

E-Bulletin

Alzheimer's Society, Unit 16 Manor Court, Scarborough YO11 3TU
Tel: 01723 500958 / Email: Scarborough@alzheimers.org.uk



Spring (Apr - June) 2019

Welcome to our Spring Bulletin

Don't Miss:

- **Dementia Action Week 20-26 May 2019**
- **60 Seconds with**
- **Dementia Action Alliance updates (Scarborough & Whitby)**
- **Cupcake Day 13/6/19**
- **Fundraising Updates**
- **Surecare Challenge**
- **Coventry University**
- **Mel does a marathon!**
- **Dates for the diary**
- **Book your place on our CrISP Course**
- **Dementia audio info**
- **SftB CD – buy yours now!**
- **Volunteers Week**
- **Orchard House**
- **Dementia Friends**
- **LGBT: Dementia Guide**
- **New dementia clinics opened in Ryedale and Whitby**
- **St Patricks Day in Sleights**
- **Love is in the air....**
- **Ukulele fundraisers**
- **Eastfield Wellbeing Event**
- **Easter Bonnet Competition Singing for the Brain**

We need volunteers for Side by Side. You can make that difference!

Welcome to our Spring 2019 E-Newsletter. We've lots to tell you about, in particular promotion of Dementia Action Week which is coming up on 20th-26th May 2019. We are in the midst of planning lots of activities for those affected by dementia and for those that would like to support us and we will be emailing out a full timetable of activities soon!

The focus this year is inclusion. Over a third of people living with dementia have recently felt lonely and over a third have lost touch with their friends following a diagnosis. This means hundreds and thousands of people living with dementia are feeling cut off. Public anxiety and a sense of social awkwardness contribute to the isolation that people living with dementia experience – over half of the general public report that they don't feel confident visiting someone with dementia in a care home or inviting them to a meal at their home. Living with dementia doesn't need to mean an isolated life – after all, people with dementia are still people. This Dementia Action Week we are urging everyone to unite with us and take action – so people living with dementia can stay connected to the things they love for longer. It's as simple as continuing to stay in touch, talk to and visit friends, family and neighbours with dementia. Learn more about dementia and volunteer to help someone in your local area. Small acts of kindness can make a huge impact in helping people with dementia stay connected. We are urging everyone to make a difference to people with dementia in your community! So look out for opportunities to support us during DAW.

We have also been part of a pilot national campaign to attract more Side by Side volunteers, which has been great but means we are very busy. Sarah Hackett, our SBS Co-ordinator has been meeting new volunteers and feeding back into the pilot so all volunteers in the future will experience an improved and consistent approach to volunteering for Alzheimer's Society across the country.

I hope you enjoy our newsletter and if you would like any further information, give us a call on 01723 500958.

Lou Morgan (Services Manager)
Alzheimer's Society
Unit 16, Manor Court
Scarborough YO11 3TU



Did you know?

People don't realise that many people with dementia may find it difficult to recognise faces of friends and family members, but they still hold an 'emotional memory' which means they continue to feel happy long after a visit or experience that they may have forgotten. Spending time with loved ones is important because it can stimulate feelings of familiarity, happiness, comfort and security. Staying connected and taking part in activities helps a person with dementia feel less isolated.

SERVICES DATES / DATES FOR THE DIARY



- Sleights Cafe 3rd Tuesday of the month (10.30am-12.30pm) please contact us for venue details
- Filey Cafe (St John's Church Filey) Last Tuesday of every month (2-4pm).
- Scarborough Cafe 2nd Monday of the month (2-4pm) – St Columba Church Hall, Scarborough
- Scarborough S4B, Southcliff Methodist Church, every Wednesday (1.30-3pm)
- Musical Memories - Friday mornings 10.30am Milton Rooms, Market Place, Malton. For further information please contact 01653 696240.
- Singing for Fun fortnightly at Salvation Army Building Norton (2.00-3.30pm). For further information please contact: Mary Mynot on 01751473588 / mary17mynot@yahoo.co.uk
- Dementia Friendly Dance and Movement Sessions at Stephen Joseph Theatre, to book please phone Making Space on 01723 370541
- Filey Surgery (by appointment) 4th Thursday of the month
- Peasholm Surgery (by appointment) 2nd Thursday of every month
- Falsgrave Surgery (by appointment) 1st Thursday of every month
- Derwent Practice Ryedale (by appointment)
- Sleights Surgery Whitby (by appointment)
- Every Tuesday, Red Lea Hotel (10am-12 noon) Carers Group
- Free Carers Information and Support Programme (Course for Carers) pre-booking required via office.
- Dementia Action Week: 20th - 26th May 2019
- Volunteers Week: 1st – 8th June 2019
- Cupcake Day: 13th June 2019



We are fast approaching Dementia Action Week with lots of events taking place during the week of **20th – 26th May 2019**.

