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Welcome to our Summer 2020 Newsletter.

It continues to be a unique time to be living in with Covid 19 still with us, now with the threat of a second wave looming. It is difficult for all of us to make plans for the future when we don't know what restrictions there will be with the rapidly changing world situation. But I know you are all looking forward to opening again at some point and until then, you are all doing a good job of keeping in contact with the people that attend your Memory Café.

The recent questionnaire has shown that without any shadow of doubt and I thank you all for the efforts you have made (and still are making) and the innovative ideas you have come up with. I thank you all for returning so much information - DCC commissioners are pleased with your response and the information will certainly help us to plan for the future. More detailed analysis to follow.

We are making progress again with the training videos we promised you all in November last year and should be able to let you all have them by the end of autumn, just when you hopefully will be "resuming normal service" in whatever form the new normal might take!

A majority of you have shown an interest in learning about the use of technology for your Cafes so we are going ahead with our plans to provide some training for that too. And don't forget QA!

You will find inside the newsletter articles from two cafes about what they have been doing recently with photos too. We would appreciate any such contributions from other cafes to include in our Autumn edition of our Newsletter. Until then, we will continue to issue our special Covid 19 information and guidance bulletins.

I wish you all a pleasant remainder of summer. Stay safe.....

June Wildman (Chairman)



Councillor Andrew Leadbetter, Portfolio Holder, Adult Social Care and Health, for Devon County Council updates unpaid carers about coronavirus, social care and changes to PPE arrangements in Devon. 23rd July 2020

Carers in Devon have been resilient and resourceful during the lockdown, and first of all, I want to thank you again for everything you have done to keep our most vulnerable people safe and well.

We know that many carers are anxious about COVID 19, and indeed that many, out of concern for those they care for, have not accepted care workers coming into the home of the person they care for since the lockdown started. This message is particularly for those carers, but it will inform and hopefully reassure all carers in Devon.

Thanks to the way the people of Devon have carefully observed the measures to control COVID 19, right now infection rates are low here, and they never approached the levels we feared they could. Of course, we must continue to be careful to maintain this. However, we know that many carers have not had a break since March. Many carers are telling us they are very tired. Also, some are anxious that because they have managed during the crisis, they will be told they can carry on doing so without help. Some carers have started to come back to us to have services set up again, but many have not.

We want carers to know that eligibility for support is not affected by having managed alone. Of course, some services still have a way to go because of infection control requirements, but subject to these we can talk with carers and the people they care for about setting services up again.

We have learned a lot about providing services in a COVID-safe way during this time. Devon has Beacon Council status for the way social care has controlled the infection in services, and personal care at home has seen much lower rates of infection than anticipated. We have overcome the early difficulties that were experienced with Personal Protective Equipment, and our services can reliably access this.

Carers too can access PPE if they need it from 24th July – see the Care Direct website.

Testing is available, where required. Care workers know how to provide the service safely, and care agencies want to get back to work. We want carers who need it to have a break.

So, while none of us will be 100% safe from COVID-19 until we have an effective vaccine, you might want to consider whether now is the time to ask for any more support and a bit of time off. Carers usually put their needs last, but don't leave it too long.

If the person you care for uses social care services and you depend on this to have a break, discuss this further with Care Direct 0345 155 007 or email csc.caredirect@devon.org.uk



Kings College London & National Institute for Health Research (NIHR)

Helping day centres to 'unlock lockdown'

July 2020

The COVID-19, or Coronavirus, pandemic and the lockdown of society from March 2020 were unprecedented. Most day centres closed to regular users.

Because adult day centres are not a regulated service, and tend to be invisible in terms of guidance provided, we have put together *Helping adult day centres to 'unlock lockdown'*. This document aims to support manager or voluntary co-ordinators and staff generally, into the 'new normal' after the lockdown. There is strong evidence that attending a day centre brings quality of life and so, despite risks, enabling people to have the choice of going to a day centre is something worthwhile.

Part 1 covers some of the practicalities of re-opening. It draws on guidance related to Coronavirus or COVID-19, but also on other guidance related to social care, and relevant guidance, advice, and action points for regulated settings (e.g. early years day care, care homes), some of which is also relevant to day centres. It prompts providers to think about the specifics of their own activities. As every setting is different, providers will need to use their professional judgement, and take account of public health guidance to maximise safety but also wellbeing for everyone. **Sections cover:** infection control, communications, supporting staff and volunteers, and yourself, final things providers are likely to want to do before re-opening, and there is a practical scenario planning tool. At the end are the source documents and further resources.

