

Wealden Dementia Action Alliance Weekly Email - 29 Jan 2021

NEW Virtual Dementia Forum Dates:

- Crowborough Dementia Forum: Thursday 18th March, 9:30am: [Click here to join the meeting](#)
- Polegate Dementia Forum: Thursday 4th February 2021, 10am - [Click here to join the meeting](#)
- Hailsham Dementia Forum: Thursday 11th February 2021, 10am - [Click here to join the meeting](#)
- Wealden Dementia Action Alliance Meeting: Thursday 4th March 2021, 10am- [Click here to join the meeting](#)
- Uckfield Dementia Forum: Thursday 25th March 2021, 2pm – contact Holly at Uckfield TC to join - townclerk@uckfieldtc.gov.uk

Please let us know if you would like to attend any of the above forum's so we have an idea of numbers for each meeting, we look forward to seeing many of you at the meetings 😊

New Events and Information:

Dementia Support East Sussex are running a 'Chat and Sing' session to brighten up your day (see attached). For more information contact Suzanne Procter on suzannedses@gmail.com.

FREE PLANNING FOR YOUR FUTURE SESSION ON ZOOM!

Mortain Place care home, in Eastbourne are inviting members of the local community to a free seminar discussing Planning for your future live on Zoom. Taking place on the 4th February 2021 at 2- 2.45pm, guests will have a chance to meet Richard Bates from Cognitive Law Solicitors who will be discussing how to plan for the future. Topics will include what it means to have a Power of Attorney, and planning for your future. On the day, guests will also have a chance to meet Richard to discuss their individual concerns.

To reserve your place on the session please email Carolyn.tyrer@barchester.com and include your contact details and your email address, you will then receive the Zoom invitation, be quick as places are limited.

Hidden Disabilities Sunflower

Hidden Disabilities Sunflower is working with the NHS to support people with hidden disabilities during this crucial vaccine roll-out by providing free Hidden Disabilities Sunflower training and products to NHS vaccination centres. This means that an individual who chooses to wear the Sunflower can be confident they will be supported with the extra time, care, patience or understanding that they may need when visiting one of the vaccination centres that recognises the Sunflower.

Please be aware that wearing the Sunflower Lanyard does not mean you are exempt from wearing a face-covering - please see the UK Government Guidelines here for details on being face-covering exempt.

<https://hiddendisabilitiesstore.com/our-nhs-your-sunflower>

When will I get my jab: Please see attached and link to an update from Sussex NHS Commissions on the vaccine programme:

<https://www.sussexhealthandcare.uk/keepsussexsafe/sussex-covid-19-vaccination-programme/covid-19-vaccination-sites/east-sussex-gp-led-vaccination-services/>

Scams: Criminals have already started targeting consumers with vaccine related scams. Consumers are being contacted through a text messages, emails and phone calls claiming to be from the NHS or their local GP surgery asking you them register for the vaccine and too (you guessed it) make a payment for the vaccine. Coronavirus is being used as a pretext to lure vulnerable consumers into parting with money and vital personal information with the Local Government Association reporting a 40% increase in reported scams since the start of the pandemic THE VACCINE IS FREE and if you are asked to make a payment for it, report it to Action Fraud on 0300 123 2040, you can forward suspicious text messages to 7726 and emails to report@phishing.gov.uk

Uckfield Men Shed: The idea of a Men's Shed originated a couple of years ago as a means of offering a friendly, social, supportive and creative opportunity for any man who feel they have time on their hands or those who just want to socialise in a relaxed and safe environment. The Uckfield Men Shed was established last year in temporary accommodation at the Alma Arms in Uckfield. The Shed was open 2 days a week and quickly became popular with a group of men primarily interested in woodworking. As a result, a more permanent location was sought resulting in a more suitable facility at Framfield which was proving very popular until we were forced to close as a result of COVID-19. However, we plan to re-open as soon as possible and would welcome new members. If you are interested, please contact me at : paul.sparks1@gmx.com or call me on 01825 764287. Look forward to hearing from possible new members."

DISC: please see attached the new poster from DISC 'Do you' also please also check out their YouTube channel for their latest videos:

https://www.youtube.com/channel/UCXwC-Cy3O_eruJY1lcXMfZw/videos

WDAA Charter for members to commit to working towards making Wealden dementia friendly. Due to our current situation we will be doing this virtually. We have attached the charter with the various commitments on there and other information, along with the 'Making your business dementia friendly' leaflet. If you sign up to the charter we will send you over a virtual sticker which you can use on your website and social media. We will plan on sending out a sticker version in 2021. We would love as many of you to sign up to this as possible. In the new year we will be doing some press releases about it and then hopefully from the Spring time each forum area can focus on their own community groups and businesses to sign up to the Charter as well.

Alzheimer's Society Directory: Make sure your group's and activities are listed on the Alzheimer's society's directory for the Dementia Connect service:
<https://www.alzheimers.org.uk/find-support-near-you/dementia-directory>

Dementia Friend Sessions: There are many virtual dementia friend sessions taking place. If you aren't already a Dementia friend please take part in a session. Some of our local Champions are planning on some virtual sessions, but in the meantime please take a look and share with friends, family and colleagues. This link will take you to the sessions taking place across the country-
<https://www.dementiafriends.org.uk/WEBSession#.X2SK53dFxPY>

Carer Awareness Training Dates Available: Care for the Carers are running free carer awareness training programme as part of our 'Think Carer' initiative. The training is for employers, health and social care professionals and volunteers working with carers. Dates in November, December, January and February are available. Further information and booking details are [on their website here](#)

If you have any information you'd like to share with this database, please send it to us. We would like to share as much local information to you all as possible. If you have an virtual groups, news, information pop it over to us and we can put it onto this email to share out.

Thank you for taking the time to read through the above information.

Regards,

Kat Jenner, Community and Regeneration Officer (Project Support)

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<http://www.wealden.gov.uk>

Let's start talking

Together we will end mental health stigma
#TimeToTalk

time to change
**time to
talk day**
04/02/21

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