



RAISING AWARENESS, ONE DAY AT A TIME!

Alzheimer's & Dementia  
Support Services

January 2015

IN THIS ISSUE

## Getting Involved

by The Operations team

Thank you for all of the fantastic feedback that we received for the first issue of this Newsletter. Christmas has now been and gone and we all hope you and your families had an amazing festive break. 2015 is an exciting year for ADSS, we have many new projects to work on, building on the many successes we have experienced in 2014.

The most important thing to remember is that ADSS is not a typical high street agency, we are passionate about our clients, passionate about making a difference to those living with dementia in the local area and passionate about ensuring that our services are engaging & fit for purpose.

We have a strong ethos and core values, something that really does set us apart from the rest.

We have seen a few changes over the last couple of weeks, Tracey and

Annette are now working with Carol on our Support at Home / Support at Home Plus services. This is a fantastic opportunity for them both to help support Carol and also allows us to provide continuity of care to both our staff and service users.

Kris will also need support and as a result we have successfully appointed Jackie Davison to the role of Project Coordinator. Jackie comes with a wealth of knowledge and experience from the recruitment sector, working on many large scale projects in the past. She is a welcome addition to the team and is very much looking forward to meeting you all.

**01474 533990**

Or email

**[info@alz-dem.org](mailto:info@alz-dem.org)**

facebook

### Best Facebook Image of December?

What was your favourite Facebook image in December? Find out what amazing photograph gets Kris' vote!

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### Celebrate A Life 2014

12th December 2014 was our Celebrate a Life service. Find out how the evening unfolded and how much money was raised!

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# Swipe in, Swipe Out

by Kris Healey

Many of you will now have received your new work mobile phone to work with the Swipe in / Swipe out system. As we mentioned last month this is a really exciting new venture and will really make a huge difference to every aspect of the charity.

We are currently using January as a parallel run, to work alongside our traditional timesheet methods. As with any change there have been a few learning curves, for example remembering to swipe in and out,

remembering to take your ID badge with you, remembering to check your rota and more importantly **REMEMBERING NOT TO USE THE WRONG CHARGER ON THE PHONE ITSELF!**

One of the things that has impressed me most is how quickly people have adapted to the new system. As ever if you have any issues with your phone please come and grab Tracey or myself and we can go through them with you.

A system is only as good as the feedback we receive, so please keep us informed with how it is going and **PLEASE REMEMBER TO SWIPE IN AND OUT!**



# Facebook

by Kris Healey

Our Facebook page is going from strength to strength. At time of writing we currently have just over 750 likes, this is a vast improvement from the original 39 that we had at the start of November. Even more impressive was that a number of our recent posts (including one of some bloke dressed as an Elf) managed to be seen by over 2000 people. This shows that our Facebook strategy is really starting to work.

Please continue to keep sharing our posts, status updates and pictures, it really does help. Invite

your friends / family / mild acquaintances to 'like' our page and follow all of the exciting things we are doing. I am really proud to work for ADSS and love sharing our work with my own friends and family, it would be really great if you could all share our page and continue to help us raise awareness.



*My Favourite photograph, taken in December, was of Karen Payne in Garden lodge showing just how far she is willing to go to get into the "Kristmas Spirit" with this Glittering image!*



*Two of our Seniors thinking long and hard while judging our "Kristmas" Card competition.*

## OUR SERVICES



### Carer's Learning Groups

We successfully ran our Carer's Learning Group throughout November and December. All who attended commented on how helpful and informative the sessions were.



### Birds of Prey Swoop In

Garden lodge had some feathery visitors in December. All of the Service Users had a thoroughly enjoyable time and some brave clients even held a few of the birds.

## HOME CARE FAST FACTS

Number of clients WC 26/1/15

71

Number of hours WC 26/1/15

467.5

### MAKING A POINT?

Is there an article you want to see in the next issue? Would you like to help write it?

