



DEMENTIA FRIENDLY WORTHING

Newsletter

AUTUMN 2020

Welcome to Dementia Friendly Worthing's Autumn Newsletter!

We have some exciting updates as Worthing begins the recovery process from Covid-19, and starts to slowly and safely make things accessible again.

We now have a YouTube Channel

 **YouTube** Go to:
<http://bit.ly/YouTubeDFW>

This is a great way to catch up on our virtual sessions if you missed them first time round. Subscribe to our YouTube Channel to get updates on new information videos.

We are continuing with our Sing-a-Song and Smile sessions with the fantastic Mr Ric Gray. These are now running on Wednesdays for the rest of the year.

The next session is 9 September at 10.30am and it is free for anyone to join in. Just email Lynsey at info@dementiafriendlyworthing.org for joining instructions.

Sing-a-Song and Smile

Wednesday 9 September 10.30 am
Wednesday 14 October 10.30 am
Wednesday 28 October 10.30 am

Dementia Friends Webinars are happening monthly across West Sussex.

You can find these online at www.dementiafriends.org.uk but also across our social media platforms and our website.

These sessions are open to the general public and are approximately 40 minutes long. We are fortunate to have two Dementia Friends Champions in Worthing who can run these

online sessions and are opening up our diaries to offer more sessions to business, organisations or families that want to learn more about Dementia.

Dementia Friends Webinars

Friday 18 September 10.30 am
Monday 21 September 10.30 am

Email info@dementiafriendlyworthing.org.

Sunflower Lanyard Scheme

One of the many initiatives that we support is the Hidden Disabilities Sunflower Lanyard Scheme. Wearing the Hidden Disabilities Sunflower discreetly indicates to people around the wearer, including staff, colleagues and health professionals, that they need additional support, help or a little more time. These are being recognised in more places in Worthing with some positive feedback from wearers.

If you are unable to access the internet and would like to order one please call Lynsey on 07903 720208.



www.dementiafriendlyworthing.org



Dementia Tech is running a virtual art gallery in September to recognise World Alzheimer's Month and challenge stigma around dementia.

Please join in! You can email your entries to lovejoycentre@gmail.com

Memory Cafe News

We are working closely with West Worthing Baptist Church and Home Instead Senior Care, Worthing to bring back the Memory Café once a month. There are many hoops to jump through to make sure we are compliant and safe in relation to Covid-19 and it would be limited numbers with a booking system.

We would appreciate your feedback on how you would like to see your Memory Café run. What activities and information would you would like offered? As always these would continue to run without a charge thanks to the generosity of West Worthing Baptist Church and Home Instead Senior Care Worthing.

Help to get online with our Tablet Lending Scheme

We know that getting online isn't easy but with we now have handheld tablets which we can loan out to help people access support and information, as well as pre-downloaded music and videos.

The tablets are set up on an individual basis and run on 4G, so home broadband isn't needed.

Lynsey & Lilian will set these up and teach carers how to use them. Social distancing will be observed and PPE worn.

Phone 07903 720208 or ask a family member to email: info@dementiafriendlyworthing.org

Respite and Companionship

At Abbeyfield Ferring they are offering a new Support at Home Service for independent clients.

Their services are tailor-made to suit each individual and staff wear PPE to make sure you feel comfortable and protected.

Services include companionship in the home and on social outings. Carers can enjoy time to themselves, while a loved one is safe and engaged at home. Please phone 01903 240313 for a brochure and price list.

Worthing Mental Health Awareness Week

As you've gathered by now most things are running virtually and Worthing Mental Health Awareness Week is no exception.

Starting on the 5 October there is a diverse programme throughout the week with a focus around Dementia on Thursday 8 October.

Dementia Friendly Worthing will host a virtual memory café with music, exercises and a quiz from 11 am - 12 noon. This will be free and live streamed.

A Dementia Friends Webinar will follow, at 2 pm for an hour and will be open to all. This is a free event but will not be streamed. Booking is through Eventbrite.

Q & A with dementia health professionals will be held between 3 pm and 4 pm. This is a free event and booking will be through Eventbrite. This is an opportunity to raise questions about challenges, behaviours and support for those living with dementia and their carers.

More details will follow in the coming weeks but please see www.mentalhealthweek.co.uk for updates.

HELP TO USE ZOOM

Lynsey can talk you through setting up Zoom and send the joining link to your email or phone to make using it easy.