

**Minutes of Worthing Dementia Action Alliance Open Meeting
and AGM 2020**

Tuesday 1st December 2020 3.30pm

This meeting was held on Zoom due to the on-going COVID19 restrictions

Welcome & Apologies:

The Chairman, Cllr Bob Smytherman, welcomed everyone to the meeting.

Apologies were received from:

Jane Renshaw CSWS: Claire and Lisa Breathing Spaces: Tracey Light: Sonia Baker:

Dr Bikram Raychaudhuri: Chris Moon Williams: Hazel Sherman: Sophie Crowton: Alex Pond:

Julie Bagnell Victoria RD Surgery

Agree the Minutes of the AGM 3rd December 2019

The minutes had been distributed with the Agenda and these were agreed as a true record of the 2019 AGM.

Proposed by: Julia Johnson

Seconded by Karen Partridge

All were in favour and there were no matters arising.

Election of Chair of Worthing Dementia Action Alliance

The only nomination to be received was that for Councillor Bob Smytherman and he confirmed that he was happy to continue in this role

An on-line vote was taken: 100% of those present voted – all in favour: none against: no abstentions

Nominations for WDAA Steering Group:

The Chairman proposed that the existing Steering Group, who had all agreed to stand, be re-elected. This was acceptable to the meeting and the existing Steering Group was re-elected as follows:

Bob Smytherman (Trustee West Sussex Mind & Chairman): **Lynda Basford** (former Carer & Secretary): **Lynsey Tran** (Dementia Friendly Communities Co-ordinator): **Julia Johnson** (Fine Marketing): **Ian Macara** (Bennett Griffin Solicitors) **Dee Reilly** (Carer and Care Home Manager): **Jacqui Swindells** (Abbeyfield Ferring Society): **Helen Tidball** (Guildcare)

Elena Riseborough (Dementia Service Manager Sussex Partnership Foundation Trust): **Dawn Fairbrother** (Dementia Friendly Coordinator Alzheimer's Society): Carol Barber (Offington Park Methodist Church): **Tim Wilkins** (Service User involvement Officer Alzheimer's Society): **Karen Partridge** (Dementia Support Worker Carers' Support West Sussex)

In addition to the above members it was agreed that **Tamara Pearson**, the Assistant Head of Our Lady of Sion Junior School be elected as a member of the Steering Group together with 4 Year 6 Students, **Poppy, Kyle, Daisy, Roman**. The Chairman welcomed Ms Pearson and to the steering group and expressed the WDAA's thanks to her and to the pupils who will also be joining. Dawn Fairbrother (Dementia Friendly Coordinator Alzheimer's Society) confirmed that Worthing DAA would be the first to have children on their steering group.

The Chairman also commented on the fact that there were now very few current carers on the steering group, or at the open meetings and Tim Wilkins felt that the Alliance needed to be more proactive in actually going out and speaking to carers to establish if they were happy with what the Alliance were doing.

Annual Report

The annual report (attached) was presented by Lynsey Trans.

She explained that due to the COVID19 restrictions the pop-up hubs had unfortunately stopped in March, as had the face to face Dementia Friends Sessions. Working with Home Instead & West Worthing Baptist Church monthly memory cafes were successfully run until the first lockdown forced them to cease. Ways to reopen safely in the new year are under review. Unfortunately, the cafes that were running at Impulse leisure had to stop once the centre ceased to operate.

The Adur launch in January had been very successful with around 150 people attending: Adur are still meeting virtually via Zoom and establishing a steering group. At the event there was the Virtual Reality bus, funded by WDAA, Shoreham CO-OP and WSCC and this proved to be very popular. A Dementia Friends session had been run by Lynda Basford, there were 15 information stalls, and people affected by dementia spoke about their experiences of living in a Dementia Friendly Community.

Breathing Spaces had invited the WDAA, together with Abbeyfield Ferring Stay Active Group and Worthing Town Cryer's to look at the layout at Highdown sensory gardens, accessibility, (for everyone - not just those with dementia), the sounds, the smells and the colours. Julia Johnson confirmed that this sensory garden is due to open at Easter 2021.

