

What's been happening this month:

- A Boat Trip on the Pocahontus
- Community Day at Longfield Academy
- Celebrations at Dartford Memory Café
- The Newsletters are Changing
- Warm Welcome to our New Staff

Lynne Hosted for the Hub!



Angela Farrell our fundraiser has been promoting 'Host for the Hub' and 'Purchase a Brick' for our new Safeharbour.

I accepted the challenge and decided to host a 'Pimms in the Garden' afternoon. I included, in the ticket price, a community brick. It was a lovely day and we had a nice chilled afternoon. We played a few games to raise extra funds. There was a selection of alcoholic and virgin cocktails, and a buffet with cream scones.

The sun shone and friends and neighbours soon filled the garden and joined in with all the fun and games. Pass the bucket was a laugh and the coins in the bucket rattled like mad as it sped round the circle. Importantly I managed to raise the profile of our wonderful local charity and have noticed some of my guests have liked our Facebook page. This in itself was good but on top of this, I managed to sell 30 community bricks and purchase a bronze brick to boot!

All in all a successful and enjoyable event. Why not host one yourselves. It doesn't matter on size or numbers. I thought it was a good chance to boast about all the good work we do.



Lynne's beautiful stack of scones for everyone to enjoy.



Congratulations Ross!

All of us at Alzheimer's and Dementia Support Services would like to say a massive Congratulations to Ross. Following on from Ross's Dementia Friends session at Holy Trinity School, Ross has now created 600 Dementia Friends. He was sent a special message from Dementia's Friends to thank him for his amazing efforts.

*"I just wanted to say **thank you** so much and well done for creating 600 Dementia Friends!*

Never forget that, through your Information Sessions, you're helping to change the way people think, act and talk about dementia.

We are very grateful for the time and effort you put in as a Champion and hope you're enjoying delivering your Information Sessions. Every Friend you make is another step towards us reaching 4 million Dementia Friends by 2020 – we simply couldn't do this without you."



Issue 19

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Pocahontas Boat Trip

By Steph Sargent



This time last year our Gravesend Support Group enjoyed a lovely day out to Windsor on a wonderful boat trip.

Last year, the weather was very overcast and rainy, so the whole group had to stay inside to avoid getting wet.

This year was a completely different story! Our Gravesend Support Group this time decided to go on a boat called 'The Pocahontas'.

They had a wonderful time, there was not a cloud in the sky and it meant the whole group were able to sit on deck and see the sights.

It was a wonderful day and such a bonus to be able to sit outside and enjoy it properly.



The newsletters are changing!

From the beginning of October, we will be introducing our brand new ADSS Magazine. This magazine, will be issued to both staff and members. So unfortunately you will no longer be receiving this particular newsletter. I am sad to say this is the last one. It has been a great pleasure making these newsletters, but it is time for a brand new magazine to be published by us.



We are all very excited for our brand new publication and we look forward to it's release at the beginning of October. This magazine will be a bimonthly magazine that will keep you informed about everything going on here at Alzheimer's and Dementia Support Services. Our first issue will be focused on 'Safeharbour' our brand new premises opening in September.

If you have any queries about our newsletter and new magazine, please feel free to email steph.sargent@alz-dem.org

Celebrations at Dartford Memory Cafe

By Ross Mullis



A special couple came to our Dartford Memory Café on Wednesday 17th August.

Mr and Mrs Chalcraft have just celebrated their 60th wedding anniversary and it also happened to be Mrs Chalcraft's birthday! A friend had made them a delicious cake, which they had brought along for everyone to enjoy.

Congratulations to you both, sorry to Mr Chalcraft for the photo, I caught him half way through the cake and I didn't want to hold him up!



Community Day at Longfield Academy

By Jackie West - Kent Community Warden

For the second year running, I was approached by Lynne Walker, a Deputy Principal at Longfield Academy, to work in collaboration to deliver a Community Day during Year 8 Focus Week.

