org.uk)

✉ [dementia@southernbrooks.org.uk](mailto:dementia@southernbrooks.org.uk)

**Southern  
Brooks**  
Registered Charity No: 1157061  
**COMMUNITY PARTNERSHIPS**



# Dementia Friends

## 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](mailto:dementia@southernbrooks.org.uk)



The next online webinars are on:

Wednesday 24th March @ 10:00AM

Book at: <https://bit.ly/20GgZdT>

Tuesday 13th April @ 10:00AM

Book at: <https://bit.ly/3l2E2vq>

Monday 10th May @ 1PM

Book at: <https://bit.ly/3enuBW9>

Wednesday 19th May @ 10:00AM

Book at: <https://bit.ly/3l1rFzC>





# Useful Contacts

If you 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](mailto: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

---

## THE ALZHEIMER'S SOCIETY VIRTUAL MEMORY CAFE

New for 2021, the Alzheimer's Society are running a virtual memory café using the online Zoom platform.

The café is available for anyone who has either a smart phone, a tablet or computer and internet access.

For more information or to register to join their virtual café by email: [David.Stone@Alzheimers.org.uk](mailto:David.Stone@Alzheimers.org.uk) or call 07544 764 929

## GOT SOME NEWS?

This is your newsletter, please share with us the dementia friendly actions, big or small that you and your organisations/group have taken to make our community better friendlier places for everyone. Email us at [dementia@southernbrooks.org.uk](mailto:dementia@southernbrooks.org.uk)

In the meantime, we hope you continue to take safe precautions as regards Covid-19 which includes taking the vaccine if offered it.

## Our thanks

All of our work is only achievable because of the grant funding we have received from South Gloucestershire Council, BNSSG Clinical Commissioning Group, St Monica's Trust and Independent Age as well as the many talented and dedicated volunteers who partner with us.

*Until next time...*

*Stay safe and enjoy the sunshine!*

*Winsome and Kirstie x*