The lockdowns didn't prevent work continuing and we found some time to source additional funding to support our dementia friendly community who were impacted so much by COVID-19.

Virtual Dementia Friends Sessions have been successful with over 100 new dementia friends being made. They have included staff at the Worthing Medical Group, Kew Gardens, some nursing students from the University of Wales as well as local families and the general public, not to mention someone in Hong Kong!

One of the biggest success stories was the virtual Sing a Song and Smile sessions: these were started with Tim Wilkins (Alzheimer's Society) and Ric as part of VE day celebrations. They have continued twice a month with local people and a local care home joining us for a themed sing a long together with people from all over West Sussex.

Come Zoom With Us are information sessions. They started with Falls prevention and we were joined by Faye De Waal, senior occupational therapist for Dementia Assessment Services Sarah at Abbeyfield Ferring. The Carers' Support session with Karen Partridge and Faye McKenzie was a great way to get us up to date on what was available for carers and Ian Macara of Bennett Griffin and Gill Lynes of Carpenter Box ran a financial toolbox session.

Working with other organisations we've been supporting carers and people affected by dementia with companionship phone calls as well as being able to arrange to visit some people in their own homes, taking care that all COVID guidelines were closely followed.

Worthing Mental Health Week ran virtually this year and was a great success. We had lots of fun on our dementia focus day with a virtual coffee morning live streamed through Facebook. It started with a Quiz run by Bob Smytherman and was followed by home exercises with personal train Dom and finished with a great sing-along with Ric. Tim Wilkins of the Alzheimer's Society and the Worthing Town Cryer's spoke about living well with dementia during lockdown. During the afternoon a Dementia Friends Webinar was run by Lynsey and Lynda Basford followed by a professionals' Dementia Q & A; the latter Julia Johnson turned into a podcast!

The tablet lending scheme has become very popular thanks to Carers' Support West Sussex who have been sending referrals. Some of the outcomes have been incredible with one gentleman, who was very isolated, being able to use the tablet to break down a language barrier and then to Skype call his wife who is in a care home and whom he had not been able to see. It has also been possible to find him a companion from Abbeyfield.

Overall, it had been a very busy time with many carers contacting the Alliance for help, advice and information.

The Chairman thanked Lynsey and Lillian for their hard work during since lockdown and for the way that they were able to react and adapt to the changing situation. He pointed out that without having a paid co-ordinator this amount of contact with cares would not have been possible and it is unfortunate that the Commissioners don't seem to recognise the importance of the Alliance having long term funding to sustain the post.

Financial Report

The financial report (attached) was presented by Jacqui Swindells, Chief Operating Officer Abbeyfield Ferring Society.

Jacque explained that whilst the accounts showed a considerable balance remaining this was simply due to the fact that as a result of the COVID19 restrictions we had not been able to achieve our objectives with regards to the running of face to face hubs etc. There had

been a reduction in overall costs as a consequence a considerable amount of the funding that had been acquired was remaining. However, most of this had now been allocated. Jacquie confirmed that she was working on an application to the National Lottery for some funding that would allow for a Dementia Hub to be sited in Worthing. Whilst there was still a way to go, she was feeling confident that we may be successful this year especially as we had evidence-based outcomes which we could submit with our application.

Update of WDAA on – line

Julia Johnson of Fine Marketing who oversees WDAA web site presented the attached report.

The Chairman thanked Julia for the excellent work that she had done during the year and was pleased to see that the WDAA had such an impressive presence on-line which was obviously appreciated by many people living with dementia and their carers. There was a short discussion concerning the possible funding of a community wide website for all Dementia Friendly Communities so that they could each have their own page.

Report on the Dementia Strategy

Lynda Basford presented the attached report.

