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Message from our Chairperson

In Spring this year we successfully linked up with Teignbridge CVS to deliver a Zoom workshop designed specifically for our Memory Café co-ordinators to discuss some of the issues around Post-Covid re-opening. Following on from this session we have set up a Re-opening Zoom Forum on 13th July 2021 with Anja from Teignbridge CVS, to discuss some of your questions relating to the workshop and re-opening.

As you may remember, we have previously explored the idea of having DMCC Local Forums to exchange ideas and to share good practices between Cafés. Covid put paid to developing this, but now we are looking at having these over Zoom in the North, East, South and West of the County. Could we please have your thoughts on this project and whether you would like to proceed in this manner or, perhaps prefer to wait until meetings can take place in person.

Can I also thank you all for giving us very valuable feedback on your events and plans for re-opening. We do like to hear from you and where possible to share a variety of your stories on our Local News pages.

Stay Safe.

June Wildman

Chairperson



DMCC Quality Assurance Mark

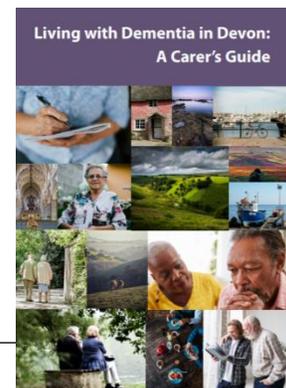


We have had a very good response from our Memory Cafes wanting to take part in our Quality Assurance Mark. We are still collecting a list of Memory Café who might be interested in joining the scheme. Katie has written out to the Memory Cafes who need to renew their registration.

To find out more about this or to register your interest please contact:
June Wildman at: info@dmcc.org.uk

Living with Dementia in Devon: A Carer's Guide

We have been sending out several leaflet so please contact us if you would like further copies and we will do our best to get them to you, perhaps asking for a donation for postage, or alternatively you can collect them from us. Please remember the online version should be used wherever possible – the link is also available on our own website.



Re-opening grants for Devon Memory Cafés

A while ago Teignbridge CVS secured some grant funding to assist Devon Memory Cafés with re-opening after the pandemic. At the time take-up was low, so there is still some funding available. Memory Cafés can apply for up to £300.

There is no application form, just need to give some information about anticipated dates and what you would use the money for.

If you are interested, please contact Katie Chaplin, Teignbridge CVS, Learning and Development Team Manager Email at: services@teigncvs.org.uk



Every Mind Matters: Make inside feel better

It is always important to look after your mental health and wellbeing but with current lockdown restrictions meaning we are spending more time at home and away from friends and family, it's now more important than ever.

[The NHS Every Mind Matters website provides expert advice, practical tips and information about how to look after your mental health and wellbeing and 'make inside feel better'.](#)

Their coronavirus wellbeing advice is designed to help anyone who might be feeling more anxious or worried at the moment and covers topics such as coping with loneliness, coping with uncertainty and change and looking after your mental health whilst staying at home. They are also offering access to a free NHS Mind Plan which will provide you with useful tips about how to deal with stress and anxiety, improve sleep and boost your mojo.

Alzheimer's Society film - Do I see What You See

This is a short film sent to us by a contact in the Alzheimer's Society and think it may be of interest.

[Do I See What You See – A film by Simon Ball and Created out of Mind](#)

Community-based gardening groups/activities for people living with dementia

I am a researcher at the University of Exeter, coordinating a project to look at community gardening projects for people living with dementia/Alzheimer's, focusing in particular on projects in the South West.

I am finding that tracking down these community based gardening projects is not straightforward given that (as far as I know!) there is no central directory of these available currently. However, given your knowledge of local services for people with dementia, I was wondering whether you might be able to provide any information or advice on any gardening initiatives in the Plymouth area?

We are currently in contact with Age UK Exeter, who run regular allotment sessions, but are hoping to find gardening activities running in other areas also.

Many thanks for your time.