This year we are focussing on inclusion and we are keen to reach “hard to reach communities” all across Scarborough, Whitby and Ryedale. We will be delivering lots of awareness sessions along with promoting lots of activities across the patch for people to enjoy.

Below are some activities taking place, with more in the pipeline:

- **Monday 20th May**
- **Tues 21st May**
- **Wed 22nd May**
- **Thurs 23rd May**
- **Friday 24th May**

Dementia Friendly Swimming / North Yorkshire Moors Railway Trip
Community Accessible Bike Ride, Scarborough / Whitby DFC Launch
Scarborough Singing for the Brain Session
Wetwheels Trip in Whitby
Dementia Friendly Gym Session / Plan your future event at Stephen Joseph Theatre



It's time to dust off your bowls and whip out your whisks - Cupcake Day is back! Whether you bake it or fake it, sign up today and we'll send you out a free fundraising kit.

<https://cupcakeday.alzheimers.org.uk/downloads>

In the average time it takes to bake a batch of cakes, six people will develop dementia in the UK... it's crunch time!

How you can help?

If you would like to help us gather this information, please contact with press@alzheimers.org.uk by 29th March 2019 so that we can discuss working together further and give you more details

Cupcake Day is about bringing people together to raise awareness and money for people affected by dementia. Now in its fourth year, we want to bring the event closer to the people that we are trying to support, and get input directly from those affected by dementia. For the national and regional media work for this campaign, we would like to tell the stories of people who use our services, and highlight their experiences of dementia, and memories from the past. The warm, positive atmosphere and sense of community found at services such as Dementia Cafes and Singing for the Brain would be an ideal space to bring this campaign to life.

We want to get as many people involved as we can by asking people with dementia and their friends, carers and loved ones to tell us their memories of their favourite flavours and the stories behind them. These flavours may be nostalgic from their childhood, from baking with their own children or relatives, to holiday memories. We will then turn these into cupcakes by working with an expert baker and several selected will be shared as recipes via various channels.



Eastfield Library Health & Wellbeing Event

We were really pleased to attend and support Eastfield Libraries Health and Wellbeing event in March. Dayle and Imogen spoke to lots of people about the dementia support available in the area.

Make a real difference in 2019 and fundraise!



Do you want to take part in one of our fundraising events? Or would you like to organise your own?

There are lots of ways to get involved and help raise vital funds to support people affected by dementia.

Select a region to find out what's happening in your area and get local fundraising support.

Leah Bull

Community Fundraiser -
North Yorkshire
Telephone: 01904 929457
Email:
leah.bull@alzheimers.org.uk

For some ideas on how you can become involved, click on the link below for our A-Z of fundraising ideas

<https://www.alzheimers.org.uk/get-involved/events-and-fundraising/do-your-own-fundraising/a-z>

Information now on audio!

15 of our factsheets are now available to listen to online, or to order on CD! We've included new titles to improve our information offer for people with sight or vision impairment or loss, or for those who prefer listening to reading. For audio advice and information:

<https://bit.ly/2S4hTNY> See our brand new 2019 publications catalogue for the full list of CDs

<https://bit.ly/2LunyKU> We've included new titles such as What is dementia with Lewy bodies? and Later stages of dementia. These audio factsheets were produced with the Royal National Institute of Blind People (RNIB) to expand our information offer for people with sight or vision impairment. We are improving the accessibility of our information and advice, so we can support everyone affected by dementia!