Following her presentation, the Chairman asked if there was any agreement that Admiral Nurses would be employed in the south of the county. Lynda confirmed that they were not part of the strategy and in answer to that very question, Amanda Jupp had confirmed that although Admiral Nurses had been discussed no firm decisions had been made. It was agreed that the WDAA steering group should take up this matter again and press for an answer to the question that if there were Admiral Nurses in the north of the county why, despite the so-called historical considerations, is there no immediate plans for there to be any employed in the south.

Guest Speaker:

Samantha Allen MBA, CCMI, Cmgr, Chief Executive of Sussex Partnership NHS Foundation Trust

Sam started work in the NHS in 1996 and has a background in the operational management and leadership of mental health services and health and social care commissioning. Sam has also gained valuable experience working with an international healthcare organisation in the independent sector. Sam is a Chartered Manager and Companion of the Chartered Management Institute and Chair of the Health and Care Women Leaders Network delivered by the NHS Confederation. Sam has a keen interest in all aspects of leadership and is a Leadership Fellow at St. George's House, Windsor Castle and member of The Kings Fund General Advisory Council

The Chairman welcomed Samantha Allen to the meeting and thanked her for coming. Before presenting the attached report, Samantha thanked the members of the WDAA for all the work that they had done during the very challenging times since COVID19 pandemic began. She understood how important the work of the WDAA was since personal circumstances had meant that she knew first hand just how complicated the system is for

carers to navigate; even for herself who works within it. She was hoping that some funding for COVID related activities would be made available soon.

After her presentation Tim Wilkins asked Samantha about the Trust's position with regard to Admiral Nurses in the coastal area of the county and the postcode lottery that existed. Samantha explained that historically there had been a separate model for the north and south since there was, at one time, two commissioning groups. That was why there were originally Admiral Nurses in the north but not the south. At present, although there is now only one commissioning group there are no plans for Admiral Nurses in the coastal regions.

The Chairman commented that he would be pleased if the WDAA would be in line for some of the funding as mentioned earlier, and he reiterated how very concerned he was as to what the future may hold if we are unable to secure long term funding for a paid co-ordinator as volunteers, no matter how well intentioned, would be unable to fill the gap if we could no longer employ Lynsey.

WDAA future plans and upcoming events

Lynsey spoke briefly about two on-line events in December, a Dementia Friends session and a Sing-a-long & Smile session.

She had also purchased 100 winter activity bags that will be distributed before Christmas to those living with dementia and their carers. They will contain cards written and donated by local nurseries and schools; an activity book donated by Home Instead; sweets/chocolate; and a small gift.

AOB

1. Tim Wilkins reminded everyone of the Alzheimer's Carol Service which this year will be a virtual concert and will take place on Wednesday 23rd December at 4.00pm. It was also to be live-screened on Facebook.

2. Karen Partridge (Dementia Support Worker Carers' Support West Sussex) confirmed that there would be two Carers Dementia Session in December, one of which had been designed specifically for new carers.

3. Breathing Spaces sent a report as follows:

As a result of declining numbers of referrals followed by the impact of the pandemic, we deeply regret that it is no longer viable for us to run assisted therapeutic gardening sessions for people with dementia. We have handed over the care and use of the Mind & Memory Garden at the Sidney Walter Centre to Storm, who we are sure would welcome visits from people with dementia and their carers. People with dementia with a carer are very welcome to visit our gardens at Maybridge Keystone Centre, which is open every day even if we are not there, and it is possible when the pandemic situation has improved that we could pair someone with a volunteer to do some active gardening when we are running sessions, but we will not be able to provide a dedicated service as before. Independent Lives is also planning to arrange

visits to the garden. Breathing Spaces is currently funded to run gardening sessions for some other client groups and we are greatly helped by volunteers who also find it beneficial to their mental health, especially during these difficult times.

Obviously, we haven't been able to run therapeutic sessions in care homes during the pandemic, but next year we could provide a service to some care homes whereby we supply the flowers and guidance notes about them so that an in-house activities coordinator could run a session similar to the ones we used to do.

Warm regards, Claire and Lisa

There being no further business the meeting ended at 5.35