

Isle of Wight Dementia Alliance Newsletter

Winter 2016 – Issue 3



Welcome to the third edition of the Isle of Wight Dementia Alliance Newsletter, a quarterly publication for those whose lives are touched by dementia, their families, friends and carers.

We have developed this in partnership so we can bring together in one place news and information along with details of local support groups and events.

The newsletter, which will be published every three months, includes a calendar showing the location, days/dates and times of all the regular support groups available, which we hope you will find helpful. In addition, you will find details of other events and training sessions within the main newsletter.



News from the Alzheimer's Society

Friendship/Activity Group

Our friendship group enables people living with dementia and carers to meet regularly in a relaxed social setting, and share their experience with others in similar situations.

Activities are planned around the interests of those that attend the group and include: reminiscence sessions on many themes, art, indoor sports (nothing too energetic!) and music. Individuals are supported by experienced volunteers.

Friendship/Activity Groups take place on the third Wednesday of the month, usually at Red Cross House, Hunnycross Way, Newport.

Coming Up:-

21 December 2016 – Sing About and Mince Pies. Come and join the festive fun while we sing, eat and be happy!

18 January 2017 - History Talk. We'll sit down and listen to tales of old with a nice warm drink to get rid of the winter blues.

15 February 2017 - Family Memories. Bring along anything that represents your family or reminds you of a funny story you'd like to share.

News from the Alzheimer's Society

Isle of Wight Dementia Support Service

Our team provides information and practical support to help people with dementia, and their carers and families, to gain a greater understanding around dementia.

Our Support Service is provided by our professionally trained, experienced Dementia Support Workers who can offer advice, information and support in a variety of ways to suit you (email, post or telephone).

We operate an open referral service so that anyone including professionals, carers, relatives, friends or the person themselves can refer to the service.

**For further information about Alzheimer's Society services please contact the main office:
Tel: 023 9289 2035 or Email: IsleofWightServices@alzheimers.org.uk**

Why not host an ELF DAY on Friday 9th December?

This is a great way to get family, friends or colleagues together to celebrate the festive season and raise vital funds for Alzheimer's Society.

To find out more go to: www.alzheimers.org.uk/elfday
Or phone: 0330 333 0804 | Email: elfday@alzheimers.org.uk



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News from Bodster CIC

Bodster Equine Assisted Learning C.I.C offers a unique service to people living in the community. We are based in Sandford, near Godshill and facilitate sessions for anyone, aged from 6 to 90 years of age, opening up opportunities for them to interact with our ponies on the ground.



Bodster C.I.C, through a grant from the Santander Discovery Fund, now provides fully-funded sessions to those with dementia and their carers.

Sessions run on Fridays from 10am to 12 noon, whatever the weather as we also have indoor facilities.

We pride ourselves in meeting each person's individual needs so if Fridays aren't suitable but you'd like to visit at a different time then please do get in touch to see if we can accommodate you.

It has been proven that being around ponies can help reduce stress levels for people with dementia. Participants do not ride, but groom, lead and walk with the ponies helping raise their self-esteem and confidence by opening up new possibilities.

Giles Boddington, Director, who established Bodster C.I.C. with his wife Jo in September 2011 said: ***"People can come here, be part of a friendly group, have a positive experience, enjoy the outside environment and learn how to value being in the moment, which is just how ponies live their lives."***

For more details about the above sessions please phone Giles or Jo on: 07887 876138 or email: joandgi@googlemail.com. You can also go to: www.eaqbodster.co.uk



News from Alzheimer Café

ALZHEIMER Café Isle of Wight opens its seventh Café on the Isle of Wight following its success as a pilot project, thanks to Ageing Better Lottery funding.

The charity recently opened its latest cafe, ACE7, as a meeting place for people with Early-onset Dementia (EOD) aged between 40 and 65 years together with their families and carers.

ACE7 was established after it became apparent there was no group on the Island specifically supporting those with EOD and their educational needs. Meetings at ACE7 are held fortnightly, on Tuesdays at The Riverside Centre, Newport, for two hours, with planned activities in and away from the cafe.

The programmes, so far, have included presentations on subjects such as feelings, emotions, stress and communication, as well as music of the 60s and 70s by local guitarists, sailing with Sailability UK on the River Medina and visits to Godshell Park Farm and Nature Zone.

