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Social Innovation Lab Kent
Hosted by the Strategic Commissioning Unit (Community Support), Social Care, Health and Wellbeing, Kent County Council

Developing Kent as a Dementia Friendly Community

Newsletter: Spring 2014

Hello and welcome to our 3rd Newsletter. Today is the Marketplace and Launch of the Kent Dementia Action Alliance, kindly hosted at Canterbury Christchurch University.

In this edition we are really pleased to share feedback and stories from Jasmine, Matthew, Helen and Sally, alongside Tracey and Peter who are continuing to facilitate local activity across all the Kent Districts.

Further afield we have also been making a splash, with a Dementia Diaries tour in Denmark, a visit to The House of Lords and an NHS Innovation Award for Excellence in Participation.

I would like to share some interesting insight from the Manager of the Klejtrup Free Care Home in Aarhus. I asked how she found the right staff, to which she responded: "I employ them on the basis that *they give a little piece of themselves*. It seems to work so far – everyone loves it here".

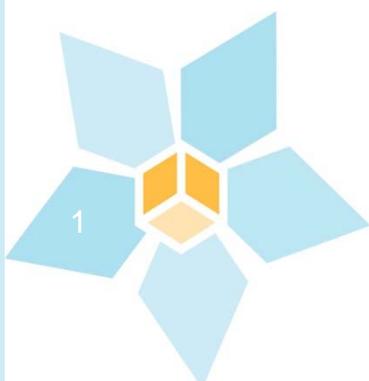
This brought to mind a recent visit to www.merevalehouse.co.uk where I asked a member of staff if he liked working there, to which he replied: "*I never want to work anywhere else*". On Merevale's website it states: *Community means togetherness where there is no 'us' and 'them'. In essence community is people living and working together.*

Similarly to Klejtrup, Merevale is animal-friendly and both had the feeling of *being at home*, which is testament to Anne the owner's 28 years of commitment and friendship with the staff and residents. We continue to learn from elsewhere to model new ways of working in Kent.

Please show your faces at events around Kent for Dementia Awareness Week starting on the 19th May and look out for a Dementia Diaries double spread in the forthcoming May/June edition of the Journal of Dementia Care.

On behalf of SILK, the Dementia Friendly Communities team and Reference Group, I would like to thank everyone who is continuing to work towards developing a Dementia Friendly Kent in a personal or professional capacity.

Best wishes
Emma | SILK



NHS Excellence in Participation Awards



“Being short listed was such a big step. To see my memories become a book that will help others has been a surreal experience. To know that this source is valuable to not just the UK but abroad was shown through our trip up to Manchester. After the ceremony we were praised by people for the work that we had done and it has hugely enriched my life to be part of such an important thing today”. Jasmine Carter

After success in Manchester, the Dementia Diaries Editorial team are now working with a qualified teacher to develop a learning resource pack for curriculum based learning. If you know of a school or community group which would be happy to test out the resources please do get in touch.

Dementia Diaries on the road – Denmark

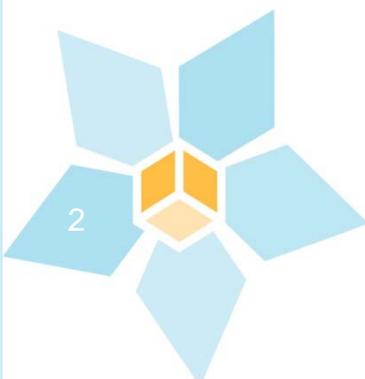
By Matthew Snyman (www.matthewsnyman.com)

The last few days have been a whirlwind of activity. I joined SILK’s Emma Barrett on a Dementia Diaries tour of Denmark, hosted by MitdLab. (MitdLab are a Social Innovation Lab for the Central Jutland region of Denmark). We were warmly welcomed at Aalborg Airport by Jens Peter and Berit from MitdLab and taken to Aarhus for the beginning of our adventure.

