

#### What's been happening this month:

- Building work has begun
- 'Hot Potato Conference'
- Sponsored Walk Fast Approaching
- Events and Fundraising
- Fire Museum Visit for Monday Club

## Lots of Likes for Garden Lodge!

As part of the entertainment at Garden Lodge, on the 11th July we held a music session with our clients. Our clients were given tambourines and maracas to play and sang along to songs.

The clients seemed to enjoy every moment, so much so that Kris filmed some of their activities to show on our Facebook page.



Over 12,000 people have now seen this upload, with over 5,000 actually having watched it. The support has been overwhelming and we are so pleased to see how many have enjoyed seeing the fun that our clients are having.



If you are interested in having a look at this video please visit [www.facebook.com/alzheimersanddementiasupportservices](http://www.facebook.com/alzheimersanddementiasupportservices)



Our clients having lots of fun with the musical instruments.

## Recommend a Friend!

Fancy making an extra £100 in your pay cheque?

This is what Donna Earl did in June!

Don't forget about our 'Recommend a Friend Scheme'!

If you know anyone who you think would make a good Support Worker for Alzheimer's and Dementia Support Services, please do not hesitate to recommend them to our recruitment team.

Make sure they send in their CV to begin the recruitment process. If they become a successful candidate, and on their completion of the 100th hour working for us, you will receive £100.

This scheme is for any staff member to participate in, so please do not hesitate. As you all know, our support workers are key to our Domiciliary Care team and as we grow we can continue our excellent support of our ever growing client base.

Thank You all!



### Issue 18

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# Let the building work begin!

By Joanne Wood

The lease was finally signed for the AgeUK building and we have since been waiting for the builders to commence work. That day arrived on the 11<sup>th</sup> July when we came in and found all of the walls that needed moving had moved! The large bi-fold doors were gone and the space in the centre of the building looked enormous. We have taken out the laundry and hairdressing rooms, which were in place from the building's previous incarnation, and made the space that they were occupying a bright open area.

We are keeping the bathroom at the far end of the building and will move the hairdressing sinks into this room in order to give us maximum flexibility with spaces and all of the water based services in one room.

The space that has been generated in this corner of the building will hopefully be a sensory room with interactive bubble tubes, touch experiences and relaxation at its core.

The kitchen is currently acting as a store room for all of the furniture that has been donated to us so far. The feeling is, at the moment, that we will get staff into the new location and then we will start to establish the requirements for the Community Café.

The carpenter has been hanging doors which are a lovely ash colour and doorways that previously existed have moved or have been blocked up. New lighting has been installed using LED daylight eco saving bulbs.

A portakabin was sourced to enable work to continue on the administration of getting this project through to completion, which means we are not under the builder's feet when they need to access areas where we have set up camp.

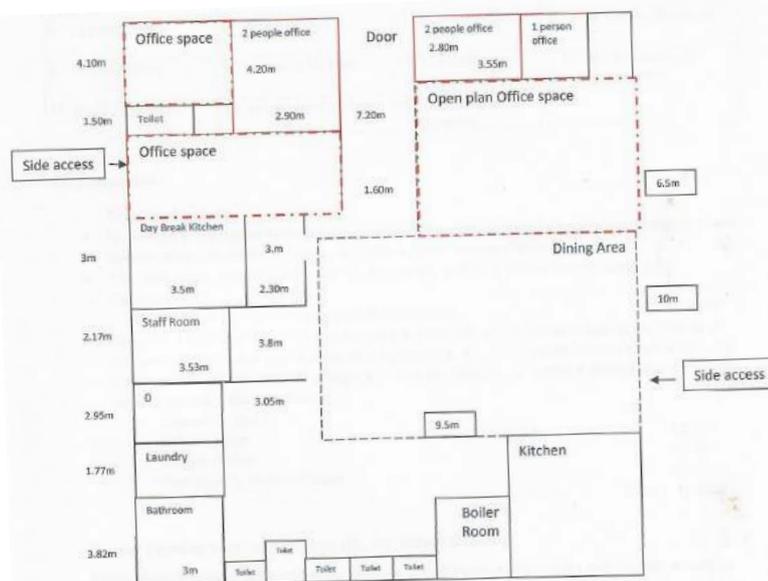
Grants have been applied for to tidy up the outside space and, of course we have to wait and see if these are successful. We would like to be able to increase the number of parking spaces but this is a project for the future.

We are now working on being able to put together plans for activities that can be held in the hub both daytime and evenings, for more information turn to page 5.

