



INSIDE  
**THIS**  
NEWSLETTER

 Page 1

- Message from Chairman

 Page 2

- Donation to DMCC
- Memory Café Matters project
- Quality Assurance Mark
- AGM date for Dec 2020

 Pages 3 & 4

- Useful Links

 Page 5

- Memory Café - Local News
- Mortonhampstead Memory Cafe
- Kingskerswell Memory Cafe

Chairman intro Autumn 2020

Well, our spell of late summer seems at last to have metamorphosed overnight into the start of the hours of sunlight quickly shortening into winter..... It is a time of year of nature shutting down to get through the long days of winter. And it looks as if this year we will be doing the same!

After a brief spell of being able to go out and about a little more, looking forward to the possibility of Memory Cafes reopening, we all find ourselves in the position of going back into hibernation once more with Covid-19 restrictions being reintroduced and the prospect of local lockdowns if levels of infection rise again.

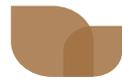
I am sure, like me, you are feeling more than a bit “fed up”, and if you are a Carer, thinking “Am I going to be able to cope with spending time indoors with your cared-for during the winter months”.

All I can say is that DMCC will continue to give help and advice during these really, really stressful times we are all living through. Just remember, like dementia, these trying times WILL pass.....

June Wildman

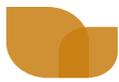
Chairperson





## Donation in Memory of Jim Delves

We have received a very kind donation from Jim's son and daughter to create a lasting memory of Jim in recognition for all the good work their father undertook supporting people with dementia on a local and county basis and especially his work with DMCC. The Trustees will decide how best to apply this.



## DMCC Quality Assurance Mark (QAM)

Funding is available to any Memory Café in Devon who would like to take part in the Quality Assurance Mark.

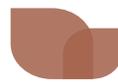
To find out more about this or to register your interest either contact: June Wildman (Chairman and Trustee) at [info@dmcc.org.uk](mailto:info@dmcc.org.uk)



### DATE for DMCC AGM

**Thursday 3rd December 2020 at  
10.30am**

Because of Covid 19 our AGM will be held over Zoom and we hope you will be able to join us. An invitation will be sent nearer the time if you would like to 'save the date' in your diary.



## Memory Café Matters project

I am pleased to report that work is nearing completion on the eight Memory Café Matters short training films on dementia that we hope will be of use to both Memory Café Coordinators and volunteers.

There will be a short film preview over Zoom after our AGM on 3<sup>rd</sup> December 2020 at 11.00am. The subject matter of each films will be:

- 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

We plan to add more films will follow in 2021.



### Changes to Side by Side Service, Cognitive Stimulation Therapy Webinars, Exeter Wellbeing project and BBC Music and Memories

#### CHANGES TO SIDE BY SIDE SERVICE

Please see below an update about the Side By Side Service that Teresa Parsons from the Alzheimer's Society has asked me to share with you.

#### Side by Side Communication Update – September 2020

- Alzheimer's Society, like other charities, has been badly hit by the pandemic and is facing a significant financial loss in our fundraised income which is inevitably affecting our non-contract funded services.
- We can't and shouldn't try to do everything – **we need to focus on what people with dementia tell us they most want, and what we can uniquely deliver**. There are more than 850,000 people living with dementia in the UK, and, as a charity, **we need to focus on reaching as many of them as possible with the most effective service for them, including expert, specialist face-to-face contact** - while through our Fix Dementia Care campaign we will continue to fight for social care across the board to be fixed, long-term.
- The financial situation has forced us to make some difficult decisions to pause, delay or stop some of the activities we had planned. Our efforts must right now be focused on helping people affected by dementia through this crisis, while ensuring we are best placed to deliver what's needed most by people with dementia for the future.
- We have therefore sadly come to the tough decision that we cannot continue our Side by Side service as an integral element of Dementia Connect.
- We will decommission non-contract funded Side by Side services and will stop accepting new referrals into these services with immediate effect. However, all existing matches will be supported to continue until they come to a natural end.
- We remain committed to deliver high quality services to people affected by dementia and through Dementia Connect we will support service users to access other services available in their communities.