Alzheimer Café IW chief officer Maggie Bennett said:

"Our aim is to provide cafe users with helpful information, social opportunities, education and activities, and ACE7 has proved to be welcoming and accessible, with good facilities."

There are also Alzheimer Cafés held each month in Cowes, Newport, Ryde, Sandown, Totland, and Ventnor - See the Support Groups Calendar in the centre of this newsletter for full details of dates, times and locations.

The Alzheimer Cafés provide a meeting place for professionals to offer much needed information and advice about the emotional, psychological and practical aspects of living with dementia.

There are also opportunities for people to meet up and make friendships with others in similar situations. When attending one of the Cafés you will also receive either a tasty light lunch, scrumptious afternoon tea or light supper; except for the ACE7 group as they are often out and about taking part in activities!

Regular visitors also drop into the Cafés, for example, Carers IW, People Matter, legal advisors, Care Navigators. All the Alzheimer Cafés are supported by a committed and hardworking team of volunteers.

For more information about Alzheimer Cafe just phone: (01983) 220200 or visit our website: www.alzheimercafeiw.org.uk or Facebook: Alzheimer Café, Isle of Wight

Support Groups Calendar - December 2016, January and February

Name of Support Group	Where	When
Age UK - Community Memory Groups Tel: (01983) 525282 Brading Cowes Freshwater Lake Newport Ryde	St Mary's Church Hall, High Street, Brading, PO36 0AT Northwood Cricket Club, Park Road, Cowes, PO31 7NN The Gouldings, St Andrews Way, Freshwater, PO40 9NH The Lions Club, New Road, Lake, PO36 9LA Congregational Church Hall, 98 Pyle Street, Newport, PO30 1UH St John the Baptist Church Hall, High Park Road, Ryde, PO33 1BP	Every Wednesday Every Monday Every Thursday Every Tuesday Every Monday Every Thursday
Alzheimer Café Tel: (01983) 220200 Cowes Newport Ryde Sandown Totland Ventnor ACE7 (for under 65's)	The Masonic Centre, Castle Road, Cowes PO31 7QY St John's Church Hall, Nodehill, Newport, PO30 1EQ All Saints Church, Queen's Road, Ryde, PO33 3BG The Methodist Church, York Road, Sandown, PO36 8ET St Saviour's Holy Family Centre, Weston Lane, Totland, PO39 0HE Green Room, 1 Salisbury Gardens, Dudley Road, Ventnor, PO38 1EJ The Riverside Centre, The Quay, Newport, PO30 2DR	2nd Wednesday Last Thursday 1st Friday 2nd Tuesday 3rd Wednesday 1st Wednesday Every other
Alzheimer's Society Tel: 023 9289 2035 Friendship/Activity Group	Red Cross House, Hunnycross Way, Newport, PO30 5ZD	3rd Wednesday Next date: 2nd Wednesday newsletter for Dec, Jan
Carers IW Tel: (01983) 533173 Take a break IW Emotional Support Carers Support Groups and Events	Please phone for details Please phone for details Various locations - To request the Carers IW monthly newsletter containing details of groups/events and locations phone: 533173 or email: info@carersiw.org.uk	2nd Tuesday Next dates: Arranged in Various days
Dementia Pathfinders Tel: 0845 257 2250 Dementia Conversations	St James Church, Church Path, Well Rd, East Cowes, PO32 6RL	See newsletter circle dance Tuesday 24th Thursday 16th
Memories Group	Ryde Methodist Church Hall, Garfield Road, Ryde, PO33 2PT	Every other Next date: 1st
St Margaret's Independent Memory Group Tel: (01983) 865645	St Margaret's Hall, Lowtherville Road, Upper Ventnor, PO38 1BJ	Every Tuesday
The Elephant Club Tel: (01983) 291185 or 07736 548480	The Garden Room, All Saints Church, Tuttons Hill, Gurnard, Cowes, PO31 8JA	3rd Thursday Next dates:

