

NEWSLETTER

NO.2 SPRING 2019

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Devon
Memory Café
Consortium

Charity No 1170159

www.dmcc.org.uk



DMCC MEMORY CAFÉ MATTERS PROJECT



CONVENTION WORKSHOP

As part of our Convention we took some time to find out from you what training Memory Cafés would like that they find it difficult to find locally or on the internet..

The feedback we received will be used to assist us in the process of designing a bespoke and portable Memory Cafe training programme that we plan to be available on DVDs and as an online interactive to be accessible to all DMCC members.

'The Convention was a great opportunity to find out about other groups in the area'



 **DEVON MEMORY CAFÉ CONSORTIUM**

**CONVENTION HELD ON 24TH JANUARY 2019
AT WESTBANK HEALTHY LIVING CENTRE, EXMINSTER**

Our annual convention was a great opportunity for all our members to get together, share good practice and support each other. We had several guest speakers who told us about new developments and our workshop groups came up with some good ideas about training and the activities they have introduced in their Memory Café see the analysis below for ideas.

Our guest speakers included Sue Younger Ross who talked about the new Carers Contract, Sarah Brampton the Deputy CEO of Devon Partnership Trust, Lisa Burrows a PhD student who talked about her research project into Dementia and Claire Puckey who told us about Plymouth Dementia friendly city.

We also celebrated the success of our Quality Assurance Mark with Heather Mills, the Commissioning Development Officer of Devon County Council and Katie Chaplin of Teignmouth CVS who presented the awards.



CONVENTION WORKSHOP ACTIVITY IDEAS FROM THE GROUPS

Activity suggestions		
Craft sessions	Reminiscence - boxes and visits from museums and libraries	Exercises - inc armchair
Drawing	School days	Hand massage
Foreign country themes	Seasonal parties	Sensory Activities - feely bags, taste and smell
Low-key quiz	Singing	Tea dance
Music - live and recorded	Themed session	Visits out
Music Groups - can be themed such as Burns night	Visiting talks	Tovertafel - Playful, interactive light games to get people moving and have fun together
Poetry	Quiet Café time	

DMCC Thought for the day.

"The man who moves a mountain begins by carrying away small stones." – Confucius



DMCC AGM UPDATE BY JIM DELVES (CHAIRMAN)

At the AGM Jim Delves (Chair) gave a talk about the achievement of DMCC over the last 18 months Jim paid tribute to the Trustees and the great band of volunteers whose work ethic and enthusiasm during the past year made the journey to the AGM possible.

He also thanked all the organisations that had faith in backing the DMCC with grants and awards. He said that DMCC has been able to speak for all memory cafés and succeeded in highlighting, to commissioners and statutory bodies, the social support benefits brought by the Devon Memory Cafés and the provision of post diagnostic care.

DMCC arranged training courses in 4 subjects: Health and Safety / Food Hygiene / First Aid / Dementia Awareness. These were free to DMCC cafés thanks to a Lottery 'Awards for All' grant. 28 memory cafés have taken advantage of our scheme and, to date, we have trained 102 individual volunteers.

DMCC with Teignbrige CVS set up a Quality Assurance to set a bench mark that can reassure members of the public that the Memory Café they choose recognises the difficulties dementia can pose and that Café volunteers have an understanding of dementia and provide the safe and stigma free environment a memory café should deliver.

Jim went on to say he is particularly proud of the interactive memory café map which is on our website thanks to the kind work of Andy Francis at Dataservices.co.uk.

Moments to Remember project during the latter part of 2017, the DMCC was given a sum of money with the proviso that it was to be used solely to the benefit of the individual memory cafés of Devon and you had to create an event, above and beyond your normal activities, might be funded. 'Moments to Remember' was a great success and the benefactors, the 'Provincial Grand Lodge of Devonshire' were thanked.

As David stepped down a trustee we appointed two new Trustees: Charles Easterbrook who has taken on the role of financial advisor./treasurer Mary Garvey who has agreed to be our Secretary.

