



DEMENTIA FRIENDLY WORTHING

Newsletter

JULY 2020

New funding ensures we are operational until end of this year

We are thrilled to announce some exciting news about funding for Dementia Friendly Worthing!

We successfully applied to the National Lottery Community Fund and Sussex Community Foundation Trust with new initiatives to support local people with dementia and their carers.

We were granted £17,586 from the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund and available thanks to the Government. A further £4,987.50 was from the NET CoronaVirus Fund from the Sussex Community Foundation Trust. Many thanks to both for allocating the funding at this most difficult time for people with dementia.

The funding means we can continue to offer a wide range of online sessions for people affected by dementia and their carers.

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

The tablets will be set up on an individual basis and will be able to run on 4G so home broadband won't be needed.

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

We are also offering Activity and Wellbeing packs to give individuals purpose and inspiration, whilst activities outside the house are limited. The packs will include quizzes, crosswords and gentle exercise routines. If people have specific interests, we can personalise these.

In June, we ran our first Dementia Friends webinar which was very successful. It comprised a short virtual information session to give people more insight into dementia and the actions they can take to improve the lives of people living with dementia and their carers.

The great thing about these sessions are you can join from anywhere – we welcomed people from Colchester, Norfolk and even Cornwall! As well as local attendees from Worthing organisations.

The next of these monthly sessions is on July 7 at 11 am. Lynsey will run these each month and also join up with other alliances to ensure there is a programme available throughout the summer.

We can run these for individual organisations and be flexible around dates and times.

Sing a Song and Smile

virtual sessions twice monthly

Join Dementia Friendly Worthing, the Alzheimer's Society and Ric Gray for free Sing a Song and Smile sessions for people with dementia and their carers.

2nd and 4th Tuesday of the month
14 and 28 July, 10.30 am - 11 am

Sessions are via Zoom, but if you don't know how to use Zoom we can support you with this.

For details please contact:
Lynsey on 07903 720 208
or info@dementiafriendlyworthing.org

Come zoom with us

Zoom Information Sessions hosted by Dementia Friendly Worthing

Virtual Dementia Friends Session hosted by our co-ordinator Lynsey

Tuesday 7 July at 11 am. Why not encourage your staff or a friend to join in one of our 30-40 minute free sessions? Dementia Friends Sessions help raise awareness of the challenges that people affected by dementia are facing and will enable your family or business to find ways in which you can improve to meet their needs.

Tuesday 14 July 12.30 -1 pm

Accessing Help

Finances with Ian Macara Solicitor,
Senior Partner Bennett Griffin &
Gill Lynes Carpenter Box.

A "Legal Toolbox"

What you need to cope with what may arise especially in the context of Covid-19

Financial Scams

Looking ahead - what to do next, where and how to get specialist advice when there are restrictions with shielding etc

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.

Alzheimer's Society
Dementia Connect Support Line
0333 150 3456 (7 days)

West Sussex Community Hub
033 022 27980 (8am - 8pm)

Supports with prescriptions and basic food parcels.
Register online or on behalf of a family member.

Carers Support West Sussex
0300 028 8888

Dementia UK
0800 888 6678 (7 days)

Tuesday 21 July 10.30 -11 am
Carers Support

A Zoom session for carers' wellbeing in collaboration with West Sussex Carers Support

TO BOOK THESE EVENTS

Please contact Lynsey:
info@dementiafriendlyworthing.org
or phone and leave a message
on 07903 720 208

At Dementia Friendly Worthing we support people living with dementia and carers with wellbeing phone calls, essential shopping, collection of prescriptions and day-to-day errands such as Post Office runs. All contact with social distancing and PPE.

WELCOME BACK CYCALL

Brooklands Park, Worthing!

The CYCALL team are delighted to be back from Thursday 13 August 2020.

Cycall have made a few changes for safety, and instead of group bookings, sessions will be on an individual basis (Thursday/Friday/Saturday 11am-2pm) and must be booked in advance.

Each participant will need to be accompanied by a caregiver to assist with safety procedures under the guidance of our volunteers.

Where possible participants will be encouraged to bring their own helmets.

Visit www.asouth4all.co.uk/cycall for risk assessment and more details. To book please call Martine on 07784 918122 or email cycallworthing@gmail.com.