Part 2 prompts providers to reflect on what has happened, what else you may wish to think about, the process of moving forwards and any learning that will be helpful for the future. Individual sections can be completed according to the stage providers are in.

<https://www.kcl.ac.uk/scwru/res/arc-sl/unlock-lockdown>

<https://www.kcl.ac.uk/scwru/res/arc-sl/info/part-1-helping-adult-day-centres-to-unlock-lockdown-july2020.pdf>

NIHR | National Institute
for Health Research



Helping adult day centres
to 'unlock lockdown'



DMCC New Trustee - Julia Hadley

As the Dementia Services Coordinator for Torrage Ageing Well, I run the Northam and Bideford Memory Cafés, two singing for health groups in Bideford and Torrington, a monthly activity club and more recently, a peer support group for carers.

Shortly after my mother’s death from vascular dementia in May 2018, I decided to raise funds for a series of carer resilience classes for carers of the recently diagnosed. Many of these carers attended the café’s and were struggling to come to terms with or understand their loved one’s behaviour. It was obvious to me there was a need for more help. My bid was successful and Bideford Rotary funded two sets of carers classes in 2019. I was mentored by Mary Austin of Devon Carers for the first set and then ran the second on my own. I now incorporate 45 minutes of learning within the two-hour peer support group.

I have worn many hats over the years from dental nurse to policewoman, travel agent to housing officer but it’s the hat I’ve been wearing for the last 20 years that seems to fit the best and that’s the one working with the elderly, specifically those living with dementia.

I moved from the Torrage area last year and now live in a small village north east of Crediton with my husband, rescue greyhound and a couple of chickens. If I’m not out in the garden, I’m indoors writing or learning new songs for the singing groups.



DMCC – USEFUL LINKS

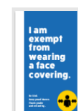
➤ Gov.uk - Guidance on Coronavirus (COVID-19)

Protecting yourself and others from coronavirus Face coverings: when to wear one and how to make your own

This document explains what face coverings are, their role in reducing the transmission of coronavirus (COVID-19), the settings in which they are recommended, and how they should be safely used and stored. This information is based on current scientific evidence and is subject to change.

This information relates to the use of face coverings in public spaces where social distancing is not always possible. It is important to follow all the other government advice on coronavirus (COVID-19) including staying safe outside your home and how to make a simple face covering

<https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own>



[Exemption from face covering badge \(for mobile phone\)](#)

PDF, 22.6KB, 4 pages
This file may not be suitable for users of assistive technology. [Request an accessible format.](#)



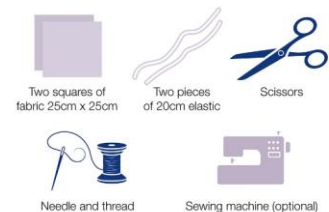
[Exemption from face covering badge \(to print\)](#)

PDF, 493KB, 2 pages
This file may not be suitable for users of assistive technology. [Request an accessible format.](#)



[Exemption from face covering card \(to print\)](#)

PDF, 34.7KB, 4 pages
This file may not be suitable for users of assistive technology. [Request an accessible format.](#)



➤ Action on Hearing Loss

Face coverings: how the regulations apply

Updated: 24 July 2020

Find out what the new face covering regulations mean and what Action for Hearing Loss is calling on the government to do.

This information is for you if:

- you are deaf or have hearing loss
- you are the partner, relative, friend or carer of someone who is deaf or has hearing loss
- you want to support people who are deaf or have hearing loss to communicate.

New regulations on wearing face coverings have been introduced in the UK to reduce the spread of COVID-19 (coronavirus).

Many of the 12 million people who are deaf or have hearing loss in the UK rely on facial expressions and lipreading to communicate.

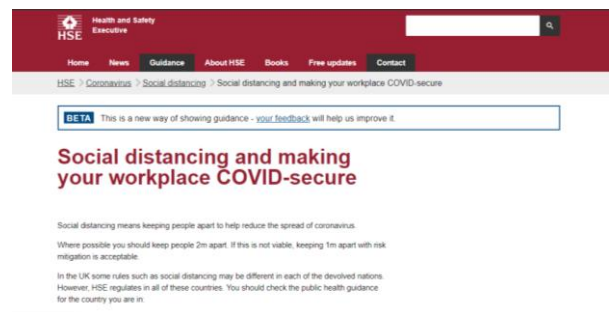
We've been working with the UK governments to make sure the new regulations consider the needs of people who rely on visual cues to communicate.

It's vital that people who are deaf or have hearing loss can continue to communicate in public spaces, while also protecting themselves and others.