Scarborough Dementia Action Alliance Update

Scarborough DAA has been working hard to try and improve the dementia diagnosis experience in Scarborough and Ryedale. Most people say their experience was not a good one – delays, misdiagnosis, feeling abandoned and getting lost in the system. We aim to get this much better for the future – a target of 6 weeks from GP referral to diagnosis, with the emphasis on strengths – what people can do, not on what they can't. And then how we can best offer support to them and their carers. It will take a lot of work to change the system. But we are determined to!

Keeping Active with Dementia

A number of exercise activities take place each week. They are designed to improve health and wellbeing, and give you, and your carer, a break from everyday routines. You don't have to be an athlete to take part. Just come along and give them a go. You are sure to feel the benefits both physically and mentally, while also enjoying the company of others.

Swimming at the Scarborough Sports Village (Ashburn Road, off Valley Road) 10–11 am Mondays
Gentle Gym at the Scarborough Sports Village (2pm – 3pm Fridays)

We also have activities like Bowls (seated if you like!) and Walking Football taking place. There really is something for everyone. Just get in touch on **01723 500958**, and we'll arrange for someone to meet you, show you what's available, and be there to support you.

Chair – Tim Kirkup

Orchard House opens new Respite Care Facility



To keep up to date with our latest news, visit our Facebook page

[Orchard House Day Care 290](#)
and sign up for our newsletter.

Orchard House Care Home 01723 378220

At Orchard House we understand that caring is a demanding role and we believe that good respite care should benefit both the person you care for and you! With many years' experience in health and social care we know that families often struggle to find suitable respite care that they can book at a time which is convenient for them. We're also aware that it is difficult to find respite care in a setting where the person they support can flourish and enjoy each day of their break. To meet this need, we've expanded our company to include a six-bed respite care facility which will be opening soon. We've worked hard to ensure that we can provide the kind of care and environment that promotes the well-being of people with dementia and other disabilities. We will be registered with the Care Quality Commission as a care home for adults aged 18+ as well as older people.

So, if you're looking for a three-night break or longer, get in touch to find out about our person-centred approach to care. We're happy to conduct an initial assessment to give you a clear idea if Orchard House Respite is the right place for the person you support.



Brain Easter bonnet competition

Volunteers and service users are inviting people with dementia and their carers to come and join them on Wednesday 17th April, 1.30pm-3pm to celebrate Easter at Singing for the Brain at Southcliff Methodist Church Scarborough. As part of the Easter celebrations there will be an Easter Bonnet Competition with prizes for the best on the day.



Book a FREE place on our Carers Information & Support Programme

We are planning a Carers Information & Support Course in Scarborough for July 2019. If you would like to book a place, give the office a ring on 01723 500958.

Get in touch now to book your place!

SAVE THE DATE: Volunteers Week 1st - 8th June 2019



Session delivered by Deborah Senior and Imogen Wormald (Dementia Support Workers)

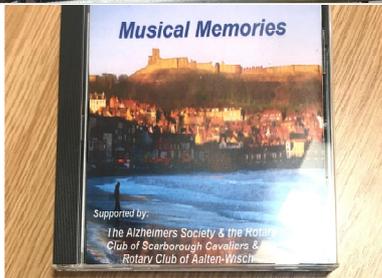
First Intake of Student Nurses at Coventry University

22 new student nurses became Dementia Friends at a session at Coventry University in January and pledged an action. We discussed how they might be able to support a person with dementia when they are on their placements on the hospital wards. We also raised awareness about local and national services available to support those affected by dementia and their family/carers.



Well done Mel on your first marathon

Massive shout out to Mel D'Eath on the completion of her first marathon in York in October 2018. Mel said it was one of the toughest things she has ever done! It never stopped raining and she completed it in 4hrs 46mins 37secs raising a fantastic £577.25 for Alzheimer's Society.



Scarborough Singing for the Brain CD – now on sale £5

We still have some copies left of our 'Musical Memories' CD produced by our Singing for the Brain Group in Scarborough. If you would like a copy please get in touch on 01723 500958. All proceeds to Alzheimer's Society.



St Johns Church Dementia Friends

The vicar of St Johns Church in Filey, along with members of his congregation and the Parish Council, attended a Dementia Friends session with Deborah and Imogen. Imogen is working hard to make Filey more Dementia Friendly, raising awareness amongst the local community.

Do you need Dementia Support?

Do you want to find out more about our services?

