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Message from our Chairperson

Hi Everyone

A big thank you for all the people that made it to our Zoom AGM last week. I do hope you found it useful – please let us have your feedback as you begin to use the videos for your volunteer training.

We have tried to make this newsletter both informative and festive although it is a bit difficult to make this coming Christmas festive! At least some of you will begin to be able to make closer contact with some of your nearest and dearest – please try to resist the temptation of “hugging your granny”!

Let us hope that with the onset of vaccinations for the over 80s that things will begin to get back to some semblance of normality very soon and that Memory Cafés will be able to open once more. They are sadly missed by all who attend. Why not make up a special goodie bag for each of those living with dementia for Christmas and ask your volunteers to drop them off?

Enjoy your Christmases as much as you can – and continue to look forward to warmer weather, more company and the end of Covid restrictions!

June Wildman

Chairperson



DMCC Online AGM & Convention December 2020



I am pleased to announce at our online AGM on Thursday 3rd December 2020, June Wildman was elected as our new Chairperson with two new Trustees, Emma Jones and Julia Hadley.

This was followed by our Convention in which we launched our Dementia Awareness training films produced for our Memory Café Matters project. You can now see the eight Memory Café Matters short training films on Dementia Awareness as well as our 'What is a Memory Café' film by following the link to our website: www.dmcc.org.uk click on the Training dropdown box to view.



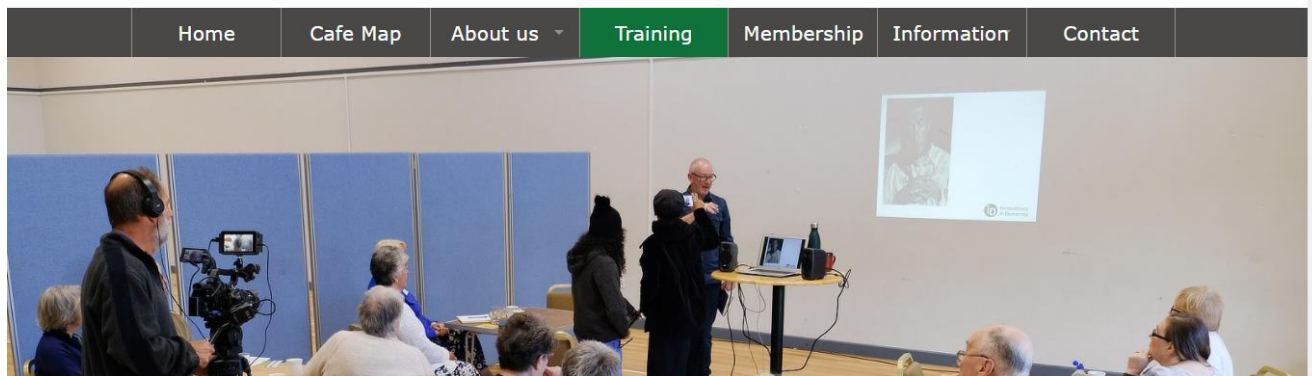
Devon Memory Cafe Consortium

Representing the best interests of Memory Cafes
in Devon with one informed voice.

'Helping each other'



email us...



We hope these will be of use to both Memory Café Coordinators and volunteers. To accompany our original film 'What is a Memory Café'. The following films now available are:

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

At the end of each film, there is a questionnaire with answers that can be used for discussion and to check understanding.



AGE UK Top tips for keeping warm and well - leaflet

For more winter wellness tips visit www.nhs.uk/keepwarmkeepwell

1. Keep warm. Heat your home to at least 18°C (65°F). You may prefer your main living room to be slightly warmer. Keep your bedroom window closed on a winter's night. Breathing in cold air can increase the risk of chest infections.

2. Get financial support. There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills. View the Keep Warm Keep Well booklet online to learn more www.gov.uk/phe/keep-warm

3. Look after yourself • Contact your GP to get your free flu jab if you are aged 65 or over, live in a residential or nursing home, or are the main carer for an older or disabled person.

