



August 2011

Issue No. 7

Mind Matters

Living Well with Dementia in East Lancashire

Welcome to the latest edition of Mind Matters, the newsletter that links the Dementia Stakeholder Group with the wider audience of East Lancashire.

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Dementia Cafés serving East Lancashire

In collaboration with East Lancashire Community Dementia Forum, Dementia Cafes have been established in East Lancashire.



Carers of people who have Dementia, Alzheimer's Society, Age UK, Help Direct, Memory Assessment Service, LCC , NHS East Lancashire and GS Social Care Solutions joined forces to explore the opportunities for an alternative approach for peer support.

Age UK co-ordinated the first Dementia Café at Walton Lane Community Centre, Nelson within their day service . The launch event was held on 10th June 2011 and was well attended and amongst those was the Mayor of Pendle along with people who have dementia and their families. Lesley Bowden from Age UK would like to thank all who attended the launch event in particular the carers and volunteers who play an invaluable role in making the café happen.

The Dementia Café runs every 2nd Friday of the month from 1pm onwards. Please contact Lesley or Alan for more information – 01282 447030.

The second Dementia Café was launched on Tuesday 12th July 2011 at Café Latte in Great Harwood, 1pm – 3pm. The café has been organised by GS Social Care Solutions with collaborative support from key members of East Lancs Community Dementia Forum. Thanks are also given to Café Latte who reserved half of the café area for the afternoon. The café was well attended with people coming to socialise or seek advice in an informal setting. Help Direct were present on the day to offer advice and signposting. One carer said, " It's great to be able to come to a place with my wife that is within our own community. Often support offered to carers is away from the people they care for. We like doing things together."

Dementia Café @ Café Latte Great Harwood runs every 2nd Tuesday of the month 1pm – 3pm please contact Dorothy Tel – 01254 877755

Dementia café's will be established in Burnley, Rossendale and Ribblesdale Valley.

Dementia Café – Walton lane

The aim of our dementia cafe session is to offer mutual support, advice and information regarding issues with dementia. It takes place between 3-5 PM on the 2nd Friday of every month. Our goal here at Walton Lane is to create an informal, light hearted atmosphere that contrasts to the normally sedate surroundings of other dementia help groups. We want to provide an “everyday” event for family and friends to gain peer support, informal support and signposting to other services if required.

Thank you for your valued support for our project at Walton Lane. The official Dementia Cafe open day was very well backed and opened by Nadeem Ahmed, Mayor of Pendle. The feedback from people attending the cafe suggested that it should be kept relaxed.



Age UK Lancashire
Pendle Dementia Day Service
Walton Lane Community Centre
Leeds Road|Nelson|BB9 8RW

New Alzheimer's Society Facebook and Twitter pages

For those of you into Facebook there is now an Alzheimer's Society North West England [Facebook page here](#)

The [Twitter page is here](#)

We were pleased to see Gavin's fundraiser at the Inn on the Wharf gets a mention on both sites.

Alzheimer's Society (East Lancashire)

We can do I.T. too...

Friends of Innovations in Dementia will know about the work that we do around computers and people with dementia.

One of the first projects we did was a joint project with Housing21 that introduced computers and the internet as part of the activities programmes in two of their day centres.

As part of that project, Nada presented some workshops around the different ways that people with dementia can interact with computers. She met Verity Stokes, who is a speech and language therapist.

They realised they had a shared passion for helping people with dementia to get the most out of IT. They have put together all their experiences to create a practical book called 'We can do IT too'.

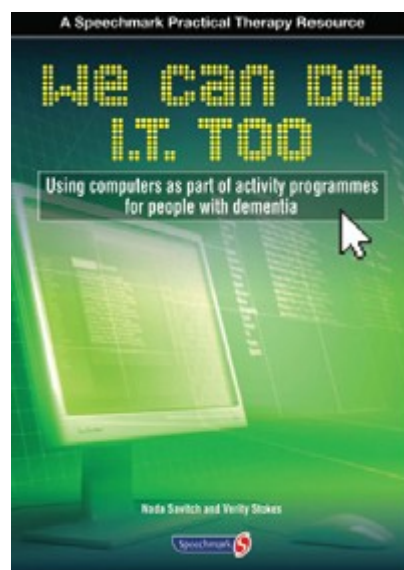
This practical guide for care staff and volunteers covers:

- Recording people's lives – digital life story books; diary
- Making things – calendars; photo albums; reminders
- Helping with conversations – word finding; topics
- Communicating with friends (email; Skype, social networking/ discussion forums)
- Helping with planning – personal planning; care plans; using services.

