



Dementia Friendly Rossendale

SUMMER NEWSLETTER 2016 (ISSUE 6)

Introduction – Those who have heard me speak in public and those who know me really well, understand that I'm not "valley" born and bred. I have lived here for over 16 years so I can make some claim to being a "valley-man". But it's taken the recent involvement with Dementia Friendly Rossendale to really get to know people across our towns and villages. And so it was during Dementia Awareness Week where I met even more people interested in supporting DFR. The steam train trips, which you will read about below, epitomised all that is lovely and fantastic about Rossendale. It brought people together from all areas; it allowed businesses and people to give generously; and it provided trips of reminiscence and pure enjoyment. I must record a huge thank-you to East Lancashire Railways, from the Chairman (who came to visit us on the last day) to the volunteers and staff who accommodated our ever-changing requirements for each journey. Dementia awareness raising is not confined to one week of the year, it's a continued and developing process as dementia is progressive and affects many lives. The more we are aware, the more we can be inspired and help.

Brian Topping—Chair of Dementia Friendly Rossendale

Dementia Awareness Week: This was our most ambitious programme to date and was hugely successful. There was an activity each day for 6 days which not many communities around the country were able to support and provide for themselves. So once more – it's well done Rossendale. Here's a diary of activity for that week.

Monday: Information Stall at ASDA; Dementia Friends session at Whitworth Museum (Great venue surrounded by Rossendale memorabilia – if you've never been, it's a great place to visit); DFR presentation and discussion at Mother Union St Marys, Rawtenstall; Concert to raise money for Rossendale Memory Choir – good attendance and good sum collected.

Tuesday: Information stall at TESCO Haslingden (Over the two days, we gave out in excess of 1000 DFR leaflets and over 500 newsletters); Dementia Friends session (Stubbylee Hall); Ilex and Irwell Medical Practices raised £130 and £120 respectively towards Rossendale Memory Choir; Haslingden Dementia Friends session.

Wednesday: First reminiscence trip on the East Lancashire Railways steam train– see combined report for Friday; Community Activity forum at Alder Grange School where we reported on DFR progress; our new Website was launched; and a "listening" event took place with good and challenging discussion.

Thursday: Second ELR trip (see Friday); Virtual Dementia Tour – involved 24 people (students and staff) from our secondary schools.



Friday: Third day of the ELR – 192 people travelled; lunches and refreshments provided by Delicious free of charge; sponsored tickets from many local people and businesses in Bury and Rossendale (big thank you to Suttons Footwear); volunteers from each area gave freely of their time and energy; both Mayors from Bury and Rossendale attended on the last day; but the feedback from the passengers was emotionally humbling. Thank you to everyone involved (ps we are definitely doing this again next DAW)

Saturday: It was my absolute privilege to open a memory garden at Stubbylee Greenhouses on behalf of DFR and the generosity of CCG – yes I even got to cut a ribbon. (The least said about my attempt at the soap box derby afterwards, the better!!).

So there we have it. DAW 2016.....are you up for Dementia Awareness Week 2017???

Steering Group Member Focus:-

Hi, my name is Diane Hammond

I am an Occupational Therapy Technical Instructor working in the East Lancashire Memory Assessment Services (MAS), which is part of Lancashire Care NHS Foundation Trust (LCFT). I mainly work with the occupational therapists within the team, but also assist the other professionals. Part of my role is to support people who are undergoing assessment of their memory in order to receive a diagnosis and their carers/relatives. This currently takes place in Bacup on a Monday and in Rawtenstall on a Thursday. I also help the occupational therapists in supporting people post-diagnosis in providing brief memory management interventions where deemed appropriate.

Another aspect of my role is to meet those who have been affected by dementia either directly or indirectly through the Dementia Café, and to attend the DFR Steering Group meetings. Being involved in these activities allows me to provide support to people with dementia and their carers/relatives on a deeper and more meaningful level.

My personal and professional experience and knowledge of working with people with dementia and their carers/relatives allows me to support people in living well with dementia, and I hope that in my role I can inspire and encourage people to retain a sense of wellbeing after diagnosis.

Dementia Friendly Rossendale – Our delivery and strategy for 2016 / 17

- The Steering Group (SG) has approved our Strategy document that will take our delivery focus from now, well into 2017. Each member of the SG has agreed to a number of commitments and these will be progressed and delivered over the term of the Strategy. They will be available on our website and progress will be monitored and also published for the community to see.

Business Engagement Forum – We held a meeting of invited people from businesses who have expressed an interest or have provided practical support for, Dementia Friendly Rossendale. Not everyone could attend but with the small number who did, we were able to establish or progress one or two ideas. At a recent Valley at Work meeting, a Dementia Friends session was delivered with much interest in the customer issues being discussed. We want to have another Business Engagement Forum meeting in September and if you are interested in knowing more, please contact us at our email address. We can discuss providing a specific Dementia Friends session for your business both from customer and employee angles. Having staff who have some level of dementia awareness is not only good business sense but demonstrating this could

Colouring books

The benefits of colouring for those living with dementia have been recognised with a range of materials now available nationally. Dementia Friendly Rossendale has previously publicised the books made available through Veterans In Communities and now more recently Neil Floyd from Accrington has created some colouring books, called my colourful memories, inspired by his late father, who had dementia and was using them until he died. Further details are available from Neil by e-mailing info@mycolourfulmemories.co.uk.

Contact us by e-mail: dementia.rossendale@gmail.com

Tweet us at [@DementiaRoss](https://twitter.com/DementiaRoss)

AND NOW— www.dementiafriendlyrossendale.org

To receive a copy of our quarterly newsletter by e-mail, log onto the address below and follow the instructions: <http://eepurl.com/bkRNuz>

Newsletter produced in partnership with Alder Grange School and East Lancashire Clinical Commissioning Group on behalf of Dementia Friendly Rossendale

Customer / dementia Friendly awards

Your business could win an award at the Valley for Work awards in November. We can discuss with you, ways to improve your customer engagement that takes into account dementia awareness, then it's up to you to demonstrate that this an integral part to you successful customer

DFR dementia group – We held our first dementia group session and we are planning to hold another in October. If you have been or are affected by dementia, including being a carer., we invite you to this group meeting to help us focus on ways where we can improve on your concerns in our community, with regard to dementia awareness and care. Please contact Vicki or Jane at Rossendale Hospice - 01706 253651 or e-mail them at vicki.frost@rossendalehospice.org or jane.hall@rossendalehospice.org

Rossendale Memory Choir

1.30—3.30 pm Every Wednesday

Kay Street Baptist Church, Kay Street, Rawtenstall BB4 7LS

Flower Arranging

One of our volunteers, Sue Hemsley has been progressing a programme of flower arranging through our network of care homes. This is a blooming success story if you excuse my pun. We want to expand this further as it is proving to be very popular with other care homes interested in making use of this activity - We need volunteers and please consider giving your time and e-mail: dementiarossendale@gmail.com

Silver Shed

This initiative is new and part of the CVS / CCG Prescription for Health Funded initiatives for 2016-17. Described as a weekly interactive theatre session for those living with dementia and their families / carers. The sessions are running every Monday between 10.30am and 11.15am from 12th September 2016. Free refreshments served in the Garage Cafe after the session. Sessions take place at Tor View School, Ewood Campus, BB4 6LR. For more information please contact - Tel 01706 214309, E-mail: info@cottonshed.co.uk or website www.cottonshed.co.uk

Dementia Café

2.00—4.00 pm 3rd Tuesday of each month

Haslingden Community Link & Children's Centre
Bury Road, Haslingden, BB4 5PG