January 2017		Suitable for		Purpose
	What time	Family, friends and carers	Those living with dementia	
Wednesday	10am - 3pm	x	✓	Weekly groups offering memory therapy and social activity. Memory groups bring people together who have memory loss, i.e. have dementia
Thursday	10am - 3pm	x	✓	
Friday	10am - 3pm	x	✓	
Saturday	10am - 3pm	x	✓	
Sunday	10am - 3pm	x	✓	
Monday	10am - 3pm	x	✓	
Monthly: 14/12, 11/1, 8/2 Monthly: 29/12, 26/1, 23/2 Monthly: 2/12, 6/1, 3/2 Monthly: 13/12, 10/1, 14/2 Monthly: 21/12, 18/1, 15/2 Monthly: 7/12, 4/1, 1/2 Tues' from 6 December	2pm - 4.30pm 6pm - 8.30pm 11.30am - 2pm 6pm - 8.30pm 2pm - 4.30pm 6pm - 8.30pm 10.30am-12.30pm	✓ ✓ ✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓ ✓ ✓ ✓	A welcoming friendly environment offering an opportunity to chat with health and social care professionals, our volunteers and make new friends Especially for those aged under 65
Wednesday monthly - 21 December (see for planned activities ' & Feb')	10.30am-12.30pm	✓	✓	Enables people living with dementia and carers to regularly meet and share their experience with others in similar situations
Thursday monthly - 13 Dec, 10 Jan, 14 Feb		✓	x	Enables carers to have respite by joining a creative session and the opportunity for holistic therapy
Friday individually		✓	x	Providing support to carers on a one to one basis, or peer support with other carers who understand
Saturday times and dates		✓	x	A good opportunity to meet others in a similar position, enjoy a social event or take part in an activity
For further details of a workshop in December with January 2017 5th February 2017	6.30pm - 8.30pm	✓	x	An opportunity for carers, relatives and friends of those living with dementia to share experiences and gain knowledge
Wednesday - 4 December	10am - 12 noon	✓	✓	A time and place for those with dementia & their carers to socialise with others in a relaxed atmosphere
Thursday	10am - 3pm	x	✓	A community based service for those affected by dementia. Promotes mental stimulation, friendship and understanding of difficulties brought about by changes in memory function
Friday monthly - 15 Dec, 19 Jan, 16 Feb	2pm - 4pm	✓	✓	Provides Melody and Memory stimulation to those with dementia in a relaxed and informal setting

News from Dementia Pathfinders

Dementia Conversations

FREE for carers of people living with dementia and anyone with an interest in dementia, this initiative is offered by Dementia Pathfinders and St James' Church and provides an opportunity for carers, relatives and friends of people living with dementia, to share experiences, gain knowledge and explore issues that challenge our beliefs and attitudes.



These discussions are held monthly on various dates at St James Church, East Cowes from 6.30pm – 8.30pm and are co-delivered by Barbara Stephens and Reverend Veronica Brown. You can book in advance or simply turn up on the day. The next sessions will be held on Tuesday 24th January and Thursday 16th February.

Circle Dance in Dementia Workshop

These are FREE sessions with a Christmas theme which aim to offer experiences of circle dance for people with dementia, their family and carers and paid care and community professionals working in the health and social care field. Both sessions will be held on Tuesday 13 December at St Marks Church, Station Road, Wootton Bridge, PO33 4QU.

The morning session will run from 10am until 12.30pm and the afternoon session will run from 1.30pm until 5pm.

Circle Dance in Dementia, can be commissioned by an organisation for delivery in-house.

For further information about Dementia Pathfinders or to book one of the circle dance workshops please phone: 0845 257 2250 or Email: info@dementiopathfinders.org

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News from Age UK Isle of Wight

Community Memory Groups

We have weekly groups offering memory therapy and social activity for people who have memory loss. We currently have six groups that run across the Island. The cost of the group session, which run from 10am to 3pm, is £23 for the day. We currently have vacancies at all the groups, particularly Brading and Freshwater.

Homebased Memory Therapy Service

This provides weekly memory therapy and activities to allow someone who has memory loss, or mild to moderate dementia, the chance to 'work' their minds in their own homes on a one-to-one basis. We undertake an initial free assessment, and sessions are then charged at £15 per hour.