<https://actiononhearingloss.org.uk/coronavirus-response/face-coverings-how-the-regulations-apply-to-you/>

➤ HSE advice on Social Distancing, making the workplace Covid secure

<https://www.hse.gov.uk/coronavirus/social-distancing/index.htm>



➤ DMCC Quality Assurance Mark (QAM)

Funding is still available to any Memory Café in Devon who would like to take part. To find out more about this or to register your interest either contact: June Wildman (Chairman and Trustee) at info@dmcc.org.uk

Memory Café Matters project update

After a brief hiatus due to the complete COVID19 lockdown, I am pleased to report that work has restarted on the first eight Memory Matters short training films on dementia. Each film will be accompanied by short text and questions to check learning. The first should appear on our website in early September and will be followed over the next few months by the others; the subject matter of each films will be:

- 1) What is dementia?
- 2) How dementia affects people - Memory
- 3) How dementia affects people - Everyday tasks and recognition
- 4) How dementia affects people - Perception
- 5) The emotional impact of being diagnosed and living with dementia
- 6) Unrelated issues often blamed on dementia
- 7) Challenges of communicating with dementia and what we can do to help
- 8) Parallel realities – strategies to deal with them

More films will follow in 2021 covering topics ranging from fundraising and publicity to activities and organisation, so watch this space!

Memory Cafés - Local News - Ways you have found to keep in contact

Honiton Memory Café during Covid 19 - update

I am so very pleased to report to date that all our members appear to have escaped this terrible virus. Its wonderful how they ask after each other and anxious that all's well. On the whole I think they have displayed incredible self-discipline and fortitude in such difficult circumstances and I am proud of everyone.

I continue to make friendly telephone contact on a weekly basis every Thursday morning to make sure they are OK, any problems that can be sorted and mainly just to know we just care about them and miss them all. I also convey the latest Government and Scientific guidelines relating to everyone.

As the time goes on its evident that they are keen for us to meet up in some way or another. We are about to offer a volunteer to visit a member in their garden or to meet up and go for a short walk together locally.

We also are very lucky to start Zoom “ Zing along” sessions on a Thursday afternoon with a Singing for the Brain tutor from Oxford. This is very popular and each week more seem to join in . We now also have a Poem at half time written by one of our Volunteers and this may well develop into a Zoom “ Poetry session if the need is there too.

We are also about to trial an Echo device to enable a member and myself to be able to see each other and talk from the



comfort of our own homes! If this turns out to be a success it may well be that we would be looking to buy some to keep in contact, reduce loneliness and isolation and improve the mental wellbeing of our members.

Thursday mornings they also have the opportunity to phone someone from Feniton Church to request Amanda to play some music for them.

I will continue to make contact with our members and friends and thank both Fay Valentine (Admiral Nurse for Honiton) and Heather Penwarden for supporting me during this Pandemic.

Min Rennolds, (Co Ordinator).

Tavistock Memory Café - Covid 19 and a birthday celebration

Tavistock Memory Café should have been celebrating its 14th birthday this summer. In normal times we would have held a big party with entertainment, dancing and a birthday cake, but because of the pandemic this all had to be cancelled, however, we decided that if our members couldn't come in for cake, we would take the cake to them!

A local bakery made beautiful cupcakes each one topped with a rice paper disc bearing our Café's logo; these were all boxed and labelled, then delivered to each and every member along with a birthday card. Volunteers also received a card because we needed them to know that we are still together, if only in spirit at the moment. Seven volunteers delivered the cakes, covering an area from Gunnislake to Yelverton. The feedback I have received shows that not only were our members delighted with their cakes, but they were really pleased to be able to have a chat with our volunteers; one volunteer even found herself being taken on a little dog walking expedition!



On what would have been the day of the party we held a Zoom meeting, inviting everyone to wear a summer hat (the crazier the better), take part in a quiz, and join in a summer singalong. Although not all our members are keen to use the technology, those that did had a wonderful time catching up with each other.

Keeping in touch with everyone has been the main focus for us since lockdown; we have done this by making weekly phone calls to our members and by sending out a newsletter and the corona virus updates from DCC, by email and post every week

If any problems arise, our carers contact me and I will try to find a solution; which may mean simply encouraging them to speak to their GP, or to find out some information for them.

Occasionally I will need to suggest a referral to professionals such as Care Direct or the Admiral Nurse. Recently, I had to arrange the hire of a rollator from a local charity for someone, as the carer's own had inadvertently gone to Gatwick in the back of the hire car their family had used! The weeks are certainly never dull.

Currently, while everyone would like to attend Memory Café as normal, they are also feeling nervous about a group meeting, so we will continue to support everyone as much as possible remotely and by socially distanced doorstep visits.