We visited community centres, hospitals, schools and care homes during our trip and met many people affected by Dementia. This is really a global problem and the sharing of ideas and resources is a great way to tackle this problem across borders. The book itself was very well received, as you can see in this video: <http://youtu.be/hbsEFrsbwW8>



Pupils from the Klejtrup Music School created a Danish rendition of the Brincell Boogie for the residents and visitors of Klejtrup Free Care Home. We had a great audience of over 90 people that night, and there was a great discussion about the need to tell stories like this. During the evening, I read out a few extracts from the book; I chose funnier ones as they usually work better with a large crowd. But during the Q&A section of the evening, a young boy stood up and said in Danish, “These stories are funny, my granddad isn’t funny.” He clearly had the weight of the world on his shoulders and needed something to relate to. I told him that the book wasn’t just funny, and that there some very sad and serious stories too. We gave him a copy of the book and a link to our video interviews with children in Kent going through the same things he’s going through. We watched him leave that evening, with the book grasped tightly to his chest. I feel like it might make a difference to him. We had another group of children at the event draw on a big sheet of paper. I asked them to draw what made them happy. They drew animals, their family, their friends.... One even drew a snail wearing a scarf... But what was interesting was that they





wrote in English. They wanted to say hello to children in Britain. They wanted to share and communicate. They wanted to connect.

<http://www.klejtrup-friplejehjem.dk/kloeverbakken/?p=660>

This really summed up what we're trying to do with the Dementia Dairies. We want young people to connect through the stories and to become brave enough to share their own. This visit to Denmark showed me that there's a great need for this. And I think the Dementia Diaries could be a way for us to open up dialogue with children affected by Dementia all around the world. It certainly reminded me of the value that lives in sharing stories about Dementia, to know you're not alone and that you're not necessarily the only person feeling the way you feel.

Dementia Awareness Week Events

Dementia Awareness Week this year will be from Monday, 19th – Friday, 23rd May. Many events are being held locally from memories and reminiscence in local libraries to Dementia Adventure at Gravesend Rugby Club on Wednesday to a jive party in Tunbridge Wells on Friday.

Dementia Friends Awareness Sessions are being held throughout the week in the Lecture Theatre, Sessions House, County Hall, Maidstone. Sessions are: Monday-Thursday 10-11 or 1-2 and Friday 1-2 – all are welcome.

Vicky & Dem at the House of Lords



ESRO (<http://www.esro.co.uk>) invited Vicky & Dem to the launch of the report "A Good Life with Dementia" (<http://www.redandyellowcare.com/goodlife>) at the House of Lords hosted by Baroness Greengross and Red and Yellow. We went with Brian and Sue who were participants of the report and Brian handed out copies of the Dementia Diaries to some of the speakers including Sally Magnusson.

Shared Lives

shared experiences, shared homes
Shared Lives

Kent County Council Shared Lives has been around for over 20 years. The service has predominately worked with people with a learning difficulty, more recently working with people with mental health needs, older people and people living with dementia. Shared Lives recruits, approves and monitors host families who provide support to people in the

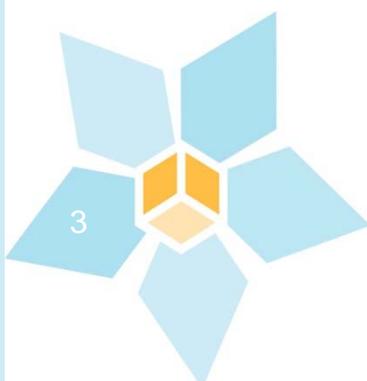
paid host families' home. The placements can be day support, short breaks or longer term. It offers a real person centred, tailor made service to the individual.

Jacque Brazil and husband Andy care for David, Lawrence, and Peter in their home. All three men have Down's Syndrome and Peter now lives with dementia.

Mrs Brazil, from Cliftonville, who also has an eight-year-old son Ben, said: "We provide 24 hour care and we see them all as members of the family. Before Peter got Alzheimer's, he was very able, very hands on, a man's man. Unfortunately he can't do half of what he used to do, but we adapt and we try to make sure he leads the best life he can."