Or find out how to volunteer for us?



Well done to all of you!

**You can ring us on:
01723 500958**

**Email us on:
scarborough@alzheimers.org.uk**

**Or call into the office at:
Unit 16, Manor Court
Scarborough
YO11 3TU**

New Students become Dementia Friends

71 potential new students at Coventry University attended Dementia Friends sessions delivered by our team as part of an Information Event. Students came from all across the region to participate in the event, which was organised to promote the University to students of the future. Feedback was so positive and the students really loved the sessions and would like us to return in the future.

60 seconds with Imogen



We will be doing a 60 seconds with feature every newsletter so you can all get to know our staff better. Imogen Wormald, Dementia Support Worker, kindly volunteered to be our first interviewee!

Sum up your current role in 3 words
Rewarding, caring and enabling.

What was your first ever job?
When I was 15 I was on the dairy section at a local supermarket. The uniform was terrible but I loved the environment and have been a fan of shopping (particularly food) ever since.

What was your worst ever job?
As a student I was a waitress at a local Beefeater. The actual job was ok but the day I dropped a Knickerbocker glory down someone's lap in front of a massive table of people was the day I handed my notice in!!

What did you want to be as a child?
Either a nun or a nurse! Enough said.

What's the best thing about your job?

I enjoy giving my time and support to our service users. It may be a listening ear or providing some practical information. Knowing that I am helping even in just a small way is so rewarding.

What's your greatest Work Achievement?

So far in this job – Delivering Dementia Friends Sessions. 163 Dementia Friends so far. A new challenge for me I had never done anything like this before.

What's your all- time favourite book?

Eleanor Oliphant is completely Fine by Gail Honeyman. A book to make you think – sad, funny, moving and its stayed with me. (former librarian so I could mention many more.....)

Name one person you'd like to have dinner with and why?

My Dad's mum. He was adopted and we have never known her.

What advice would you give your 16 year old self?

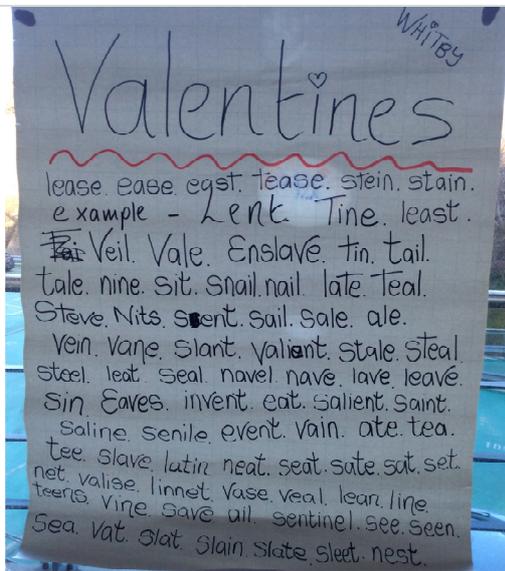
Not to go on to do A levels and have the confidence to go and get a job.

Why did you choose to work for the society?

I fancied a change from my previous line of work. I did a course on Dementia Awareness and found it fascinating. I saw the job of Dementia Support Worker come up locally and thought why not? I felt I had the people skills and was prepared to learn all I could about Dementia. My Grandma had Dementia towards the end of her life so it was for personal reasons too. I am so glad I took the leap as it's the most rewarding job I have done. I am proud to work for Alzheimer's Society.

What are you working on at the Society?

I am trying to raise the profile of Dementia Support in my local town of Filey. I run a GP advice service and a café and am looking to do more. So watch this space.



Deborah Senior (DSW)

Love is in the air.....

The members of the Scarborough Activity Café demonstrated their extensive knowledge of **Songs with Love** in the title when they named more than 50 songs!! And poor Tim had writer's cramp from having to scribe onto the flip chart.

However, the "**Scarborough Sages**" were **OUTDONE** by the "**Whitby Wise Ones**" when members of the Sleights Activity Group found more words than the Scarborough team from the use of the word **VALENTINES**.

Let's just say "game on" for any future contest between the two. There's nothing like local rivalry to get people motivated!!



Rita Tyzak, Volunteer, with her homemade shamrock buns.

