

DAA

Swindon Dementia
Action Alliance

Dementia Friendly Swindon Quarterly Newsletter April 2020



Introduction

I'm not quite sure how to start this Newsletter, as we are living in such unusual times with the onset of Coronavirus. I hope that everyone is staying safe and well at home. We have had to suspend all our dementia friendly activities for the time being, but I will use this newsletter to outline some useful resources and activities to support people living with dementia and carers. These can also be used in care home settings, and I'd particularly recommend the free Daily Sparkle newspapers and My House of Memories app which are a great way to reminisce and spark memories. I will plan to do fortnightly updates, during this lockdown phase.

Details of support available from Swindon Borough Council including how to get essential household supplies, council tax relief for vulnerable people and helping access library services can be found at: www.swindon.gov.uk/hereforswindon.

If you are aware of any useful resources for our next Newsletter, please contact **Susan Lambert**, Dementia Friendly Coordinator susan.lambert@swindon.gov.uk Tel: 07980 933636.

Daily Sparkle®



The Daily Sparkle Team are currently giving away dementia resources for free to every elderly person who is self-isolating or can't get out. The reminiscence newspaper can be downloaded and printed, or read on a phone, computer or laptop. Register yourself, a relative, loved one, neighbour and you can then download and print them, or forward them via email. Subscribe, for free at: <https://dailysparkle.uk/individuals/create>

If you need help getting essential household supplies, such as food and collecting prescription medication please contact Swindon Borough Council on telephone: 01793 445500 Monday-Friday 9am-5pm, or by email:

customerservices@swindon.gov.uk

Thank you to all our Council staff and volunteers for helping to support this Compassionate Swindon project.

Support services are there to help

Key services from local and national organisations, such as the Alzheimer's Society, Dementia UK and Swindon Carers are still there to support you but are likely to be via telephone or online. They are all adapting to the current situation, and looking to adapt to meet need. Here's a summary of some useful numbers or websites:

✿ Alzheimer's Society Dementia Connect Support line on telephone: **0333 150 3456**. This is open every day. For up to date information and services, please visit their website (www.alzheimers.org.uk) or follow Alzheimer's Society on Facebook or Twitter.

✿ Talking Point online community can be accessed online for free, night or day, via the [Alzheimer's Society website](http://www.alzheimers.org.uk). It's a fantastic way to connect with other people affected by dementia, share personal experience and receive valuable support.

✿ www.dementiauk.org has information for families looking after someone with dementia during the outbreak of coronavirus, and includes a question and answer section, leaflets and blogs.

✿ Admiral Nurse Dementia Helpline is a free helpline for anyone with a question or concern about dementia. The Helpline is answered by specialist Dementia Nurses who have the knowledge to understand the situation and suggest answers that might be hard to find elsewhere. Calls are free on 0800 888 6678 or email helpline@dementiauk.org.uk, Monday-Friday: 9am-9pm, Saturday-Sunday: 9am-5pm.

✿ Swindon Carers Centre are there to provide support via telephone: 01793 531133 or by email: carers@swindoncarers.org.uk.

✿ Age UK (www.ageuk.org.uk) has a support & advice section on their website regarding Coronavirus. For practical information and advice, call Age UK Advice: 0800 169 65 65

✿ Silver Line is a free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day on telephone: 0800 470 80 90.

Enjoying the garden



If you are lucky enough to have access to a garden, the Royal Horticultural Society website (www.rhw.org.uk) has free top tips on jobs to do outside each month, including spring lawn care and growing your own fruit and vegetables. If you are spending time in your garden, or by your windows, the RSPB website (www.rspb.org.uk) has a comprehensive A-Z of birds.

Keeping a Song in our Hearts...



The power of music and song in triggering memories and the brain, mood and general wellbeing is well documented, particularly for those living with dementia.

Although physical singing groups aren't running for now, there are a number of online singing sessions, many with a dementia/remembrance focus available online and song sheets. The Alzheimer's Society is also looking at providing virtual Singing for the Brain

Sessions. Here are some links: <https://singlouderthanguns.com/health-and-music/>
<https://decca.com/greatbritishhomechorus/>
https://www.youtube.com/watch?v=qgfQSSnzDLI&list=PLu_KE2EAD1y6REX-RBoueMq-Ti7SRXS8L

Making a Playlist for Life

Why not have a go at making a list of songs or pieces of music, which you, or a loved one have enjoyed through their life? The tunes that give you a 'flash back-feeling' when you hear them; that take you back, to another time, person or place. This can also be a great way to connect with family and friends. More free information on a personal play list and sharing with family can be found at: www.playlistforlife.org.uk.

My House of Memories



Looking through old photographs or images online and talking about a person with dementia's past is a great way to stimulate the brain and trigger memories. The free My House of Memories: Living well with Dementia app from National Museum & Galleries Merseyside takes this one stage further, by allowing you to look through pictures of inspiring objects from a range of museums across the decades to bring back great memories, brought to life with sound, music and descriptions. This app has been specifically designed as easy-to-use and for people living with dementia to connect with others and share their past. It can be loaded on a tablet, phone, laptop or computer.

Help with IT

Swindon Carers is currently advertising free technical support helpline for registered carers if they are struggling with digital technologies. This service is provided by Avagio IT Services, 9am-5pm on telephone: 01249 470148 or email: helpinghand@avagio.co.uk

Photos of Good Times and more that will come.....

I thought I would finish the newsletter with some photos of Dementia Activities from previous months, which will hopefully bring us all a smile. We can't wait to restart our Dementia Friendly Activities once it is safe to do so.



Dementia Friendly Walk at Lydiard Park



Tea Dance organised by Zurich



Sporting Memories Event at Swindon Town Football Club



Railway Memories Event at Steam



Highworth Forget Me Not Memory Cafe



Pupils of Bishopstone Primary School