

DAA

Swindon Dementia
Action Alliance

Dementia Friendly Swindon Quarterly Newsletter January 2020



Introduction

Happy New Year! The end of 2019 saw lots of Dementia Friendly Swindon work taking place. Over fifty sporting fans attended the second Sporting Memories Event at Swindon Town Football Club. For once, dementia felt like a side issue, rather than the main reason that brought people together there. Following on from the success of these events, we are looking to start a monthly Sporting Memory Café at the Community Trust offices. If you can spare a few hours a month to help get this project started, please let me know. Huge thanks for Swindon Town Football in the Community Trust for their amazing support.

We have a number of new Dementia Friendly activities starting in the next couple of months which is really exciting. A new 'Forget Me Not Highworth Memory Café' launches on Thursday 5th February, a Dementia Friendly Walk at Lydiard Park starting on 6th March, and a Singing for the Memory Group starting in Meadow Hall, Stratton on 8th April. More details if you read on in the newsletter!

If you are involved in any Dementia Friendly projects, please contact **Susan Lambert**, Dementia Friendly Coordinator susan.lambert@swindon.gov.uk Tel: 07980 933636.

Wroughton Care Home Raising Dementia Awareness at Christmas



When Moormead Care Home in Wroughton were approached to do a window display for the Wroughton Advent Calendar Trail, they decided to raise awareness of dementia within the town. The display has a Christmas tree decorated with forget me nots made by care home residents, many of whom are living with dementia. Feedback has been very positive and Wroughton

has regular Dementia Friends Information Sessions run by a local resident. We are also looking to start a Memory Café locally.

Dementia Friendly Highworth Celebration & New Memory Café Launch on Thursday 5th February



Councillor Russell Holland (Deputy Leader of Swindon Borough Council) presents dementia friendly certificate to Highworth Mayor Julia Bishop

A celebration event and presentation to Mayor Julia Bishop recognised all the efforts made in Highworth to become a Dementia Friendly Community.

A new 'Forget me Not Highworth Memory Café' is launching on Thursday 5th February in the Council Community Room in Gilbert's Lane, 2.30-4pm. The Café will then run on the first Thursday afternoon of every month.

Huge thank you to everyone involved in setting up the Forget Me Not café, which is being run entirely by volunteers and to the Parish Council for providing the venue. The logo was specially created by Pam Hague from Highworth Arts Society following a design competition. Special thanks to Elaine Graham, Ruth Coughlin, Rosemary Jackson and Kevin O'Donoghue.



The Café is a friendly, free and comfortable space for those living with dementia and their carers to socialise, listen to music, play games, listen to expert guest speakers and participate in activities.

If you can help the Forget Me Not Café in any way, please contact: susan.lambert@swindon.gov.uk.

Launch of Dementia Friendly Walks at Lydiard Park

**Dementia
Friendly
Walking**



Monthly Dementia Friendly Walks will start at Lydiard Park on Friday 6th March, 10.30am-12pm. We will meet at the Forest Café at 10.30am sharp to then enjoy a gentle walk along a wheelchair friendly route in the Park. The group will finish with a hot drink and social time in the Forest Café. No booking needed just turn up.

Sporting Memories Success



Swindon Town Football Club hosted over 50 people living with dementia and their carers for a morning of sporting memories on 18 September. This was the second partnership event of its' kind with Swindon Borough Council which included a tour of the grounds and sharing memories with retired players Don Rogers and John Trollope. John said "Holding days like this helps bring memories back to people and put a smile back on their faces". The partnership is now working on starting a monthly Sporting Memories Café in the grounds, and looking for volunteers to help run it. If you can help please contact: susan.lambert@swindon.gov.uk.

Dementia Friends in Swindon Schools



Pupils of Warneford Secondary School in Highworth Year 7 class attended an Alzheimer's Society Dementia Friends Information Session specially adapted for their age. Feedback from the pupils and Headteacher was extremely positive and the questions asked showed how thoughtful and inquisitive the pupils were about dementia. Further sessions are planned at Warneford and other schools across Swindon.

Musical Memories Stratton – New Singing Group

I'm very pleased to announce that Stratton Parish Council have granted funding for a Dementia Friendly singing group to run every fortnight in Meadowcroft Community Centre starting 8th April from 10.30am to 12. The Group will be open to anyone in the local area, particularly those people living with dementia and their carers. Karen Owen, an experienced music therapist who has close personal experience of a loved one living with dementia, will be running the group. Karen specialises in working with older people often in care home settings across Swindon & Wiltshire. The group has been named 'Musical Memories Stratton' by the Emerald Group (a reference group of people living with dementia).

We urgently need some volunteers to help at the Singing Group, even if you can only spare a few hours a month. Please contact: susan.lambert@swindon.gov.uk if you can help us. Details of the time/dates of the Singing Group are currently being finalised and information will be circulated as soon as possible. If you are interested in receiving these directly please contact Susan (email above).

Community Lunch Success



Enjoying music and entertainment at the lunch

Huge congratulations to Zurich Community Trust for fundraising, and the Wyvern Theatre for hosting a Community Lunch on Sunday 26 January. Forty people were invited from all sections of the community, including people living with dementia and carers and people who live alone and may feel isolated, to enjoy a free two course lunch with entertainment from Karen Owen, from Musica Music. Feedback was so positive from the lunch, it is hoped this can be repeated again.