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Welcome to our winter newsletter.

I would like to say how pleased we were to see so many familiar faces at our annual Convention and AGM in November. There were several interesting guest speakers who kindly shared their thoughts and visions with us – as detailed in our Convention Update below. We also held our AGM after the Convention and I am happy to announce that two new Trustees were appointed: Anne McKiernan from North Devon and Chris Palmer who has taken on the role of our Treasurer, both have experience of working with Memory Cafés.

During the coming year we will continue to work on our Memory Café Matters project and plan to have some useful videos and resources available on our website shortly. To prepare for this we have already re-designed our web pages and this will be developing throughout the year to hopefully support you in all the valuable work you are doing.

Best wishes for 2020

Jim Delves (Chairman DMCC).



DMCC CONVENTION NOV 2019



DMCC DMCC CONVENTION NOVEMBER 2019

We held our annual Convention on Thursday 28th November 2019 and were pleased to see so many of our Memory Cafés represented.

We had three very enlightening guest speakers:

Dr Deepak Sachdeva FRCPsych, (Clinical Director, Older Peoples mental Health, DPT) talking about Dementia services by DPT in Devon and difficulties which arise from rurality, DPT and primary care future developments.

Heather Mills (Commissioning Development Officer Adult Commissioning and Health Devon County Council) gave an update on the future of Dementia Advisors in Devon and the place of Memory Cafes within future planning.

Lisa Burrows (Lecturer in Nursing, AFHEA) was the third speaker. This was a continuation from her talk at last year's Convention with an update about her PhD research project into Dementia.

*In the afternoon there was a presentation by **Tom Gibb** (our film maker from Picturing Health) who shared a sample of a film created for the Memory Café Matters project demonstrating a music therapy session held at Cullompton Memory Café. Everyone present was asked to complete a feedback form that will be used in helping decide upon the best way forward with the project.*



DMCC AGM Update

At the AGM two of the trustees stood for re-election Jim Delves, (Chair) and June Wildman along with Anne McKiernan (Barnstaple MC) who was standing after being co-opted during the year. All three Trustees were elected along with Chris Palmer who will take over the role as DMCC treasurer. Both Charles Easterbrook and Mary Garvey decided not to stand for re-election this year. There were three minor amendments to the constitution that were all accepted.



DMCC WEBSITE UPGRADE – NEW LOOK, NEW LOGO

We have been working on upgrading our website as we make changes for the Memory Café Matters and new resources will become available to you during in the year. The map of Memory Cafés is now easy to find and there are sections for information and resources that we are starting to develop when we hope will be of use to you. Do have a look at the website at: www.dmcc.org.uk if you haven't already done so.



DMCC Website - Information section survey form

Some of you have mentioned that you would like to survey the people using your service. We have a form on our Information page that you can print off from our website that you can use.

Memory Café - questionnaire form

Welcome to our Memory Café. So that we can continue to provide this service for you and your family, we need to understand why you come along, and how useful you find it. This short questionnaire asks 11 simple questions, by which we hope you can provide an honest view about the café. All questionnaires are anonymous so no-one will know who fills it in, and all forms will be destroyed, once the information has been collected and collated.

To view this form in full follow the link to: <http://dmcc.org.uk/information/information.html>



MEMORY CAFÉ MATTERS PROJECT UPDATE



Our Memory Café Matters project is continuing to develop the films that will become a package of short training videos dedicated to the specific needs of those who are involved in running Memory Café. These new videos will be in a bite-size online format that will be free to all Members and can be played at a convenient time and place.

The videos are built around our Quality Assurance Mark that a number of our Memory Cafés have already achieved and several more – especially a group in the North Devon area, are working towards.

Filming for the videos has taken place in several Memory Cafés at various locations across the county and Tom Gibb (Picturing Health) our film maker was able to present a small taste of the projects he is working on at our Convention in November.



DEVON MEMORY CAFE CONSORTIUM QUALITY ASSURANCE MARK

More and more of you are participating in this scheme now. But we would like to see 100% of our total membership achieve this standard by the end of 2022. It really is not that difficult to achieve, particularly if, as has happened in North Devon, several of you have collaborated to go through the process together. CVS have agreed to provide more help than in the past to help you achieve this standard.



It will become even more important to attain QA in the future as more and more social prescribing is being spread out through doctors Primary Care Hubs. In most places that have these at present, the local Health and Wellbeing Alliance, in conjunction with CVS, is in the process of compiling a list of organisations in their areas that can be used for this NHS scheme. One of the conditions to be on this list is Quality Assurance, that the organisation has reached a recognised standard. Our QA mark gives you this. At present, NHS are giving each of these recognised organisations, £15 for each person that attends through social prescribing. If you are not on the list, no referrals. Worth having?