NHS Choices provides information about flu. Visit www.nhs.uk/flu to learn more.

- Don't delay in getting treatment for minor winter ailments like colds or sore throats. Visit your local pharmacist for advice on treatment

before it gets worse so you can recover quicker.

- Layer your clothing whether you are indoors or outside. Wrap a scarf around your mouth to protect your lungs from the cold air.
- Wear shoes with a good grip if you need to go outside.
- When you're indoors, try not to sit still for more than an hour or so. Get up, stretch your legs and make yourself a warm drink.
- Have your heating and cooking appliances checked by a Gas Safe registered engineer to make sure they are operating safely.
- Contact your water and power suppliers to see if you can be on the Priority Services Register, a service for older and disabled people.

For more information about how to stay warm and well in winter visit Age UK's website www.ageuk.org.uk/winterprep or call 0800 587 0668. This leaflet was prepared by Public Health England and Age UK.

From: ALZHEIMER'S SOCIETY AND DEMENTIA UK

GETTING PEOPLE LIVING WITH DEMENTIA READY FOR WINTER.

- Encourage older people to get their flu jab (priority is being given to those over 65)
- Age UK have a 'Winter Wrapped Up' guide which covers practical top tips for preparing for the winter months and advice on heating bills etc. https://www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig27_winter_wrapped_up_inf.pdf

Healthcare providers are likely to be very overstretched this winter so the more that people can do to manage their health and reduce risks, the better.

Cold Weather and Dementia

- People with dementia may not be able to communicate or recognise they are cold.
- People with dementia may struggle to operate heating systems or remember to put on additional clothes to keep warm-Encourage carers to lay out warm clothing that can be seen easily, the night before, leave reminder notes etc.
- If checking a person's temperature, don't just check their hands and feet as extremities are often cold but a person's core temperature can be fine. Instead, with consent, put your hand gently down the back of their neck/between the top of the person's shoulders (this checks their core temperature).
- Avoid drinking alcohol. It makes you feel warm (because blood vessels in the skin expand) but actually draws important heat away from vital organs.
- Cold temperatures can increase confusion- so if you ask someone if they feel cold, you may not get an accurate response and you may have to physically check their temperature.
- Cold temperatures put more pressure on our hearts and circulatory systems (this can be especially problematic for people with vascular dementia).
- During cold weather spells try and arrange for friends, neighbours or relatives to provide extra checks on a person with dementia.

Practical Tips

- **Face masks and scarves** wrapped around the face - Wearing one when you go out in the cold warms up the cold air before you breathe it in and reduces the risk of chest infections.
- **Keep moving**-It's important to keep physically active, to boost your

circulation even if you are unable to go outside. Move around at least once an hour. Even light exercise will help keep you warm. When you do sit down, put your feet up as it's coldest nearest the ground. Simply moving your arms and legs and wiggling your toes are helpful if walking is difficult.

- **Eat well-during the winter** aim for at least one hot meal a day and plenty of warm drinks. Also, regular snacks help to maintain energy levels throughout the day-keeping warm uses up a lot of energy.
- **Wearing lots of thin layers** is key to keeping warm in cold weather. The best materials for retaining body heat are cotton, wool and fleece. As a lot of heat is lost through the head and neck, if you're indoors and you're feeling chilly then you should wear a hat and scarf.
- **Try to Keep your main living room at 18–21°C (64–70°F)** and the rest of the house at 16°C (61°F). If you can't heat all the rooms you use, heat the living room during the day and the bedroom just before you go to sleep.
- **When in bed, use an electric blanket or a hot water bottle** (There are electric hot water bottles available to buy on Amazon/Ebay etc which are rechargeable and don't involve using hot water so are safer). Microwaveable handwarmers and heat packs are also available to buy.
- **Stock up on food and relevant medication** in case the weather deteriorates and you are unable to go out.
- **Install handrails or anti-slip mats** as needed.