You can order your copy from Speechmark publishing.

Go to their website at:

<http://www.speechmark.net/we-can-do-it-too-14993>



**Alzheimer's Society - East Lancashire
Carers' Support Groups meet as follows:**



www.alzheimers.org.uk

Barnoldswick

1st Tuesday of the month 1 – 3 p.m.

St Joseph's, Bolland Street, Barnoldswick BB18 5EZ

Burnley

2nd Wednesday of the month 7 – 9 p.m.

62/64 Yorkshire Street, Burnley BB11 3BT – entrance round the back

Rossendale

3rd Thursday of the month 7.30 – 9.30 p.m. Old School Room,
St James the Less Church, Burnley Road, Rawtenstall BB4 8HH

Clitheroe

3rd Friday of the month at 10.00 a.m. - 12 noon

Castle Medical Centre, Railway View Road, Clitheroe BB7 2JG

Nelson

Last Tuesday of the month 2 – 4 p.m. Age Concern Resource Centre,
Walton Lane, Nelson, BB9 8RW

Darwen

Last Thursday of the month 1 – 3 p.m. at Darwen Resource Centre,
Edward Street, Darwen BB3 1AY

Who can attend?

The meetings are open to people who care for and support people who have Alzheimer's disease or any form of dementia. Speakers of interest regularly attend the meetings, giving carers the opportunity to ask questions and talk through their concerns.

In addition to the support groups, our Dementia Support Worker can provide individual information, advice and support for carers.

Alzheimer's Society - East Lancashire
Room 18 Rachel Kay-Shuttleworth Building,
62/64 Yorkshire Street,
Burnley BB11 3BT

Telephone: 01282 421233

eastlancashire@alzheimers.org.uk

Active Ageing Research in Dementia



Dr Christine Brown Wilson is a member of the Active Ageing Research theme within the School of Nursing, Midwifery and Social Work at the University of Manchester, her research focuses on supporting vulnerable older people, including those with dementia to remain active and independent within care environments.

Christine is leading a multidisciplinary team in developing a research proposal that seeks to explore how technology might be used to promote mobility and independence for people with dementia in care homes.

They will be doing this in three ways:

1. Place sensors under the mattress in a person's bed to monitor things like temperature, pulse, blood pressure, restlessness and if people were up in the night. Changes in these signs would alert us to a person becoming unwell and enable staff to act early to prevent ill health.
2. Place movement sensors in a person's room to see what level of activity they have at different times of the day. Identifying a change in someone's pattern of movement might tell us if they were anxious or not well, enabling staff to act appropriately on this information to prevent deterioration in a person's condition.
3. Giving the person a sensor to carry with them to provide information about their activity and physical signs when they were not in the room. This would alert staff during the day if a person was becoming anxious or distressed, ensuring staff were able to support the emotional wellbeing of the person with dementia.

Did you know?

Did you know that as we get older our eyes cannot distinguish between colours so well? And 3D vision is not what it was, making us more prone to slips, trips and falls? Where there is a choice, finish the traditional skirting boards around any room in a colour that contrasts with doors and walls, which will help the person with dementia to see where the floor ends and the wall begins.

This tip is from “10 Helpful Hints for Dementia Design at Home” which you can buy online from Amazon or from the [DSDC's DementiaShop](#), as well as our other publications on design.

DSDC offer 3-day Schools which cover a range of design issues including effective commissioning, project management, designing the internal and external environment and lighting. The next Design School will be held in Liverpool, 15-17 November. [More information and booking here.](#)

Anyone can find out more about design by [visiting the Iris Murdoch Building for an audio tour](#) or arranging a [design consultancy](#) if you represent an organisation.

Dementia Now

Download the latest Domiciliary Care issue FREE. A handy guide to websites and library resources on this hot topic, introduced by Prof. June Andrews and Shirley Law.

Also in this issue, James McKillop describes what it's like for a person with dementia to go into hospital, as an inpatient, outpatient and emergency admission.

We also list the latest research articles and books added to the library.