It is clear, county wide, the Devon Memory Café Service is providing a valuable financial contribution. The provision of post diagnostic support of those who 'Live with dementia' and those who care for them have no comparable service, it is therefore unique. He reminded all that the DMCC is an organisation designed to be owned and run by the Memory Cafés of Devon and we have made great progress, for 2018 we will continue to support, represent and plan more innovative ways to help Devon's Memory Cafés.

At our Convention there there was a presentation before the AGM to David Light as he decided to step down after many years service. He is well known by Memory Cafés throughout the Devon for helping to set up many and has contributed greatly to making the Consortium what it is today.



DEVON MEMORY CAFÉ CONSORTIUM



Devon Memory Cafe Consortium Quality Assurance Mark Awards

This scheme devised in conjunction with Teignbridge CVS, specially for Memory Cafés, with the approval of Devon County Council and NEW Devon, So far nine Memory Cafés have demonstrated that they have reached the required standard of the Quality Mark when providing support, services and activities to improve the health and wellbeing of people living with dementia and their Carers. It also demonstrates to both professionals and the public, that the policies and practices of the Cafe are robust and ensure a safe, caring, effective and responsive service to those who attend. We are hoping to add many more to the list in the coming year.

Heather Mills, Commissioning Development Officer of Devon County Council and Katie Chaplin Teignbridge CVS presented our QA awards to the following Memory Cafés:

Bishopsteignton	Dartmouth	Ippelpen
Kingscare (Newton Abbot)	Tavistock	Teignmouth and Dawlish
Tiverton Forget- Me Not	Totnes	Seaton

BENEFITS OF APPLYING

- ✓ Receive recognition of the quality services you provide
- ✓ Instil confidence in people working in health and wellbeing to signpost people to your services
- ✓ Better promotion of the voluntary services available
- ✓ Opportunity for small organisations to engage
- ✓ The process, such as locating governance in one place can help with future planning and funding applications and advising on services and activities in Devon.

We still have funding available, to register your interest either contact June Wildman at info@dmcc.org.uk or Katie Chaplin at Teignbridge CVS (see email contact below). Katie Chaplin will process your application and you will then be referred to your local branch of CVS who will be able to offer you free help and advice on completing the process. For more information or to register your interest, contact Katie Chaplin at: office@teigncv.org.uk



DMCC Thought for another the day. Yesterday's the past, tomorrow's the future, but today is a gift. That's why it's called the present. *Bill Keane*



MEMORY CAFÉ NEWS STORY

Barnstaple 'Quiet' Memory Café

Submitted by Anne McKiernan

Barnstaple & South Molton Café Coordinator

In April 2018 after much consultation with Café members, we introduced an extra monthly Café session called the Barnstaple 'Quiet' Memory Café. The 'Quiet' Café is specifically for people with dementia that have hearing problems, a sensitivity to noise, or are newly diagnosed and are angry, frightened or in distress and in need of a gentle introduction to the Memory Café. Whereas the main Café session focusses equally on carers and the cared for and has a raffle, announcements, some group activities and a lot of busy volunteers buzzing around, the Quiet Café creates a calm, slow and relaxing environment where members paint and draw, do jigsaws, play games like draughts and other simple games like beetle, or explore photos and picture books. We have no raffle, avoid bustle and the volunteers sit with the members and give them uninterrupted one to one attention.



The painting table

Occasional activities that bring them together as a group have included reading stories outloud and reciting poetry from our childhood, both of which have proved popular. We encourage other agencies to drop in join us at the Quiet Café and we provide a private space at the end of the room for them to talk to a Café member in confidence if necessary.

We now have 12 – 15 regular 'Quiet' Café users with others dropping in occasionally with a 50/50 split between members that only attend the Quiet Café and members that attend both. We have seen men and women that have never engaged at the main Café flourish at the Quiet Café, and start to paint or colour, do jigsaws or other activities with a little help and support and enjoy talking to and listening to their friends and volunteers as they are able to wear their hearing aids. There has also been a positive impact on the carers. Many have witnessed their loved ones beginning to engage in activities for the first time instead of sitting quietly and 'zoning out'.

