



DEMENTIA FRIENDLY WORTHING

# Newsletter

JUNE 2020

Well, what strange times we are living in! Life has certainly changed since lockdown started. Dementia Friendly Worthing is having to adapt to deal with the effect this has had on all of our lives.

For people living with dementia and their carers this time has been especially challenging with so many support services stopping to comply with social distancing rules.

As you may have been aware our coordinator's funding ended on 31 May, however the great news is, with thanks to Sussex community Foundation Fund, we can continue our work locally throughout the summer but in a slightly different way.

We will be keeping you up-to-date with monthly newsletters and hosting a variety of online zoom sessions collaboratively, with local organisations covering subjects such as Falls Prevention, Carers Wellbeing and Financial Support.

These will be free for anyone to join in.

We are keeping contact with local support services for people affected by dementia and waiting to find out when these will be up and running and any adaptations they've had to make.

**Carers Support West Sussex**  
0300 028 8888

It is Carers Support week 8 - 14 June and a variety of virtual sessions for carers are free to access. Carers Support West Sussex are unable to run any support groups due to social distancing measures, however, many of these

have moved online. If you're not able to access the internet you can still take part on the phone.

**West Sussex Community Hub**  
8am – 8pm  
033 022 27980

The community hub continues to support people with prescriptions and basic food parcels. You can register with them online or on behalf of a family member.

## New Virtual Sing-a-Song and Smile sessions!

Dementia Friendly Worthing has teamed up with the Alzheimer's Society and Mr Ric Gray for free Sing-a-Long sessions for people living with dementia and their carers.

Held every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from 9 June. Sessions are 30 minutes.

They are via Zoom, but if you don't know how to use Zoom we can support you with this.

For details please contact:  
Lynsey on 07903 720 208  
or [info@dementiafriendlyworthing.org](mailto:info@dementiafriendlyworthing.org)

## Virtual Dementia Friends Sessions hosted by our co-ordinator Lynsey

The first webinar is on Thursday 25 June at 11 am. Why not encourage your staff or a friend to join in one of these 30-minute free sessions? Dementia Friends Sessions help raise awareness of the challenges that people affected by dementia are facing and enables your family or business to find ways in which you can improve to meet their needs.

[www.dementiafriendlyworthing.org](http://www.dementiafriendlyworthing.org)

# Come zoom with us

Zoom Information Sessions hosted by Dementia Friendly Worthing

Tuesday 30 June 10.30 am – 11 am

## Falls Prevention

with Faye De Waal, Senior Occupational Therapist, Dementia Assessment Service & Sarah Rodgers, Domiciliary Manager, Abbeyfield Ferring and coordinator of the Stay Steady programme.

This includes:

Looking after yourself – Foot Care, Eyesight, Hydration and more  
Environment – Around the home and outside  
Balance/exercises and demonstrations plus Equipment

Tuesday 14 July – 12.30 pm -1 pm

## Accessing help

Finances with Ian Macara Solicitor, Senior Partner Bennett Griffin & Gill Lynes Carpenter Box.

A “Legal Toolbox” and what you need have in place  
to cope with what might arise especially in the context of Covid-19  
Financial Scams

Looking ahead – what to do next, where and how to get specialist advice  
when there are restrictions with shielding etc

## HELP TO USE ZOOM

Lynsey can talk you through setting up Zoom and send the joining link to your email or phone to make using it easy.

**TO BOOK ALL OR ANY OF THE ABOVE**  
contact Lynsey: [info@dementiafriendlyworthing.org](mailto:info@dementiafriendlyworthing.org)  
or phone and leave a message on 07903 720 208

At Dementia Friendly Worthing we support people living with dementia and carers with wellbeing phone calls, essential shopping, collection of prescriptions and day to day errands such as Post Office runs.

**Alzheimer's Society Dementia Connect Support Line – 0333 150 3456**

Now taking calls 7 days a week due to demand.

**Dementia Support (based in Chichester)**  
01243 888 691

Wide range of virtual sessions, free activity and wellbeing packs by post.  
“Ask Me Anything” advice service 7 days a week.

**Dementia UK**  
0800 888 6678

Specialist phone advice with an Admiral Nurse 7 days a week.

[www.dementiafriendlyworthing.org](http://www.dementiafriendlyworthing.org)