 **From: Claire Puckey** Dementia Friendly City Co-ordinator

Hi Everyone,

Following on from the email below about the Alzheimer's Society Virtual Carols at Christmas on the 17th of December that I sent out to you all last week, here's some details of some other Christmas activities that may be of interest to some of you and the people you support:



- Orchestra of the Swan (who are based in Stratford-upon-Avon) are holding a **Carol session on Zoom on Tuesday 15th December, 11am-12:30pm**. This will be led by professional flautist Dianne Clark and Bassoonist Oliver Galletta. You can watch from the comfort of your own home FREE of charge. If you would like to attend, email Sue Pope (Director of Impact and Learning) at: education@orchestraoftheswan.org or tel: 01789267567 and she will send you a Zoom meeting link and guidelines.
- Below are details of a variety of FREE activities on offer from WEA on Christmas Day:

CHRISTMAS ACTIVITIES



FREE ACTIVITIES THIS CHRISTMAS DAY

Chat and have fun with others in a safe, friendly environment.

In these uncertain times, WEA staff will be providing FREE online activities on Christmas Day for everyone. Our short activities will run throughout the day and will provide fun and a chance to chat. So whether you are feeling lonely or needing a moment away from the busy family, the WEA will be here for you this Christmas.

Activities will take place on Zoom, meaning you can engage in a safe space with friendly faces from the comfort of your own home.

Click on the link below at any point during Christmas Day to join:

09:00-10:00 - Christmas (virtual) Walk in Dorset/Sussex

10:30-11.30 - Christmas carols – join in with some of your favourite Christmas carols

11.30-12:30 - Christmas Games – participate in a variety of fun games

13:00-14:00 - Christmas cooking through the ages - a discussion
14:30-15:30 - The Queen's Speech - watch and discuss with a drink and mince pie
16:00-17:00 - Funny poems – share your funny poems or listen to others
17:30-18:30 - Festive Crafts – learn how to make a festive wreath
19:00-20:00 - Christmas quiz – participate in a fun festive quiz
20:30-21:30 - Christmas songs sing-a-long and guess– join in to some of your favourite Christmas tunes

Join us any time on Christmas Day

<https://the-wea.zoom.us/j/98837998348?pwd=dFNRWWduWTVPZW1ydldCd2JrWFVlUT09>

Meeting ID: 988 3799 8348

Passcode: 248931

Just wanted to request again that if you have any Christmas activities planned for the people living with dementia and carers that you support, can you please let Ian and I know ASAP so this information can be shared with everyone.

Playlist for Life

Hello

I work for the charity Playlist for Life and I would like to invite all of the Memory Cafés in the Consortium to each become Help Points.



This is a free network which Playlist for Life coordinates. We share information about musical reminiscence activities, offer free webinars to communities and we share our free music related resources.

There is no catch - we are lottery funded for this piece of work. Our aim is that everyone with dementia has a personalised playlist of music. We work with communities and groups to provide information and support to do this.

Please share this with all of the leaders of the Memory Cafés and ask them to register here:

<https://www.playlistforlife.org.uk/apply-help-point/>

I am happy to Zoom with you to explain it 'in person'.

Many thanks

Victoria Jones

email : Victoria@playlistforlife.org.uk

Devon County Council - Christmas bubbles

The government has said that the local tier restrictions will be relaxed between Wednesday 23 and Sunday 27 December, to [enable family and friends to form 'Christmas bubbles'](#) of up to three households.



This means:

- you can form an exclusive Christmas bubble of people from no more than three households
- you can only be in one Christmas bubble
- you cannot change your Christmas bubble
- you can travel between tiers and UK nations for the purposes of meeting your Christmas bubble
- you can only meet your Christmas bubble in private homes or in your garden, places of worship, or public outdoor spaces
- you can continue to meet people who are not in your Christmas bubble outside your home according to [the rules in the tier you are meeting in](#)
- if you form a Christmas bubble, you should not meet socially with friends and family that you do not live with in your home or garden unless they are part of your Christmas bubble.