Of all the activities, painting and colouring has proved to be the most popular for carers as well as the cared for and they have told us that they find it therapeutic and relaxing. We have learnt to set out the tables and resources the same way every month so that everyone knows exactly where the painting table is or where to get a book, jigsaw or game and members are encouraged to help themselves to

refills of refreshments (under a watchful eye). We all wear name badges which are collected from a badge table inside the door and this have proved surprisingly popular as no one is lost for the name of the person they are talking to.

Overall, the Quiet Café is proving to be a success. It has reduced the numbers of the main Café to 25 – 30 and provided a specific environment for the people unable to cope with noise and bustle where they can safely engage with those around them and enjoy the stimulation of the activities on offer.



A budding artist



First jigsaw in 50 years

DMCC subscriptions

DMCC MEMBERSHIP

Members (and associate members) of DMCC, please note that your annual subscription is due on the 1st April 2019. This small amount helps us to cover some of the day to day items that enable us to function on your behalf.

You should have received an email about how to pay from Jane (our administrator). If not please do drop her a line at: info@dmcc.co.uk.

NB We are planning to introduce a members page on our website soon and you will need to be a paid up member to access this.

Latest research....:

PLYMOUTH UNIVERSITY RESEARCH PROJECT INTO DEMENTIA (DPACT)

We met recently with Ian Sherriff and his team working on a research project about Dementia called the DPACT project (Dementia - Person Aligned Care Team), This is going to be a two year project at several locations in the country and they aim to find out if Dementia Support Workers (based in doctors surgeries) are a good way of supporting people with dementia and their carers.



DMCC Summer Photo Challenge

Could you take an interesting photo of one of our beautifully knitted 'caring dolls' as part of a fun summer outing or activity?

As you can see several of the dolls are occupation based and it would be lovely if it could be incorporated in some way into an activity or an outing for our photo challenge.

If you would like to take part (a small donation of just £3.00 to DMCC funds will cover postage) take a photograph (or two), write a couple of paragraphs (as entertaining as you like) or even a poem about the event. We will publish some of the best in our next newsletter.

Please send an email to Jane (our administrator) admin@dmcc.org.uk who will arrange to get one out to you.

DMCC Recipe Corner

Salmon in a soy and honey marinade

Here is one of Jim's favourites that he hopes you might enjoy.

Method

Mix together the light soy sauce, honey, ginger, garlic spring onions and lime juice – taste to your liking and season with black pepper.

Rinse the fish with clean water and gently pat dry with kitchen paper.

Pour the sauce over the fish in a large bowl, making sure the fillets are covered. Seal the bowl with cling film and leave to marinade in the fridge for 20 minutes.

Once left to marinade, loosely wrap the fish in individual foil parcels with a couple of spoonfuls of the marinade, leaving a 1 inch gap in the top of the foil.

Place on a tray in a pre-heated oven at around 160°C for 15-20 minutes. Pour the remaining marinade into the parcels half way through cooking.

Meanwhile, cook your rice or noodles.

Serve with vegetables such as broccoli, green beans or red peppers. Unwrap the parcels and use a flat utensil to lift the fish out and place onto your plate.

Sprinkle the fish with sesame seeds before or after cooking and fresh chopped spring onion to garnish.

NB if you have any allergies to any of these ingredients please avoid or replace them

Ingredients

- 2 Salmon fillets (skinless & boneless)
- 4 tbsp Light/Low Salt Soy sauce
- 2 tbsp Clear honey
- Juice of half a lime
- 1 inch chunk of Ginger (peeled & finely chopped)
- 1 Garlic clove (peeled & minced)
- 3 Spring onions (chopped)
- Sesame seeds (optional)

The health benefits of ginger are well-documented and ginger has been used across the globe as a natural remedy for thousands of years due to its medicinal properties. In fact, ancient Chinese, Roman, Greek, Arabic and Sanskrit texts have all documented the use of ginger root to help improve health and well-being.

If you have a nice easy recipe you would like to share please drop us a line info@dmcc.org.uk