Dementia Connect is designed to help prevent the sort of social isolation that Side by Side was set up to address. Combining face-to-face support from our highly-trained Dementia Advisers with telephone and online advice, helps connect people to the right support, empowering them to stay part of their communities, meaning they are less likely to become isolated as their condition progress

**From: Claire Puckey**, Dementia Friendly City Co-ordinator, Plymouth.

## COGNITIVE STIMULATION THERAPY WEBINARS

- At the PDAA meeting yesterday, Kate from Memory Matters explained that their Devon-wide virtual CST project has started and they will be running webinars for all those unfamiliar with Cognitive Stimulation Therapy entitled:
  - [Click HERE](#) to access more information and to take part
- COGNITIVE STIMULATION THERAPY & DEMENTIA - WHY THE FUSS? ON A FEW SELECTED DATES STARTING SEPT 30<sup>TH</sup>, 9<sup>TH</sup> NOV & 11<sup>TH</sup> JAN

**From: Claire Puckey**, Dementia Friendly City Co-ordinator, Plymouth.



### Exeter COSY Routes:

A wellbeing project in support of carers and people with dementia

Dear Carer Ambassadors and carers

Owain has send through this link on the Devon County Council website weekly newsletter. Do have a look and the video is worth watching. This is an Exeter project however anyone can do the walks.

<https://inside.devon.gov.uk/news/exeter-cosy-routes-a-wellbeing-project-in-support-of-carers-and-people-with-dementia/>

From: Catherine Hill, Lead Practitioner – Participation Devon Carers

## The BBC Music Memories

This show broadcast on BBC Local Radio on the 21<sup>st</sup> Sept (World Dementia Day) is where every local radio station will play out a show, with a dementia friendly presentation, music and memories from years gone by in their part of the country or nation.

It's a partnership with BBC Archives and BBC Music and is part of the BBC's Music and Dementia series. BBC Local Radio has produced regional editions of Memory Radio 1960's.

Each Nation has also produced a programme. There are two versions of each programme – a 1hr version which was broadcast at 9pm and a longer "Dementia Friendly" version, which will live on the BBC Music Memories website: <https://musicmemories.bbcrewind.co.uk/>

North East – Simon Logan: Newcastle, Tees, Cumbria  
Yorkshire – Liz Green: Leeds, Sheffield, York  
East Yorkshire & Lincolnshire – Henry  
London – Jo Good: London  
South East – Alison Fearn: Sussex & Surrey, Kent  
South – Alex Dyke: Solent, Oxford, Berkshire  
West – Anna King: Bristol, Gloucestershire, Wiltshire, Somerset  
South West – Gordon Sparks: Devon, Cornwall, Jersey, Guernsey  
West Midlands – Paula White: WM, Stoke, CWR, H&W, Shropshire



## Message from Kingskerswell Memory Café

### Moretonhampstead Outdoor Memory Cafe

Below is a picture of our most recent outdoor memory cafe, adhering to government guidelines: six, socially distanced people! And I think you can also see some anti bac wipes on the table!!

We are trying to run Cafe's of 6 people fortnightly. Obviously, weather dependent, however we have been pretty lucky most of the time.

Julia Oliver



### Kingskerswell Memory Cafe

We have been keeping the connections going with our members by way of two weekly deliveries of cake and activities (crosswords, word searches, quiz and reminiscence photos of local places and people. Answers to the quizzes are sent in the next pack 2 weeks later.

These are put together by 6 of us who bake and pack the cakes and another team of our volunteers who deliver to our people around the village. This has been received very positively with chats on the doorstep and lots of thank you phone calls.

In between this, we have a team of volunteers who contact all our Memory Cafe and our Lunch CLub members by phone for a "check in and chat" call. Those who we know are particularly vulnerable (carers too) we have put in contact with our local Dementia Carer specialist who is running virtual support meetings and garden meetings.

Gill Gould