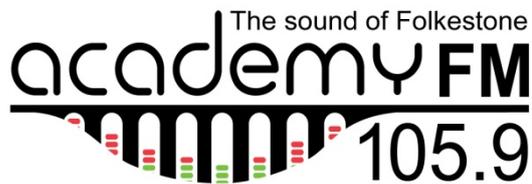
She said: "They have freedom here to go out and do the things they enjoy and they have their independence. You get so much reward to see them happy, I really enjoy it. You have to give good care, but we provide good love – we love them all."

www.kent.gov.uk/sharedlives





Projects happening across Kent



Academy FM Folkestone is the community radio station for the local area. We can be heard from Capel Le Ferne all the way onto the Marsh, and back to the ridges of the North Downs. We can even be heard in Calais! We work with all

members of the community, training and enabling them to interview and talk to the audience and local residents about issues that concern them. We have a special project funded by the 6 Shepway KCC Members and the Dementia Friendly Communities group to train those with dementia and their carers to interview local people about becoming more dementia friendly.

So far we have been working with small groups in Lyminge and Folkestone to see what issues they would like to discuss. Those living in Lyminge have the support of Age UK but also have a very conscientious group of shop owners to provide home deliveries of food and library books which saves many going in to Folkestone on the bus for everyday items. However, they have pointed out that it would be nice to see more helpful signs in supermarkets to tell people what can be found in each aisle.

Academy FM Folkestone is setting up interviews with people at the major supermarkets to see if we can get the managers and the customers in the same room to highlight these issues. It will be a friendly meeting, and many of the issues we've highlighted would help many people not just those with dementia, but it is the little things that make life easier! Our project will work with other groups in Hythe and on the Romney Marsh and the interviews will be heard on our station 105.9 Academy FM Folkestone. By Helen Sharp, Academy FM (www.academyfmfolkestone.com)

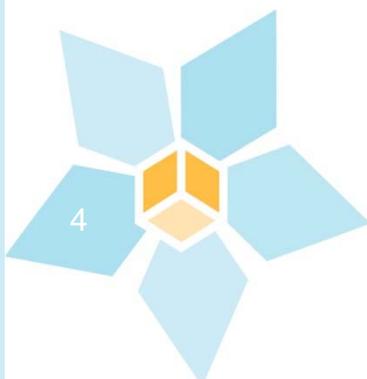
How we started Boughton Big Bite

Research in 2010 showed that there are a million people in Britain with malnutrition. The reasons for this are many: social isolation, difficulty preparing food, lack of interest in eating alone, depression, poverty, poor teeth, poor swallow, etc. Other research has shown that the more people there are eating together, the more food is consumed by individuals.

A retired dietician and a retired science teacher set up Boughton Big Bite. We approached the local vicar for use of St Barnabas church/community centre and have to charge enough to cover a contribution to electricity.

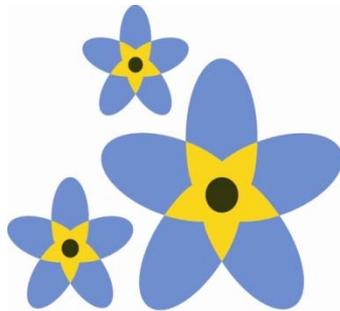
We advertised in the parish magazine and outside the community centre and in no time word of mouth became effective and both Big Bitees and volunteers just appeared. For those who could not get to the centre, we provide a lift or deliver a meal. People come with Parkinson's, back conditions, cancer, dementia, visual impairment or people living on their own who wish to enjoy the company of others.

The majority of the food is cooked at home. Because of pending changes in the laws governing the use of home kitchens providing cooked food for the community, an Environmental Health Officer was invited to inspect our home kitchen which achieved the highest score possible of 5/5. Big Bitees are asked to book in advance to allow sufficient time for meal planning and purchase of fresh ingredients. Fruit juice, a nutritionally balanced main meal, followed by a dessert is supplied for £3.50. Meat is always cooked fresh and potatoes and vegetables are cooked as late as possible.





Big Bites and volunteers alike are meeting new people, and villagers who have not seen each other for years are renewing friendships. There is even a romance flourishing, of which we are all terribly pleased. We have now been cooking for a year and the greatest number we have fed has been 27. By Sally Harper, Boughton Big Bite



Working to become
**Dementia
Friendly**
2014-2015

On the 8th January Kent was formally recognised as working towards being a dementia friendly community. The process is designed to enable communities to be publicly recognised for working towards becoming dementia-friendly and to show that they are following common criteria that are based on what we know is important to people affected by dementia and will truly change their experience. Those organisations who have a published action plan, usually by being a member of the Kent Dementia Action Alliance http://www.dementiaaction.org.uk/local_alliances/4231_kent_dementia_action_alliance are able to display the logo above to demonstrate their commitment to becoming Dementia Friendly.