Dr Helen Foster-Collins

Postdoctoral Research Associate, College of Medicine & Health

Associate Lecturer, Department of Psychology, University of Exeter, helenfostercollins.com

LOOKING AFTER YOUR MENTAL HEALTH AS LOCKDOWN EASES

The gradual easing of the coronavirus restrictions mean we can get back to the people and things we love, but even positive change can cause us to feel worried and it can take time to readjust to the things we have not done for a while.

Feelings of post-lockdown anxiety are likely to pass with time as we get used to the 'new normal' but it's important to do what we can to take care of our mental health. There are lots of things that can help you to manage these feelings and make it easier to adjust:

- **Go at your own pace and relax** - you don't have to make loads of plans and say yes to everything, just take it easy and only do what you feel comfortable with. Being able to see more people and go to more places is exciting, but it can also be a lot to take in all at once, so it's important to find time to relax.
- **Don't avoid things entirely, make a plan** - it might feel like the easier option, but avoiding things that make us anxious can make it harder to face in the longer term. Start small, and build up from there. Uncertainty can make things hard to manage, so making a plan can help us feel more comfortable and confident in what we are doing.
- **Get your information from the right sources** - being confused and unsure of what you are allowed to do is stressful, so stick to trusted sources

like the [government's website](#), [NHS COVID-19 pages](#) and [our website](#) for the most up-to-date information.

- **Talk to someone** - it's easy to feel isolated or lonely when we're struggling, but chances are that someone we know feels exactly the same. Opening up to a person we trust can be really helpful. Being aware of everybody's fears and expectations can also help to avoid conflict.
- **Find a routine** - during lockdown, life changed for us all and we developed new routines, and now restrictions are lifting these routines will change again. Sticking to a routine can help us cope with the change. Something as simple as going to bed and waking up at the same time each day or having a set lunch break can make a big difference.
- **Focus on the present** - when there is lots of change happening, we can get caught up in worrying about the future and the past, but try to concentrate on the right here and the right now. Make plans but don't dwell on 'what ifs' or what was 'supposed' to happen.

The [NHS Every Mind Matters website](#) has lots of expert advice and practical tips to help you look after your mental health and wellbeing.

TIME FOR DEMENTIA

From: Kay Duffy, Service User Involvement Officer for the Alzheimer's Society

Hello

I am writing to tell you about an exciting opportunity for families affected by dementia and we'd be grateful if you could help us spread the word, by sharing our attached leaflet, sharing in a newsletter or having us along to a team meeting or local dementia service.

Families affected by dementia in Devon are invited to take part in an award-winning programme to improve dementia care. Time for Dementia pairs families affected by dementia with undergraduate students studying healthcare, helping the students to gain a better understanding of living with dementia, and develop skills to provide better care for patients and their families.

Designed to create a new generation of health care professionals, students visit a family affected by dementia in pairs over a two-year period, which provides a unique opportunity to see people affected by dementia in their own home. The visits are designed to enable students to see how a diagnosis of dementia can affect people and the challenges and changes that they may face over time. The students also receive supporting tutorials and lectures. Families will be visited by Alzheimer's Society initially to explain the programme in more detail and answer any questions. Families taking part can expect to see the same pair of students up to 6 times over the course of 2 years of the students' studies, with each visit lasting between 1-2 hours.

The Time for Dementia programme has been embedded as a core component of the curriculum at Brighton and Sussex Medical School and University of Brighton and university of Surrey with a range of undergraduate health care students. So far, more than 1600 families and 4000 students have taken part in the programme. We are exciting to launch at University of Exeter this year with medical imaging and nursing students.

You can hear what some of our families think about taking part here <https://youtu.be/EvdE85OFz0s>

Evaluation of the programme has shown huge improvements in students' knowledge and attitude towards dementia. Additionally, students report that they have gained knowledge of what it might be like to live with dementia; that their confidence and skills in communicating with people with dementia has improved; and that they have more awareness of the role of carers.