If you are interested in attending our Community Memory Groups or receiving Homebased Memory Therapy, or would like more information, please contact Jodi or Debbie: Tel: (01983) 525282 or Email: health@ageukiw.org.uk

News from Carers IW

Are you caring for someone with dementia or memory issues? Carers IW can support you in a number of ways:



Carers Support Groups and Events

We have several support groups which take place regularly at various locations around the Island – Bembridge, Freshwater, Newport, Ryde and Sandown - which are for all carers. These are a good opportunity to meet others in a similar position, to have a chat and enjoy a cuppa.

Moving & Handling Course

This is a FREE Course for unpaid carers and will take place in the New Year at the Riverside Centre, Newport. If you are struggling to get someone to stand, sit, move in bed, or get up from a fall then please do come along and learn some techniques. Phone us to book your place.

Take a Break

We run a group specifically for carers caring for people with dementia, offering a creative session and the opportunity for some holistic therapy. With prior notice, we are also able to care for the person you care for at the Centre, enabling you to fully benefit from a couple of hours respite. We meet on the second Tuesday of the month at The Riverside Centre, Newport. Contact us to apply for a place.

Diary Dates for Unpaid Carers

Pamper Evening - Friday 2 December

Massage, Christmas treats at The Riverside Centre – please book using the details below.

Bonfire at Nature Zone – Tuesday 6 December at 2pm

£4.00 per person including mince pie and hot drink – please book using the details below.

Quiet Day at the Priory - Friday 9 December

Time out, relaxation, meditation – please book using the details below.

Respite for Carers Weekend - 17 March 2017

We have booked Totland Bay Youth Hostel for our exclusive use from Friday 17 – Sunday 19 March 2017, to offer carers a bit of respite time.

A comment from one of our carers:

'I have heard carers say that if they had to face the difficulties they have, they are so glad they are facing them on the Island, because of you. I have spoken to carers on the mainland who cannot believe the care we get here. We are so lucky.'

For further information about any of the services available through Carers IW please phone: (01983) 533173 or email: info@carersiw.org.uk

MERRY XMAS

HAPPY NEW YEAR

Other News

Memories Group

This FREE event held on alternate Wednesdays from 10am – 12 noon, is for people with dementia and their carers to get together for refreshments, music and to socialise with one another in a relaxed atmosphere.

Come and go as you please, stay as long as you can and feel amongst friends. We look forward to meeting you and finding out what you would like to do. The meeting place is Ryde Methodist Church Hall, Garfield Road, Ryde, and there is easy wheelchair access.

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St Margaret's Independent Memory Group

Our Memory Group is managed by volunteers and we meet every Tuesday in Upper Ventnor, offering a community-based service for those affected by dementia. The group meetings promote mental stimulation, friendship and understanding of difficulties brought about by changes in memory function.

Joining a new group can be a daunting prospect, but you are welcome to stay for coffee and join in with the activities if you wish. All we ask for is a donation to help cover the cost of refreshments. If you find the group is for you, a start date can be arranged. Half days run from 10am – 12.30pm at a cost of £5 and full days run from 10am - 3pm at a cost of £10 if you bring your own lunch, or £15 if lunch is provided.

For more details phone Pam on: (01983) 865645

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The Elephant Club

This club provides Melody and Memory stimulation to those with dementia and is held in a relaxed and informal setting. Come and listen to some gentle music, join in with a discussion around a particular chosen subject, and socialise with others – all while enjoying tea and biscuits!

The club is run by Anne, Mandy or Cheryl and held on the third Thursday of the month in The Garden Room, All Saints Church, Tuttons Hill, Gurnard, from 2pm – 4pm. It is FREE of charge and family, friends and carers are most welcome to stay. For further information please phone:-

Mandy: (01983) 291185 or Cheryl: 07736 548 480

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And Finally...

Please keep our support groups calendar handy - you will find this in the centre of this newsletter. It shows the locations, days/dates and times of all the regular groups taking place on the Island. We welcome any feedback you may have about this newsletter, or other items for inclusion in future issues.

**Please contact: Helen Randall, Age UK IW.
Tel: (01983) 525282
or Email: helen.randall@ageukiw.org.uk**

Age UK IW have prepared this newsletter from content provided by external parties and therefore do not take responsibility for the accuracy of this information. Please check in advance that the event you wish to attend is going ahead.