East Kent Update

By Peter Marsh, 'Working towards being a dementia friendly community'



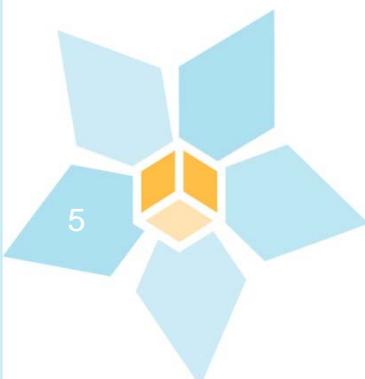
Dementia Friendly Deal a collaborative project led by Age Concern Deal and Home Instead is moving forward in leaps and bounds, a website has now been established www.dementiafriendlydeal.org.uk and a project officer identified to lead initiatives across the town and a local launch is planned. The project has been funded by Pfizer's who have become members of the Action Alliance.

Ben Bano from TELOS Training facilitated a seminar on Dementia Friendly Churches and all attendees became Dementia Friends and made associated pledges.

Dementia friendly Community events were held in Dover and Folkestone both were well attended and lots of good ideas generated once again all present became Dementia Friends.

Areas of special interest related to the role of taxi companies being dementia friendly and the possibilities of using tourist attraction such as Dover transport museum for reminiscence.

Age UK Hythe and the Alzheimer's society agreed to meet after the event to see how they could work together for people living with dementia in Hythe.





Following a meeting with Jenny Hollingsbee from Shepway District Council they agreed in principle to become members of the Action Alliance.

Dover Rotary club received a short presentation on dementia friendly communities at their March meeting.

In Canterbury the film project being undertaken by a student from Canterbury College has begun filming at a variety of locations and interviewing people with dementia their carers and service providers on what a dementia friendly community means to them.

As well as the associated article on the Big Bite Sally Harper from Boughton has also facilitated a dementia friendly community event at her home involving Parish Councilors a local Vicar and a carer looking at what a small community can offer and how her own scheme can support more people all attendees are now dementia friends.

Canterbury Pensioners Forum facilitated a Dementia Friends Information Session and a presentation on dementia friendly communities there was a lot of interest in how this could be spread out to the local communities.

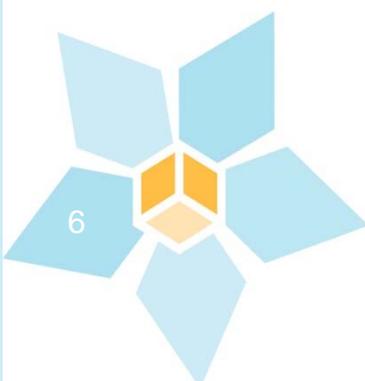
A meeting has taken place including Age UKs from Whitstable and Herne Bay and the local town Centre Manager and it is planned to provide dementia friends information sessions to local businesses and residents.

East Kent College have met with The Children's Society and are hoping to work together to promote dementia friendly communities in Dementia Awareness Week.

An insight gathering meeting of people with dementia and their carers is to be held at St Christopher's church hosted by EKIDS (East Kent Independent Dementia Support) in June and a planning meeting is taking place at Age UK to identify facilitators and how best to structure the morning. It is hoped that this event will inform Age UK how best to develop a dementia friendly Thanet and similarly to Deal is supported by Pfizers.

A Dementia Friends Information Session was given to members of the Ashford Care Home Forum and following an invitation from that meeting a similar session was held at Warren Lodge Nursing Home for members of their dementia café.

A Dementia Friendly community event is planned for the 18th June hosted by Kent Fire and Rescue at the local Fire Station.





West Kent Update

By Tracey Schneider

The work in West Kent is really starting to come together well, with districts carefully looking at their area in terms of what they have and what is needed for them to become 'Dementia Friendly'.

Across the West of Kent we have a number of local Dementia Friendly Community 'Forums' which have decided to join up to the Kent wide Dementia Action Alliance as a group with a joint action plan. Swanley, West Malling, Tunbridge Wells, Northfleet and Dartford 'Dementia Friendly Community Forums' have all started working on their action plans with Maidstone and Isle of Sheppey meetings upcoming where we will discuss their future plans.