People can travel to meet those in their bubble from Wednesday 23 December, but they must be home again by Sunday 27 December. Anyone travelling to or from Northern Ireland may travel between Tuesday 22 and Monday 28 December.

Also, just because you are allowed to mix a bit more during these few days, it does not mean that you have to if you don't want to.

Remember, until the Christmas bubble period starts on Wednesday 23 December, and again from Sunday 27 December when it ends, [make sure you continue to follow the local tier restriction guidance](#). Devon is currently in Tier 2, High Alert. This will be reviewed on Wednesday 16 December, and it may or may not change.

Christmas bubbles for clinically extremely vulnerable

You are still able to form a Christmas bubble if you are clinically extremely vulnerable, but it does involve greater risks for you. You will minimise your risk of infection if you limit social contact with people that you do not live with.

[Advice for clinically extremely vulnerable people is available on the government's website.](#)

The government has recently written to people considered to be [clinically extremely vulnerable](#), with updated guidance following the new local tier arrangements.

We have also [updated our website to provide the latest guidance for people considered to be clinically extremely vulnerable in Devon.](#)

It includes guidance about:

- [returning to work](#)
- [shopping for food and household essentials](#)
- [help available to collect medicines](#)
- [access to health and care services](#)
- [guidance for young people considered to be clinically extremely vulnerable](#) including advice about attending school or college.



DMCC Quality Assurance Mark (QAM)

Don't forget funding is still available to any Memory Café in Devon who would like to take part in our Quality Assurance Mark.

To find out more about this or to register your interest please contact: June Wildman at info@dmcc.org.uk



Memory Cafés - Local news

From Yvonne Addington Chairperson/coordinator, Seaton Memory Café

A news story from our local paper. On 20 Oct 2020

Memory Cafe's activity packs will help users keep up spirits

Seaton Memory Café will soon be sending out activity packs and Christmas hampers to help its members get through Lockdown Two.

The café hopes its activity packs will help members stay active mentally during this difficult time, while also keeping their spirits up with song. "Unfortunately, as you are aware, due to the Covid-19 pandemic Seaton Memory Café has been unable to hold our monthly meetings, but it's so important to stay in touch with our members and their supporters such as husbands, wives, children and friends," said Seaton Memory Café's Yvonne Addington. "One day I was looking through the year's activities programmes, which enabled me to reflect on

JOSEPH BULMER
joseph.bulmer@thetowntimes.co.uk

what members enjoyed most at our meetings and it was particularly quizzes and singing. Evidence shows that singing is great for brain stimulation. "So, myureka moment was why not transfer these findings into 'Activity Packs' that we can deliver to our members. Each pack contains newsletters, quizzes, word searches, sudoku and a song to practice singing. "The activity bags' theme is 'to maintain reality orientation'. "Reality orientation" is a program designed to improve cognitive and psychomotor function in people who are confused or disoriented. It is often employed by medical



Seaton Memory Café's Sally Brent and Yvonne Addington.

Photo: SEATON MEMORY CAFE.

professionals to help people, particularly those in the early stages of dementia, focus on their immediate surroundings. Seaton Memory Café has a number of projects lined up for the rest of the year. NOVEMBER: The plan is to deliver fish and chip lunches. "Knowing that even though the group are apart, they will be eating

at the same time". DECEMBER: The plan is to deliver Christmas hampers. Yvonne added: "I advise anyone reading this to put on your favourite tunes, have a singalong and mark how you felt on a scale of one to 10. "So, what I am politely asking for today is for your support in giving us a donation of suitable items to

fill the hampers and activities bags. Donations such as, large printed quiz books, CDs, poems, magazines, biscuits and small cakes are all well received. Who doesn't like biscuits and a cup of tea when quizzing?" All donations would be gratefully received, for more information ring 0327813776 or email: info@seatonmemorycafe.co.uk.