Get in touch with myself or Katie Chaplin at Teignbridge CVS.

June Wildman, Trustee

*We do still have funding available to Memory Café in Devon who would like to take part. To find out more about this or to register your interest either contact: June Wildman (Trustee) at info@dmcc.org.uk or, Katie Chaplin at Teignbridge CVS at: office@teigncvcs.org.uk
Katie Chaplin will process your application and you will then be referred to your local branch of CVS who will be able to offer you free help and advice to assist you in completing the process.*



NORTH DEVON GROUP MEETING

In November 2019, the North Devon Memory Cafes came together for their first regional meeting to share experiences and explore how they could work together. The Calvert Trust Exmoor - a wonderful facility that provides action holidays for adults and children with disabilities - kindly provided a free meeting room and Anne McKiernan, a Memory Café coordinator and DMCC Trustee organised and chaired the meeting. Representatives attended from Barnstaple, South Molton, Bideford, Northam, 'Memories are Made of This' Memory Café (Barnstaple Link Rotary), Braunton Memory Café (Braunton Rotary), and Ilfracome Musical Memories, with apologies from Torrington Memory Café.



Topics covered included sharing experience of the most and least successful activities; volunteer training and the opportunity to provide some regional training days, the DMCC Quality Assurance mark and ways to support each other in completing it and the potential for accessing regional funding. Three outreach workers from the Alzheimer's Society presented on the North Devon pilot and how being based in GP surgeries is benefiting clients and Cafés. The final speaker was the CEO of the Calvert Trust who outlined their plans to offer day and holiday breaks for people with dementia and their families/carers and the day finished with a tour of the facilities and an opportunity to meet the horses! The next meeting is planned for April 2020.



Honiton Dementia Action Alliance members

Min Rennolds and Heather Penwarden receiving the Queens Award for Voluntary Service from the Lord Lieutenant of Devon at the Investiture Ceremony at Devon County Hall on 11th October 2019.

We were very proud to receive this award and share the occasion with some of our wonderful volunteers.

Min Rennolds. Honiton Memory cafe.



Honiton Christmas Lunch

What a busy week we had in December - two Christmas lunches in a week! We were invited to Honiton Community College's Senior citizens Christmas lunch. The food company, staff and students looked after us so well. The school choir sang carols to entertain us and the raffle was very entertaining with some budding comedians in the making!

The 6th form has forged close links to the Memory café and we are pleased to announce that in the New Year, Fay our Admiral Nurse will be starting a drop in session for students who may have a family member living with dementia .Fay will be able to listen and give advice to students to help them understand what is happening and the best way to help.



Our Nostalgic cinema film was a "Holiday Inn" which we could all sing along to " I'm dreaming of a White Christmas".

We also held a collection in Tesco, helping to raise awareness and people were very generous in donating £468.

Min Rennolds, Co-ordinator.

UFFCULME MEMORY CAFÉ

In early January 2020 Jane (our DMCC Administrator) dropped into Uffculme Memory Café to meet Tony Kidd, the volunteers (pictured here) and the many Café members on the day. There was a fun game of bounce ball followed by the ever popular Kims Game (tray memory game) - that got everyone talking over afternoon tea and cakes - these had kindly been made by the granddaughter of a volunteer.



Colyton & Colyford Memory Café Receives Award

Colyton & Colyford Memory Café was awarded 'Highly Commended' by the East Devon AONB's Acland Award for sustainable communities 2019. This award recognises the valuable and sometimes life changing contributions to the sustainability and wellbeing of the community it serves. Chris Woodruff, East Devon AONB Manager, praised the impact of each of the nominated community initiatives: "Sustainability is about supporting people, places and their ability to prosper.

Each of our nominees has proven that by working in collaboration with care and purpose, groups can achieve significant results."

Lord Ewen Cameron of Dillington presented the award to Sue Whitell, Volunteer Manager of the Café. On behalf of all the volunteers, she said, "We were surprised and thrilled to receive a nomination for the Acland Award; to have been recognised as Highly Commended is an added bonus for the whole project."



Notice to all Memory Cafés

If you have any good news or events from your Memory Café that you would like to share, please feel free to include a photo (if you have permission of the people involved) and drop a line to Jane our Administrator at: info@dmcc.org.uk