Although there are some similarities between the areas, such as every area understanding the importance of early stage work being done with the local schools, there are also a number of differences in the focus of the group action plans which going forward could be a real advantage.

One of the actions that Swanley is focusing on is around environment and signage, appropriate for people living with dementia or for any other disability or vulnerability. Dartford are looking at a number of actions including the aspect of having Dementia Friendly Transport across the district. West Malling are using their actions to promote a 'village' approach bringing in the local businesses and organisations to become dementia aware and part of their community. The Gravesham/Northfleet dementia friendly community are looking at expanding their local work within schools as well as within the community as a whole and the Tunbridge Wells community have a number of working groups coming together to look at a selection of possibilities for the area including looking at local information provision.

The great thing about all these slightly different areas of work, is that we can then look at sharing the information found and any templates with the other districts.

One of the issues that has come up time and again across the areas has been around Information and Communication, with everyone feeling that this is an area which needs some work. So with that in mind a number of the local Dementia Friendly Communities are holding some form of launch event.

The Dartford, Gravesham and Swanley areas are combining to hold a DGS 'Adventure into Dementia' event on May 21st at the Gravesend Rugby Football club. The event aims to help local people, families and businesses understand how people with dementia can

live well with the right support. This event is open to all, information about the event, and possible transport to the event can be obtained from ADSS on 01474 533990.

Not to be outdone, the Tunbridge Wells DFC forum is hosting a 'Jive Party' Launch at the Assembly hall in Tunbridge Wells on May 23rd. This should be great fun, with dancers and live music. This is being led by the Tunbridge Wells Alzheimer's society, Age UK, Town and Country and The Tunbridge Wells Care Centre.





Both these launch events are taking place during Dementia Awareness week, but they are just a couple of the events that are taking place across the district over that week. We also have a number of events taking place in libraries across West Kent including reminiscence events in the Tonbridge area libraries supported by some of the local charities, and of course the open Dementia Friends sessions being provided in Sessions House in Maidstone by local Dementia Friends Champions.

Our local District Councils in the West of Kent have been very busy too! Dartford, Gravesham, Maidstone and Sevenoaks District councils have all started to look at their buildings, as well as arranging for front line staff to become Dementia Friends. The first of these to start their sessions will be Sevenoaks council who are holding 3 Dementia Friends plus 'meet the provider' sessions in April. The other councils are all looking at similar sessions and their dates are to be arranged.

We have huge amounts of people becoming Dementia Friends across the district including some of the areas chaplaincy, supported housing staff and residents, G-Safe business and security staff, KCC Community Wardens, Kent Wildlife Trust and soon to be Bluewaters Lendlease staff.

The local Age UK/Age Concerns have also joined with us in our building of Dementia Friendly Communities. They have joined forces across West Kent to win a bid from the CCG to deliver a number of 'Whose Shoes' awareness sessions across the area. There will be 4 sessions each in Maidstone, Tunbridge Wells, West Malling and Sevenoaks. These sessions will be encouraging the local people to join in with the local Dementia Friendly Communities of the area.

It's an exciting time in West Kent, with loads of interesting projects and work going on. I've barely scraped the surface in this area update. The people I've met and am working with are truly amazing and absolutely committed to making the dementia friendly communities 'work', Its their combined passion and drive that is generating so much across the area, giving me loads of work to keep me busy.....So thank you all (I think ;-)



Sevenoaks District Council

Sevenoaks District Council at the request of Pav, the Chief Executive are working to make SDC more dementia friendly as part of a local dementia friendly communities project. They are making small changes to the office building to fit in line with the Dementia Friendly Building initiative. Also as part of this work, we are offering Dementia Friends awareness sessions for all front line staff to give everyone a better understanding of dementia when dealing with customers and their carers. By Anton Tavernier-Gustave, Healthy Living Project Officer, Sevenoaks District Council

And finally....

Thank you to everyone who made it along to the Dementia Action Alliance Launch and Marketplace. We are making good progress on the development of the new webplatform which will bring together all the activity across Kent supporting people to live well with dementia.

Emma, Vicky, Demetria, Kelly, Peter and Tracey