PLEASE TALK TO ANNETTE OR JACKIE  
01474 533990 EXT 209

## Fundraising

by Angela Farrell

There are a few people who Joy and I would like to thank for their contribution to our Celebrate a Life evening.

The Christmas tree was kindly donated by our local florist at Coldharbour Road in Northfleet. This is the second year that this florist has supported our charity by donating a tree and what a fabulous sight it was. I need to mention Chris Waking, Manager of our local Tesco store, for kindly donating the refreshments for our guests throughout the evening. Support was also given by a local gentleman who supplied us with mince pies for the event.

I would like to say a thank you to our current Mayor, John Caller, and the Lady Mayoress, Sue Caller, for coming to support our charity. Our compère for the evening was Ross Mullis, who added order and direction to the evening. Our trustee Bob Gladwell gave a brief overview of our services and what we hope to achieve moving forward.

The musical entertainment was provided by a local choir called The Matinee who gave us a lovely

selection of carols and comedy songs.

Another thank you goes to the local church for the use of their church hall and its amenities. All of this could not have been executed without the help of our volunteers who worked tirelessly to keep things ticking over behind the scenes.

It was lovely to see so many relatives who attended. The sad reality is that some of their loved ones are no longer with us and others are still living with their memory problems.

The entire night is for us to remember, reflect and support one another to build and strengthen our knowledge.

This can only continue with hard work and the commitment of staff, volunteers, businesses the media and the families and clients, all working together to understand and fight against this disease.

We hope to host many other events throughout the year some physical some designed to test your brain and some to test your nerve. Please please please come join us!!



# Christmas Party

by Operations Team

We held our Christmas Party on the 18th December at Garden Lodge. A huge thank you to all who attended.

We had lots of food, a fabulous magic show, watched an Orangutan have a tug of war with a Sumo Wrestler, all took part in the ADSS Christmas Shuffle, had a game of "I went to the Zoo" and even had a special visit from Secret Santa.

It was a great evening and hopefully everyone had as much fun as we did. With so many highlights it was hard to choose just one, so our top two were definitely Ross and his fantastic feats of festive magic, followed by Paula's amazing impression of Rudolf the Red-Nosed Reindeer. I am sure that Paula

would be only too happy to show you!

Lesley also managed to achieve a lifelong dream. Lesley has always wanted to create a balloon animal and at the Christmas Party she was finally able to make a fantastic poodle (much better than Gill's attempt which resembled a slightly confused Giraffe).

The night was such a success and such a great opportunity to bring together the trustees, office staff, support at home / support at home plus staff and the day care staff that we have decided to make it much more frequent. A few of us have already been Karting and I know that ideas such as bowling and meals have also been mentioned. It is really important that we all get together as often as possible, so please get involved when you can!



# Garden Lodge

by Lynne Lidstone

"Garden Lodge" has returned to a more gentle pace after the Christmas celebrations. Thursdays are now taken up with Keep Fit sessions. These sessions are held every week for 12 weeks before rolling on to another day. Some of our clients are involved in a Pen-Pal scheme with Northfleet School for Girls and are looking forward to their letters due at the end of the month.

The staff and volunteers will be working on hosting theme days and celebrating different countries.



Our first theme day will tie in with Burns Night celebrations and will include a Haggis drive, Scotland quiz and Scottish music. With the chance of a highland fling for our more adventurous staff and clients!!

In January staff will be given training on our new Galileo machine. With this knowledge we will be putting a pilot scheme in place to assist clients suitable for, and wanting to be part of, the scheme. We will be recording and evaluating improvements in mobility and balance expected with regular use. Watch this space for more details and updates!

# Client Liaison

by Lesley Knight

Following some staff changes, the team is now settled and flourishing.

In August we started a new Memory Café in Hartley which is being 're-launched' in February, following a move of venue for a refurbishment. We will also be introducing a new Carers Support Group in Hartley which will provide a welcome to Carers living in Hartley, Longfield and New Ash Green, part of our area that currently has few facilities for people living with Dementia.