For more information, to make a referral or to get involved please contact timefordementia@alzheimers.org.uk or me on 07562 906116

DEMENTIA INFORMATION UPDATE from **Claire Puckey** Dementia Friendly City
Co-ordinator

Just an amendment to one of the website links I was sent: The Dementia Tip Share Link should be: <https://dementiatip-share.org.uk>



Colyton & Colyford Memory Café

It is now a full year since our Memory Café last met, and all our members and volunteers are sorely missing the twice-monthly social gatherings. Therefore, we decided to give our members a reminder of what we all enjoy when we get together.

On Friday 26th February, we delivered gift bags containing puzzles, poetry, pretty bunting, a potted plant, aromatherapy oils, homemade shortbread and a forget-me-not pin.

It was a treat to see one another, albeit at a distance, and to share the joyful thought that, maybe our Café will be able to open up again before the summer is out.

Belmont Memory Cafe

When, in March 2020, the Covid 19 pandemic brought about our first nationwide lock down, we shut the doors on our Belmont MC and it seemed to us that there was nothing more to be done. It was a huge blow to our members and volunteers alike. Communications were through phone calls and emails and though helpful to a degree these did not fulfil the need for fun, company and the feeling of belonging.

But then, as we heard more about the rise of zoom and virtual meetings in other settings, we decided to have a go at taking our MC online. So it was that in June 2020 we launched our first Belmont Zoom Memory Café. We were amazed and delighted at the response and how our members were willing and able to engage in this new and remote way.

Each monthly meeting has a theme and prior to the café we send out a theme related quiz, word plays and a baking challenge for our shared tea time during the meeting. Since Christmas we have also sent out a craft activity pack. For example our January café's theme was 'A good read' and the activity pack contained all they needed to make a pressed leaf book mark. In February our theme was Friendships and the pack contained card making materials and as our March café fell on the 17th the kit contained materials for making a St Patrick's day decoration. Craft time takes place during the café and has proved to be very popular, generating additional fun, conversation and challenge.

We are enjoying the virtual 'Now' whilst looking forward to the time when things will be even better and our Memory Café will gather once again in person. Happy days!

Barnstaple Link Memory Café

The Rotary Club of Barnstaple Link have facilitated their Memory Cafe, 'Memories Are Made Of This', on Zoom during December, January, February and March with outstanding success.

As one of the DMCC's Quality Award Memory Cafes they have once again been able to provide people living with dementia and their carers an opportunity to meet with others in similar circumstances and to take part in a range of activities that promote their wellbeing. Appropriately pitched quizzes, gentle seated exercises, bingo, music and the chance to chat to others over a drink and biscuit has been greatly appreciated by all the participants.

Rotary Barnstaple Link recognise that people living with dementia have a higher risk of being socially isolated and more lonely than other social groups. These monthly sessions are therefore very important to our participants.

Photo below is of a Zoom seated exercise class.



Tavistock Memory Café

Here are a couple of pictures/articles which appeared in the Tavistock Times newspaper recently. Unfortunately, I didn't win my category at the Dementia Heroes award ceremony, but it was truly an honour to have got to be a finalist nationally.

Since 18th May we can now have bigger meetings in the Sensory Garden. We met up with everyone over tea and cake to raise funds for Dementia UK with a couple of 'Time for a cuppa' based sessions.

Heather

Dementia hero up for national award

by SARAH PITT sarah.pitt@tavistock-today.co.uk

A CHAMPION for people with dementia and their carers in Tavistock has been shortlisted for a national award.

Heather Rayns, coordinator of the Tavistock Memory Café, is one of three finalists in the 'dementia hero award for care and compassion' category of the Alzheimer's Society Dementia Hero Awards 2021.

The winners will be announced in a virtual awarding ceremony on May 20.

Heather, who started her long association with the memory café 14 years ago, said she was 'totally blown away' to be shortlisted.