It was decided that for the morning all Year 8 pupils would become Dementia Friends with an awareness raising session led by Ross Mullins from The Alzheimer's and Dementia Support Services (ADSS). Plus, I would invite local residents to an Afternoon Tea led in its entirety by Year 8 pupils.

The morning arrived and Ross led the session along with input from a guest living with Dementia and his wife.

The students had kindly prepared questions that enabled the guest to share his answers with the students in the school auditorium.

It was a very moving experience to hear first-hand from someone living with Dementia about how they managed life and their daily experiences, including some of their challenges.

The students remained attentive throughout the session and gained the recognition of becoming 'Dementia Friends' whereby they were presented with badges and information booklets.

The students then divided into their individual colleges to prepare for the arrival of their 60 community guests. Under their own direction, different student teams set about planning their guests' afternoon itinerary.

When guests arrived each College had a meet-and-greet team who saw them to their seats and began to serve an afternoon tea consisting of many tasty treats that were very warmly welcomed. Each college also provided entertainment for their guests. This included music, quiz, chair yoga and bingo.

Pupils had all contributed to cooking, decorating, entertaining and helping to make the guests feel thoroughly welcome.

Guests have since shared some wonderful sentiments on their afternoon spent at Longfield Academy.

It was a truly wonderful intergenerational day that I am sure will be remembered by many.



Alzheimer's & Dementia

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

Registered Charity 1024385

Friday 18th September 2016 11am

Annual Sponsored Walk

Shorne County Park, Flowers Road Shorne DA12 3HX

We Need Your Support!

Volunteers required to take part.
Sponsor forms available from Angela

Please call: 07903664

You could even add a bit of fun to it!

Fancy dress your children, your husband and your dog

Wear a hat, Tie yourself to a friend

Most interesting dress wins a Prize!

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CEO's Thoughts

By Liz Jewell



For many of us, work has been going on as normal with little change, however we are all aware that change is a foot.

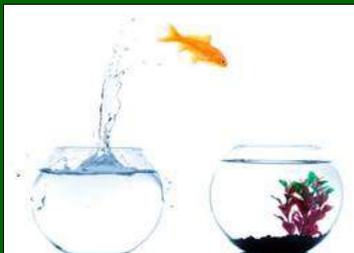
In the next month we will be embarking on an important development that will impact upon the way we work and the way we will be perceived by external partners. Safeharbour will provide the charity with much needed space to allow us to support the community in achieving a better quality of life for those living with dementia.

In September we will be relocating many of the office staff to Safeharbour. Those staff will have to adapt to a new environment and new IT systems. After years of over crowding and ineffective IT this is definitely a good change however even good things can be a challenge when first encountered.

With that in mind *please* try to take care of yourself and those around you as we make this move. A little kindness and patience goes along way.

Stereotypically the builders have taken longer to complete the building works they were commissioned to do. We hope that the new deadline of Friday 2nd September will be met. We are hosting a paint party on Saturday 3rd to decorate the space. We have had a good response from staff, supporters in the community to this call to action and we hope to make significant progress in making the space fit to work in. Thursday 1st September we will have some use desks delivered for the main office space. On Monday 5th the IT will start to be installed— the main office is the priority and as we complete the decoration of the smaller offices they will be carpeted and fitted out.

We have had a hitch with the telephone connections and this will now be completed in the middle of September. We will relocate the office staff when we have tested the phone and IT systems.



As the image above indicates there may be a little splash as we make this move!

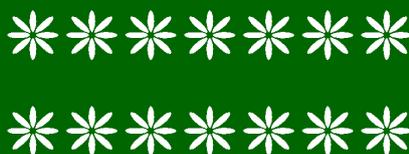
Phase 2 of the move will be to make good the office at Dene Holm to make sure it is a good space for care workers to use as a drop in and for the delivery of training.

The feedback given during the last few staff meetings have been implemented where possible—some ideas are being fed into the long term strategic plan and we will work to implementing them over time, i.e. Residential respite provision.

Over the next few months we will invite different community groups into Safeharbour, to build relationships, to allow them to see the building and better understand how we plan to use it. The aim would be that they help us shape the delivery going forward.

