

# North East Lincolnshire November 2017 Bulletin



## Alzheimer's Society hits staggering two million Dementia Friends milestone

One in every 30 people in England, Northern Ireland and Wales are now involved in the biggest ever social action movement to change perceptions of dementia.

Alzheimer's Society's Dementia Friends initiative was launched in 2013 to tackle the stigma that often results in people with dementia losing friends and being socially isolated. Since then it has been transforming the way people act, think and talk about the condition.

As part of a long-term commitment to help more individuals, communities and businesses become dementia-friendly, Alzheimer's Society has set an ambitious target of creating four million Dementia Friends by 2020.

Anyone can become a Dementia Friend by watching a short online video or attending an Information Session. Unite with Alzheimer's Society today, visit [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

**'I will wear my badge every day and tell others to become a Dementia Friend. If ever I meet anyone with dementia I will see their personality more than their dementia and play their favourite things.'**

Daisy 10, Dementia Friend

## Last month we welcomed our new Dementia Adviser—Helen Fitzpatrick

Hi I'm Helen.

I joined the Alzheimer's society at the beginning of October this year as a dementia adviser. I have many year's of experience working with and caring for people with a diagnosis of dementia. Most of my experience is dementia care within the private sector and end of life care.

I am looking forward to working with the Alzheimer's society and hope to make a difference in peoples' lives enabling people to live a good and fulfilled life despite having a diagnosis of dementia.



## Elf Day — 8th December

Let your inner elf out to play on 8 December and help raise money for people affected by dementia. From dressing up as an elf to baking elfy treats, there's no limit to the fun you can have.

Request a fundraising kit at:

[Alzheimers.org.uk/elfday](http://Alzheimers.org.uk/elfday)



## Meet the Team



Jules Thwaites—Service Manager



Becky Johnson—Community Support Manager



Carol Wright—Dementia Support Manager



Helen Fitzpatrick—Dementia Adviser



Holly Hudson—Dementia Support Worker



Nicola Bygott—Dementia Support Worker



Sally Beacock—Service Administrator

## Why do I need a will?

If you don't have a valid Will you could leave loved ones in uncertain or complicated circumstances and the administering of your affairs out of their hands. Having a valid Will that reflects your current situation gives peace of mind to you and those close to you.

61% of adults in the UK do not have a valid Will\*, leaving their estate and their loved ones at risk.



## Will to Remember

Will to Remember helps remove some of the obstacles that deter people from making a Will, and provides support and confidence when planning for the future. Will to Remember aims to ensure everyone has the opportunity to seek advice and guidance from a solicitor they can trust. Writing or changing your Will need not be difficult with the right legal advice. Thanks to our Will to Remember scheme you can:



Choose a local solicitor from our approved network, so you can be sure they will be considerate and understanding to your personal situation and requirements.



Receive up to £150 off the cost of making your Will. The solicitor you choose bears the cost of the discount, with no charge to Alzheimer's Society.



Receive Alzheimer's Society's free Will Guide, which will help you decide how to plan your new Will.

By signing up to Will to Remember you can be sure you are receiving appropriate legal advice from a member of our network of solicitors at a discounted cost, so that in the event of your death your wishes will be understood and carried out in accordance with your wishes.

## Signing up for Will to Remember is easy

0370 011 0290

[wills@alzheimers.org.uk](mailto:wills@alzheimers.org.uk)

[alzheimers.org.uk/willtoremember](http://alzheimers.org.uk/willtoremember)

Over 2000 people took part in our memory walk in Queens Gardens, Hull—10th September 2017



Almost 5000 people attended Clumber Park memory walk—1st October 2017

### Dates for your diary

## 2nd November

Scartho Memory Café 10am—12noon  
Musical entertainment with John

## 20th November

Annie Chapple Memory Café 1.30pm—3.30pm  
Musical Entertainment with Bruce

## 24th November

Immingham Memory Café 1pm- 3pm  
Musical entertainment with Bruce

## 29th November

Musical Memories 2pm-4pm  
Join us for an afternoon of music, entertainment and dancing at the Linden Club.

### Carers Support Centre's Carer's Right Day 2017

10AM—3PM Grimsby Town Hall 24th November

Featuring games, baking completion, information stalls and the virtual dementia experience tour (booking for tour is essential).

For more information and to book the dementia tour call 01472 242277

## Overview of our local services

Our services are available to anyone with a diagnosis of dementia their supporters, family & friends

### Dementia Adviser

Our dementia adviser provides accessible, relevant, quality information to people with dementia and their carers, on an ongoing basis, including signposting to relevant service.

### Dementia Support service

Our one to one support offers people with dementia and their carers the opportunity to talk about their experience of living with dementia and the impact it has on their lives. Our support workers can provide practical guidance and emotional support about living well with dementia.

### Carers Information Courses

Our courses provide information on a variety of different topics associated with dementia and give carers of people with dementia an opportunity to meet with other carers. Please contact us if you would like to be informed about future courses.

### NELLES

Weekly carers peer support group run in partnership with NAVIGO and Admiral Nurses. This group provides the opportunity to meet with other carers in a supportive environment whilst the person living with dementia can take part in stimulating activities.

### For more information, please contact Alzheimer's Society

Alzheimer's Society North East Lincolnshire,  
21 Dudley Street, Grimsby, DN31 2AW

01472 359247

Referrals\_NELincs@alzheimers.org.uk

### Memory cafes

Memory cafes are a friendly, informal setting for people with dementia, their carers and families to meet and socialise with their peers. They aim to reduce social isolation, encourage being active and improve wellbeing. A member of staff is always available at memory cafes to offer advice and support as required.

### Activity groups

Activity groups are to enable those with dementia to continue to take part in their hobbies and interests, as well as try something new. They are usually facilitated by trained volunteers that specialise in a particular activity.

### Friendship Groups

Friendship groups are small social groups for local people affected by dementia. Activities are limited as the emphasis is on talking and socialising. They are facilitated by volunteers which enables us to plan for groups in the wider community, i.e. coffee shops, libraries, sheltered accommodation etc.

### Befriending

The befriending service offers companionship and support, and helps people carry on doing the things they enjoy or to try new activities. Befrienders visit people in their homes, accompany them on outings, or support them to take part in activities in their local community.



National Dementia Helpline  
**0300 222 1122**  
[alzheimers.org.uk](http://alzheimers.org.uk)