[Download Dementia Now](#)

[Visit the Library & Information pages](#)

passenger information

Changes to Community Transport in Lancashire from 1 July 2011

Following a recent review of Community Transport services in Lancashire the following changes will be made to the fares charged and times of operation of services from 1 July 2011.

How much do journeys cost?

From 1 July 2011 the **maximum** fares being charged by Community Transport operators will be as shown below. Some operators may offer lower fares than advertised therefore contact your local operator for full details:

Dial-a-Bus Services

For journeys;

Up to 2 miles - £2 adult single fare

Over 2 and up to 4 miles - £3 adult single fare

Over 4 and up to 9 miles - £4 adult single fare

Over 9 miles and up to 18 miles - £5 adult single fare

Over 18 miles - £10 adult single fare

Community Car Services

Fares will be based on a charge of 40p per mile for each journey.

Please note NoWcards are not valid on Community Transport Services in Lancashire.

When do services operate?

Dial-a-Bus services will generally operate between the hours of: 0930 and 1430. (Some operators may run before or after these times therefore please check for details with the operators).

List of Community Transport Operators and areas covered:

AREA DIAL A BUS	TEL.NO
Burnley & Pendle	01282 415310
Hyndburn	01282 415310
Rossendale	01282 415310
Lancaster	01524 416735
Wyre & Fylde	01772 682749
Ribble Valley	01200 444484
Preston/South Ribble	01772 204667
West Lancashire	01704 893373
Chorley/South Ribble	01257 260488
COMMUNITY CAR SERVICES	
Lune Valley, Lancaster, Morecambe, Garstang, Rural Fylde	01772 516208
Eccleston/Heskin/Mawdesley, Wheelton & Withnell	"
Parbold, Tarleton and Hesketh Bank	"
Ribble Valley	"
Burnley/Pendle/Rossendale	01282 412096



traveline
public transport info
0871 200 22 33
multi-line bus and train services

Lancashire

County
Council





End of Life Care Patient Charter

A charter for the care of people who are nearing the end of their life

“You matter because you are you, you matter to the last moment of your life and we will do all we can, not only to let you die peacefully, but to help you live until you die” Dame Cicely Saunders

We want to offer people who are nearing the end of their life the highest quality of care and support. We wish to help you live as well as you can, for as long as you can. Therefore, if and when you want us to, we will:

- Listen to your wishes about the remainder of your life, including your final days and hours, answer as best we can any questions that you have and provide you with the information that you feel you need.
- Help you think ahead so as to identify the choices that you may face, assist you to record your decisions and do our best to ensure that your wishes are fulfilled, wherever possible, by all those who offer you care and support.
- Talk with you and the people who are important to you about your future needs. We will do this as often as you feel the need, so that you can all understand and prepare for everything that is likely to happen.
- Endeavour to ensure clear written communication of your needs and wishes to those who offer you care and support both within and outside of our surgery hours.
- Do our utmost to ensure that your remaining days and nights are as comfortable as possible, and that you receive all the particular specialist care and emotional and spiritual support that you need.
- Do all we can to help you preserve your independence, dignity and sense of personal control throughout the course of your illness?
- Support the people who are important to you, both as you approach the end of your life and during their bereavement.

Developed by RCGP English End of Life Working Group, Patient Partnership Group and Royal College of Nursing (2011)

Community Solutions Lancashire

Community Solutions Lancashire Ltd offers hope and opportunity to people across East Lancashire. We are a community based resource that is actively engaging local people to get involved in supporting local needs.



Mission Statement:

“To empower local people to meet local needs within the communities of Lancashire; promoting independence, confidence and self esteem”

Befriending:

In partnership with Help Direct we are developing a service that supports residents within East Lancashire to combat social isolation and loneliness.

Befriending volunteers support by visiting residents once a week for a chat over a cup of coffee, or accompanying to local community events. This service helps reduce the need for other services i.e. mental health or social care services.

The Befriending service is open to all and can be accessed through Help Direct on 0303 333 1111 or via referral form, which can be found on www.communitysolutionslancashire.co.uk



Domiciliary Care for people with Dementia

The Dementia Service Development Centre is currently piloting a new Best Practice course on Dementia Care for Domiciliary Care staff. Here, June Andrews and Shirley Law write about the importance of training and informing our home care workers.