Dementia Café Sleights Celebrates St Patricks Day

Whitby Activity Group at Briggswath Methodist Hall had a fun filled session on 19 March to celebrate St Patrick's Day. Everyone joined in with cognitive games including a themed word search, alphabet challenge and a quite challenging Irish quiz.

There was the opportunity to display creativity with a scribble and doodle activity designing Celtic symbols onto paper shamrocks. WAG's very own leprechaun, volunteer Rita, made special treats with delicious Shamrock buns and yummy banana bread.

And to round off this great session, there was a visit from Milly the Pat dog with cuddles and woofs all round.

New Dementia Clinics open in Derwent Practice Ryedale and Sleights Surgery Whitby!



We are really pleased to announce that we have just opened another two Dementia Support Clinics within GP practices. We have just held our first sessions at **Derwent Practice in Malton** and at **Sleights Surgery near Whitby**.

These clinics are open to anyone who has questions about dementia or concerns about their memory or that of a loved one.

No worry is too small and we are there to provide a listening ear as well as being able to signpost to a wide range of services and support available locally.

If you would like to book an appointment to see one of our Dementia Support Workers, give the surgery a ring or ring our office on 01723 500958.

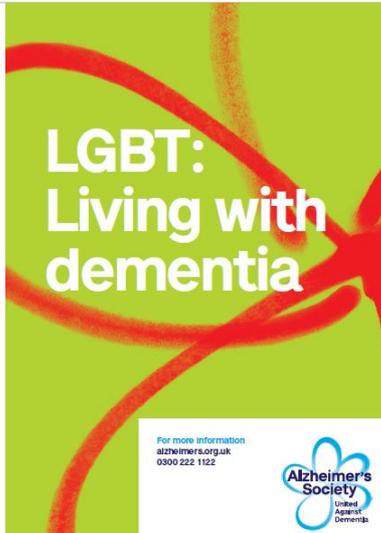


Good Luck Sure Care!

Sure Care, a local homecare provider, is getting all geared up to celebrate their 25th anniversary by walking 25 miles on 13th July from Whitby to their local office at Eastfield and raising money for Alzheimer's Society.

We are supporting them in their efforts and also providing all 62 staff with Dementia Friends training over the coming weeks. If anyone is interested in sponsoring them or joining in, give them a call on 01723 585215.

Good luck, I'm sure you will smash it.



LGBT: Living with Dementia

To support International Day against Homophobia, Transphobia and Biphobia on May 17th, and in the run up to Dementia Action Week, we are promoting our LGBT: Living with dementia book.

This valuable resource provides service users and carers with an insight into some of the challenges faced by the LGBT community with a dementia diagnosis, includes some practical tips and advice on future planning.

To access this and many other Dementia LGBT resources, click on the link below:

<https://www.alzheimers.org.uk/get-support/daily-living/lgbt-living-dementia#content-start>



A huge thank you to the Thornton Le Dale Ukuleles from North Yorkshire for raising £4,500 for Alzheimer's Society.

Thornton dale Ukuleles is the brainchild of John Scoble, a retired head teacher, who, in 2014, initiated an inclusive 'Music in the Community' project, aimed at all ages and abilities.

Thornton Le Dale Ukuleles raise £4500!

The group recently raised a tremendous amount in aid of Alzheimer's Society at a recent sell-out concert held at the Kirk Theatre in Pickering.

The group, which started with 6 members, has gone from strength to strength, with currently over 60 players. The group raises money for various charities throughout the year and this year Alzheimer's Society was lucky to be the beneficiary of some of the funds raised.

Leah Bull, Community Fundraiser for North Yorkshire recently met the players and was privileged to have an impromptu show!

Whitby Dementia Action Alliance working to become a Dementia Friendly Community

The next meeting of Whitby Dementia Action Alliance will be at 2.00 pm on Tuesday 14 May 2019 at Marten Court Community Centre, Whitby YO21 1JN. The Alliance will be electing a new Chair and Vice Chair and beginning the transfer to become a Dementia Friendly Community. The group's action plan includes promoting awareness sessions through Dementia Friends with their 17 Dementia Champions and publicising services available in the locality. Membership is open to individuals, organisations and businesses from Whitby and the surrounding rural district. Enquiries and further details email whitbydaa@outlook.com