She originally found support at the café while caring for her mother who had dementia. It meant so much to her that she stayed on to help others with the illness after her mother died, eventually stepping into the role of coordinator. During the coronavirus pandemic she has ensured people continue to have support while the café has not been open, including meetings in the Tavistock Sensory Garden but summer.

Heather said: 'I've been



wanted to give something back. I've been there ever since.

'Normally we would be meeting at the Archway Centre twice a week but for the café to meet up and to provide a range of activities for those living with dementia so they have a social occasion to let their hair down and feel relaxed. Of course, in March last year the whole thing came to a halt. At that point I thought we have got to keep in contact with people, so every week we phone them to have a natter and if they need extra support we encourage them to contact different professionals. We have also marked birthdays, Christmas and Easter. Over Easter we have been out with chocolate eggs and flowers. People are so pleased to see us. It means everyone has something and we stay in touch.'

She added: 'That is the biggest thing that both the person with dementia and the carer have been missing, that social interaction. They are all in the same boat, it is a horrible disease and if you can share your experiences it makes help.'

Heather Rayns, coordinator of the Tavistock Memory Café, has been shortlisted for a national award.

with Tavistock Memory Café since 2007. My own had dementia and that is how I came to be involved. I found they were so supportive that when she passed on I became a volunteer, that

because a trustee and then became the coordinator.

'I felt it was just vital that everybody also got the same support we had. At the memory café, everybody is treated as

an equal and they can relax and have a giggle and be themselves. It is that space for shared experiences I found that so helpful when I was there with my own and I got

TOGETHER AGAIN

• Members of Tavistock Memory Café held small group get togethers last week in the sunshine at Tavistock Sensory Garden. Everyone said how nice it was to catch up again after the long lockdown months.



Honiton Memory Café

Honiton Memory cafe created this "Forget me Not" otter with the help of our Artist in residence Phil Creek (SWA Artists). He is one of 82 Otters being hosted at various locations all over Dartmoor, ours being located at Pixieland.

Later in the Summer we hope to take our members on a day out to visit some and have a cream tea. He has been chosen as a Golden Otter which means he will be auctioned at a later date by Bearnese, Littlewoods and Hamptons, Exeter.

Maybe a good idea for other Memory cafes to enjoy this too?

Min.



40 weeks of Zing along of the Honiton Memory Café

This Zing Along was written by one of our members who is now on our committee. Every week he writes a couple of poems relating to the theme of our songs we are going to sing. This was to mark our 40th week of singing together on Zoom.

Min.

It is forty weeks to the day
That Victoria first entertained us with a song
We all sang along with full voices
Being muted we could not go wrong.

The reason for starting this
Was the corona virus infection
Which forced us to stop our meetings
And head into another direction.

Every week Victoria chose a theme
With memorable songs
To entertain many of us on Zoom
At the HMC Zingalong.

We went to Tipperary,
To London's Berkeley Square,
To lots of other places,
but never to Widdecombe Fair.

We sang about trees and shrubs
and many more a lovely song
Every Thursday afternoon.
At the HMC Zingalong.

About a love lost Hippopotamus
At some distant muddy creek
Of Blackbirds in a goodbye song
And of the Red Robin most every week

Victoria sang of hills being alive
Of Molly Malone in Dublin's street
And some catchy popular tunes
That made us tap our feet.

E.W.Peters.

Other times we were dancing cheek to cheek
By the light of the silvery moon
often we would ride a bike for two
And with Maisie we would swoon.

We whistle a happy melody,
tell our girl not to sit under the apple tree
With some other guy other than me
Until I would come home.

Of lots of coal giving lots of heat
Maverick cattle in a field of wheat
All the time we burst into happy song
At the HMC Zingalong.

How many more times shall we meet like this
Without giving each other a hug?
Meeting each other face to face,
And ,perhaps cutting a rug

No one can tell when we'll meet again
But meet again we shall
All we have to wait for
is the Government's starting bell.

Perhaps we could entice Boris
Our Prime Minister to come along,
To sing with us in full voice
at the final HMC Zingalong .