Home care, or domiciliary care as it is sometimes known, is a social, personal care, nursing or domestic service delivered usually in the service user's home. The people who do this work are often known as "care workers" or "home care workers". Those workers might be employed by the local authority, or an agency, but sometimes they are employed directly by the service user themselves. The careful selection, recruitment and training of care workers is crucial for the optimum care of people with dementia. The support that they give is vital in allowing people with dementia to live in their own homes for as long as possible or to enable them to return home after a period in hospital. They make it possible for people to have a real choice about where they live when they are vulnerable. Even if they do have family and carers, the person with dementia is more independent if they can be provided directly with home care and many family carers feel more able to cope with this support.

You can read the full article [here](#).

Web Links for Domiciliary Care

[At home with dementia: a manual for people with dementia and their carers](#)

This comprehensive book presents a range of possible solutions to problems commonly faced by people with dementia living at home.

[Home safe home – creating a dementia-friendly environment](#)

Specialised preparations and technological advances can enhance mobility and safety at home for people with dementia.

[Click here for more web links from Dementia Now](#)

A message from Norrms...

Hello, my name is Norrms and along with a friend of mine we are organising a UK Dementia Awareness Day or D.A.D for short. We know we have a "World Alzheimer's Day" and we know that the Alzheimer's society has an "Awareness week" but what we don't have is a recognised "UK Dementia awareness Day"

Since announcing it on January 3rd this year (as you know these things are months in the planning) we set up a "Help Set Up A Dementia awareness Day" on the "Causes Page" on Facebook and in the first month we have had over 3,000 hits and pledges, please see [click on the link here](#)

All we are asking for is for everybody who is unfortunately touched by this awful disease is.

(At this point I must just inform you that I myself was diagnosed with Early onset dementia at the age of just 50 years old, I am now aged 53yrs old and have every intention of beating it!!)

that everybody, who ever they are and wherever they are up and down the UK get together on the 17th September at three o clock and release a few purple of mauve balloons to raise awareness about this awful illness. If you decide to have a few stalls or tea parties on the day to raise much needed funds for your Dementia charity then so be it!!

Its not about asking for funding at all, its just about asking you wonderful people out there to get together for a short time on September the 17th and to remember all those lost and all those who are still affected by Dementia from the people with it to all the wonderful families and carers out there.

Please let me know if you can help and what events you will (Hopefully) be organising by e-mailing me at [normmc1957@yahoo.co.uk](mailto:norrmc1957@yahoo.co.uk). This is a short video of myself just to introduce myself and a little about me and D.A..D day and also a link to my blogs.

<http://www.youtube.com/watch?v=udw2zXkSdLc>

<http://normms.web.officelive.com/default.aspx>

<http://dementiaawarenessdaydad.weebly.com/>

I hope to hear from you very soon, very best wishes, Norrms and family.

What is it like for a person with dementia to be in hospital?



Unfamiliar surroundings, difficulty making your needs understood, and understanding what is expected of you... these are a few of the experiences described first hand by James McKillop on recent visits to hospital, as an inpatient, an outpatient and an emergency admission.

[Read the full article here](#)

Changes to Acute Mental Health Services

There will be some changes to the Acute Mental Health services, a letter has been written by Lancashire Mental Health services to update everyone about the current review of Mental Health inpatient services, and the next steps following primary care trust (PCT) board meetings.

[View the full letter here](#)

And lastly...

Crossroads East Lancashire have moved... their new address is:

Burnley Business Centre, Liverpool Road, Burnley, Lancashire,
BB12 6HA (for sat-nav use BB12 6HH)

Telephone: 01282 832548

“Crossroads Care is Britain's leading provider of support for carers and people with care needs. They work with over 35,000 individuals and their families, helping carers to make a life of their own outside caring.”

Crossroads Care... the people carers turn to

USEFUL NUMBERS	
Adult and Community Services (Social Services)	0845 053 0000
Age Concern (Hyndburn)	01254 871010
Age Concern – Lancashire	01282 695876
Alzheimer’s Society Helpline	0845 300 0336
Alzheimer’s Society	01282 421233
Carers Contact (Burnley, Pendle and Rossendale)	01282 704604
Carers Direct	0808 802 0202
Carers Link (Hyndburn and Ribble Valley)	01254 387666
Caroline Otieno (Dementia Project Officer)	01282 644725
Crossroads Care	01282 832548
Help Direct	0303 333 1111
NHS Direct	0845 4647