



DEMENTIA FRIENDLY WORTHING

Newsletter

WINTER 2020

Welcome to Dementia Friendly Worthing's Winter Newsletter!

We are now approaching the colder months and this brings the additional challenges of winter and further pressures for carers and those living with dementia.

As always, Dementia Friendly Worthing are here to ensure people with Dementia and carers receive the support they need and we are encouraging our local community to get involved.

Dates for your diary

All sessions are free and open to all

Sing-a-Song and Smile

Weds 28 October 10.30 am
Weds 11 November 10.30 am
Weds 25 November 10.30 am
Weds 9 December 10.30 am.

Dementia Friends Webinars

Tuesday 3 November 11 am
Thursday 19 November 10 am
Wednesday 16 December 10.30 am

Email Lynsey for joining instructions

Email Lynsey or book at
www.dementiafriends.org.uk

info@dementiafriendlyworthing.org

Dementia Friendly Worthing AGM

This year our AGM will be held virtually on 1 December at 3.30pm.

We will be joined by Samantha Allen MBA, CCMI, Cmgr,

Chief Executive of Sussex Partnership NHS foundation Trust

Samantha will be presenting her talk on

"Worthing Dementia Care" and taking questions.

We hope you can join us to hear about what the Worthing Dementia Action Alliance have achieved over the past year before, and during the pandemic!

Head to our website events for full details on how to join us.

www.dementiafriendlyworthing.org

Christmas Carol Concert

Wednesday 23 December at 4 pm

Every year the Alzheimer's Society host a Christmas Carol Concert in Worthing and this year is no different except we will be together from our front rooms rather than the Church!

Join us virtually on Wednesday 23 December at 4 pm where the session will be led by the Worthing Town Cryers with guest appearance from Mr Ric Gray!

We will have full details posted on all our social media platforms and website but always email Lynsey if you would like the Zoom instructions.

Respite & Companionship

Abbeyfield Ferring is now offering a new Support at Home Service for independent clients.

Their services are tailor-made to suit each individual and staff wear PPE to make sure you feel comfortable and protected.

Services include companionship in the home and on social outings. Carers can enjoy time to themselves, while a loved one is safe and engaged at home. Please phone 01903 240313 for a brochure and price list.

Help to get online with our Tablet Lending Scheme

We know that getting online isn't easy but with we now have handheld tablets which we can loan out to help people access support and information, as well as pre-downloaded music and videos.

The tablets are set up on an individual basis and run on 4G, so home broadband isn't needed.

We can set these up and teach carers how to use them. Social distancing will be observed and PPE worn.

Winter Pressures

This year is more important than ever to get your flu vaccination and protect yourself for the colder weather.

The Winter Pressures Campaign has been launched and we would really encourage you to look out for signs for anyone who may be vulnerable or worried about their memory. It's also vital that we are aware that some people may have to choose between food and warmth this winter. If you are worried about someone who may need extra support go to the NHS website www.westsussexccg.nhs.uk/your-care/get-the-right-care/support-with-long-term-conditions/dementia/

Alzheimer's Society
Dementia Connect Support Line
0333 150 3456 (7 days)

West Sussex Community Hub
033 022 27980 (8am – 8pm)

Carers Support West Sussex
0300 028 8888

Dementia UK
0800 888 6678 (7 days)

Home Instead Senior Care, Steyning and Worthing are offering free activity books. Contact Mike on 01903 206079

Healthwatch free webinar for family and friends of care home residents
Stay connected during coronavirus
Tuesday 10 November 5 pm -7 pm. Book at www.healthwatchwestsussex.co.uk/blog/2020-10-19/families-and-friends-care-home-residents-webinar

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.