Additional pictures are being uploaded daily to Twitter using @safeharbourkent so please follow this page to stay right up to date with our progress.



*The building work so far.*



*The proposed new floor plan*

# Our Visit to the 'Hot Potato' Conference

By Lesley Knight



On Monday 4<sup>th</sup> July Lesley attended a conference in Tonbridge, this was a meeting of people from all over Kent, to talk about some of those issues that people don't usually talk about!

Alzheimer's and Dementia Support Services attended as part of the Kent Dementia Helpline stand. Part of the event was a facilitated session by Lesley where some thought provoking discussions could be held. For example – what if you were transgender and then lost your recent memories – who would you think you were? What if you were gay, and living happily with your partner, but your memories were based in the 1950's when being gay was a criminal offence? What if you wanted to have a sexual relationship with your husband but the staff in his Care Home said that you couldn't?

The conference was not designed to find answers to all these questions but to make people aware that these issues affect many people that we work with and we must get used to addressing things that may make us feel uncomfortable.

If you are aware that any of the people you support are being troubled by things that they find it difficult to talk about, please do come and speak to the client liaison team.



Lesley having a discussion with some fellow attendees at the conference.

## Wimbledon Spirit!

By Angela Farrell

On Monday 18<sup>th</sup> July, our Monday Club held their very own mini Wimbledon Table Tennis Tournament. There was our very own mini staff competition where unfortunately Rachel and Caroline, didn't quite make the final. One of our clients George Luke challenged Angela to a game. It was absolutely fantastic and it was not only clients that enjoyed themselves.

Angela one of our Monday Club facilitators said *"I can honestly say I love the group and am privileged, as are my colleagues, to spend days of fun with a group of friends."*



Joan getting into the spirit!



Angela and the trophies; Angela awarding Stan with his trophy.

After exhausting themselves playing table tennis, it was time to have a break on the lawn. The sun was shining and everyone was able to relax in the sunshine (well actually they were sensible and sat in the shade, enjoying the sunshine).

Plans have since been made for a Sports Month in October, where a variety of sports can be played by the clients and a bit of friendly competition can be held.



Where the planning began

# *Alzheimer's & Dementia*

S U P P O R T S E R V I C E S

Registered Charity 1024385

Sunday 18<sup>th</sup> September 2016 11am

## **Annual 5K Sponsored Walk**

Shorne Country Park, Brewers Road Shorne DA12 3HX

# *We Need Your Support!*

Volunteers required to take part.  
Sponsor forms available from Angela

Please call: 07903664873

### **You could even add a bit of fun to the walk!**

Fancy dress your children, your husband and your dog!

Wear a hat, Tie yourself to a friend

### **Most interesting dress wins a Prize!**

Supported by



**BASEPOINT**  
business centres

## Visit to the Fire Fighter Museum

By Angela Farrell

On Monday 25th July our Monday Club had a special trip to the Kent Fire Fighters Museum near Sevenoaks.



Rachel, Angela and Caroline enjoying themselves in the fire engine.

They were showed round by the lovely Trevor, who served for over 30years as a fire-fighter. They were even shown the workings of a fire truck.



Our volunteer Stan sitting in the fire truck.



Our clients exploring the museum.

Afterwards we were able sit outside in the surrounding woodland to simply enjoy the sunshine.



## Events and Fundraising

By Angela Farrell and Lesley Knight

Well here we all are, summer sunshine, clear skies, birds are singing and fundraising events are looming.

Please spare a thought for our three cyclists, Danny, Gary and Philip who have 100 miles of road to cover on 31st July for Ride London. We wish them all the best for the ride and we can't wait to hear how you all get on. If there are any keen cyclists who want to go and watch the event and support our riders, why not spend the day and enjoy what London has to offer.



Angela is looking for volunteers to help out with the sponsored walk as Marshall's or help with registration, handing out water and general support in setting up. If you are unable to walk but want to be a part of our third annual walk please get in touch with Angela.

On the 9th July the Northfleet Bowls Club had their annual bowls event. The club had nominated Alzheimer's and Dementia Support Services as their Charity of the Year.



### Jo Needs You!

By Joanne Wood

With Safe Harbour coming along we are now looking forward to how we will be using this lovely space.

We are looking for people who would like to share their skills and hobbies with others. If you know somebody who is linked to a Whist Drive or a Bridge Club, who is an artist who wants to show other people how to become a new Van Gough. If you have friends who would like to share their musical skills with others. Could you find someone to run a Scrabble Club.?