Plans are also well advanced to start a new Café in West Kingsdown and we are hoping to start a new Carers Support Group in Swanley as well.

New referrals continue to increase as we are raising awareness of the organisation, with many more people being interested in the support we can offer.

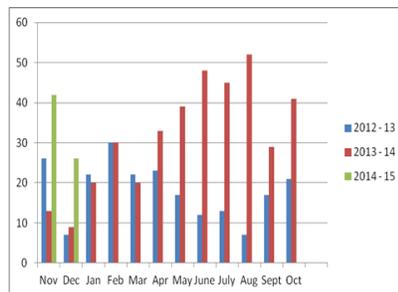
We are working closely with the Jasmine Centre to identify and contact people who are newly diagnosed, to provide them with information about the support available to them. We have also been invited to take part in their Post Diagnostic Courses, to tell people about our organisation.

The numbers of people in early stages coming to our Peer

Support Groups, in Dartford and Gravesend, are increasing and Cafés continue to be well attended, in the main.

We have attended a number of events, throughout the year, to raise awareness of Alzheimer's & Dementia Support Services and worked with various partners to raise our profile.

We have just revised all of our leaflets to give people more information about the services we can provide and I would urge all staff to make sure that they carry 'spare' copies of these so that they can give them to anyone who asks them about the support we provide.



Would you be interested in being trained to cover the 24 Hour Kent Dementia Helpline? We have shifts that need to be covered on the Helpline, both permanently and to cover for absences, and thought that it would be a good opportunity for our staff, who already have the experience and knowledge, to build on their skills. If you would be interested in finding out more about this position please give Lesley a ring on extension 201.

## NEWS IN BRIEF



### ADSS Advent Calendar

Throughout December the ADSS Advent Calendar was photographed, capturing the moment that the daily window was opened. Thank you so much to everyone who took part and helped made this really special!



### How Many?

Wendy Forster kindly counted a staggering number of sultanas and placed them in to a jar. This game was placed on our Facebook page and was seen by an unbelievable 1700 people. Of the 122 guesses Harry Carroll was the closest guessing 1400 sultanas (only three away from the 1403). A huge thank you to everyone who took part and a special thank you to Wendy!



### Getting In on The Act!

Rose Tunbridge has been watching all of the activity on our Facebook page throughout December and wanted to get in on the act! Proof that our Facebook page is growing in popularity and making our staff famous! Does anybody else want to smile for the camera?

# CEO's Thoughts

by Liz Jewell

Hi wonderful people,  
Happy New Year!

I want to start 2015 on a positive note and make sure we are proactive in recognising those of you who are outstanding and go that extra mile either for a colleague or for a client and their families. I would like you to nominate someone that has made you think, 'that was so kind of them to do that when they didn't need to'. Email me, at any time, [liz.jewell@alz-dem.org](mailto:liz.jewell@alz-dem.org) with the following information;

- Name of the person you are nominating
- What they did?
- What made it so special for you?

Each month we will collate the nominations and publish them in the News Letter and provide them with a certificate. This is something I would like to develop; so would welcome ideas of what else we could do to recognise those in our teams who make working here so special. If this should take off, each year, we could collate all those who have been nominated and choose the top three staff members and they could get something a little special in recognition for all they have done

I really want you to think of someone you would like to nominate and put them forward - think about

what is done quietly as well as the things done with a great fanfare. There won't be any limitations so knock your selves out!

I would like to nominate Karen Evans (who was working her notice) & Gill Denton who, due to staff sickness, covered the on-call phone for the entire Christmas & New Year period. At the time I didn't know that they were doing this because they were determined not to disturb me while I was with my family. This meant so much to me because it was Christmas and this year I was the next point of call. I was totally exhausted at the end of last year and really needed the break and their selfless actions really helped me recoup. Thank you Karen and Gill, I really think you went that extra mile!




## Alzheimer's & Dementia Support Services

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