I would like to thank all those who have already helped with painting the office, and are coming to the paint party on Saturday—their efforts will save the charity lots of money it doesn't have for decorating.

We have worked hard to keep costs to a minimum so that any spare funds continue to go to supporting our clients.



Nominations



Lynda Petley would like to nominate **Glynis Johnson**. When Day Care were left understaffed due to staff illness, Glynis stepped up to help cover, despite having a flight to catch later that day.

Lynda Petley would like to nominate **Ross Mullis** for his ingenious idea of placing a curtain in front of the Day Care door. The curtain allows our Day Care clients to be much more relaxed and they have stopped trying to go for a walk outside. Lynda would also like to nominate **Eve Wilkinson** for installing the curtain for us.

Mandy Tehara would like to nominate **Karen German** for her support helping to cover calls, during staffing issues. It has been a huge help to the SAH Team

Mandy Tehara would like to nominate **Lesley Knight** for her support advice. She is always there when I need her.



Congratulations

The Support at Home Team would like to say Congratulations to Jane Collins on the birth of her baby boy Joseph. We wish you all the best in the coming months and hope Joseph behaves for you.



To nominate send an email to me liz.jewell@alz-dem.org or kris.healey@alz-dem.org.

Warm Welcome to Our New Staff

By Liz Jewell



What is an Admiral Nurse?

By Liz Jewell



Admiral Nurses are specialist dementia nurses who give expert practical, clinical and emotional support to families living with dementia to help them cope. They are registered nurses, and have significant experience of working with people with dementia before becoming an Admiral Nurse.

Most work for the NHS in communities, helping people with dementia to stay at home for longer. They also work in other settings, including care homes, hospitals and hospices.

Admiral Nurses were named by the family of Joseph Levy CBE BEM, who founded Dementia UK. Joseph had vascular dementia and was known affectionately as 'Admiral Joe' because of his love of sailing.

Angie Jackson has been appointed as Finance Manager on a 24 hours a week contract. Angie has come from Ashdown Medway Accommodation Trust, Chatham and has a lot of experience that will really help the charity.

Denise Kilshaw has been appointed as the CQC Registered Manager. She is full time and will officially start at the beginning of September. Denise has experience of leading and developing a domiciliary service as well as meeting the compliance needs of other service provision related to conditions other than dementia.

Sandra Wade & Sheila Buckley have been appointed as Fundraisers. The arrangement is a job share for 12 months, where each works two days. Sandra was previously Fundraising & Communications Manager at DGSM your Choice / MCCH Dartford and before that was at the EllenorLions. Sheila was previously Fundraising & Communications Manager at DGSM your Choice / mcch Dartford and before that was at the Event organizer for EllenorLions Hospice. Angela Farrell, our existing Fundraiser, will work with them. Sandra and Sheila each bring a different set of skills. They will start at the beginning of September and will focus on the project based grants and community fundraising initiatives.

Mandy Haines has been appointed as an Admiral Nurse on a part time basis. Mandy Haines has a wealth of experience in working with people with rare forms of dementia. Mandy has had many roles in her career the latest being a specialist mental health nurse at the National Hospital for Neurology and University College London. Her focus was diagnosis and support for people with young onset dementia, familial dementia and unusual forms of dementia.



September Memory Cafés

Thursday 1st September 10am: Hartley

Tuesday 6th September 10am: West Kingsdown

Friday 9th September 2pm: Swanley

Tuesday 20th September 10am: Meopham

Wednesday 21st September 10am: Dartford

Wednesday 28th September 11am: Gravesend



September Carers Support Groups

Meopham: Tuesday 6th September, Tuesday 16th September, Tuesday 27th September

Swanley: Friday 2nd September, Friday 16th September, Friday 23rd September, Friday 30th September

Gravesend: Thursday 1st September, Thursday 8th September, Thursday 15th September, Thursday 22nd September and Thursday 29th September

Farningham: No Support Group this month, the next support group will be in October.

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