I have approached many local organisations to join us on this journey but I am sure there are people out there who can help us who you will be aware of.



Lesley was invited along to give a short talk about Dementia. She spoke about what we as, an organisation, do and how we can assist in supporting people.

We would like to say a big thank you to the bowls club for choosing us and also for the donations we are now receiving from them. Thank You for your support.

Angela would like to say a huge thank you to Sue Marks, who cycled through 4 countries in 4 days and rode over 400miles. She managed to raise a whopping £1,500 for us . Thank you so much for your efforts Sue, we hope you have managed to have a rest.



Larry O'Connell, Angela Farrell and David Poynter here with Sue and her amazing £1,500 donation

# CEO's Thoughts

By Liz Jewell

I would like to dedicate my section this month to acknowledging all the hard work that has been put in by the Domiciliary Care Team (also known as SAH / SAH+ / CQC Services!)

Everyone in that team has been working extremely hard to ensure the processes and practice are of the highest standard. The team in the office are very supportive of one another and the staff in the community do their work to the usual high standards. We had a comprehensive CQC inspection 28/29<sup>th</sup> June and the feedback from that was really encouraging. We are still waiting on the final report however I am optimistic it will be good.



## Recruitment Update

- **Angie Jackson** - Finance Manager, starting 15<sup>th</sup> August.
- **Denise Kilshaw**— CQC Registered Manager. Starting beginning of September.
- **Sandy Wade & Sheila Buckley** – Fundraisers. Starting beginning of September.
- **Kris Healey** is now our Chief Operating Officer.

## A Little Update on Safe Harbour

Building works at Safe Harbour are making good progress and we are beginning to see how the fabric of the building is being altered for our use. The builder should be completed by the middle to end of August – then we have the infrastructure being set up (IT and Phones) & decoration and then at the end of the first week in September we hope to start relocating teams to the new office.

I am sure you can appreciate that it has been a busy time and potentially unsettling for everyone – please don't underestimate how challenging these changes are and give yourself and others a little slack when things get a bit much – we need to look out for and look after each other.

“Thank you” to all of you staying focused on doing your job to the best of your ability. In a few months' time we will all start to feel the benefits of a bit more space and an IT system that helps to support our efforts.



Thank you all for the hard work and continued commitment to do an excellent job. It really does make a difference to people's lives

I was speaking to a person who both supports the charity in very practical terms as well as receive our services and she said that she felt what made Alzheimer's & Dementia Support Services different was our willingness to go that extra mile – I couldn't agree more and it is to each and everyone of us, across the whole organisation, in every role, that makes that sentiment a reality.



## Nominations



Mandy Tehara would like to nominate **Nadia Rasho** who has been altering her availability to fit in clients, due to limited staff availability. This has been a real help to the Support at Home team.

Jackie Davison would also like to nominate **Nadio Rasho** for bringing in her new Car insurance Certificate without her having to remind/chase her.

Mandy Tehara would like to nominate **Christina Hammond** for her extensive help with the on call phone, it hasn't gone unnoticed.

Kris Healey would like to nominate **Jackie Davison** for her 'outstanding' staff folders. During our insurance audit I was told they were the best they had ever seen and they used to be CQC inspectors. Well done Jackie!

Mandy Tehara would like to nominate **Steph Sargent** for her continued IT support to the Support at Home team, and a huge thank you to her especially during the CQC inspection with my spreadsheet crisis.

Mandy Tehara would like to nominate **Michelle Wingfield** for her dedication to her role. She worked above and beyond when assisting with a client in an emergency, without her additional support at this time the situation could have been much worse for both the client and their family.



To nominate send an email to me [liz.jewell@alz-dem.org](mailto:liz.jewell@alz-dem.org) or [kris.healey@alz-dem.org](mailto:kris.healey@alz-dem.org).

## August Memory Cafés

Tuesday 2nd August 10am: West Kingsdown

Thursday 4th August 10am: Hartley

Friday 12th August 2pm: Swanley

Tuesday 16th August 10am: Meopham

Wednesday 17th August 10am: Dartford

Wednesday 24th August 11am: Gravesend



## August Carers Support Groups

Meopham: Tuesday 2nd August, Tuesday 9th August, Tuesday 23rd August, Tuesday 30th August

Swanley: Friday 5th August, Friday 19th August, Friday 26th August

Gravesend: Thursday 4th August, Thursday 11th August, Thursday 18th August, Thursday 25th August

Farningham: Wednesday 17th August

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