

Hello

We hope you are all well. Please have a read through our weekly email, we hope you find it useful. If you have anything you'd like us to share please send it to us - [communitydevelopment@wealden.gov.uk](mailto:communitydevelopment@wealden.gov.uk). Don't forget to also follow us on Facebook @WealdenDAA

### **NEW Virtual Dementia Forum Dates:**

- Crowborough Dementia Forum: 3<sup>rd</sup> September, 10am - Oasis Community Church, Crowborough. Welcome to join via Teams as well.
- Uckfield Dementia Forum: Thursday 9<sup>th</sup> September, 2.00pm – Venue to be confirmed
- Polegate Dementia Forum: Friday 24<sup>th</sup> September, 10am – Venue to be confirmed
- Hailsham Dementia Forum: Thursday 7<sup>th</sup> October, 10am, Venue to be confirmed
- Wealden Dementia Action Alliance Meeting: Thursday 4<sup>th</sup> November, 10am – Hellingly Community Hub

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:**

#### **WDAA Community Cafes are back this September:**

Our cafes are now all booked in the diary, leaflets to follow in the next couple of weeks:

**Polegate** Community Café: First Thursday of the month – 2-4pm – Starting 2<sup>nd</sup> September at Polegate Community Centre

**Hailsham** Community Café: Second Thursday of the month – 2-4pm – Starting 9<sup>th</sup> September at St Wilfrid's Church

**Crowborough** Community Café: Last Thursday of the month – 2-4pm – Starting 30<sup>th</sup> September at Oasis Community Church (poster attached)

We are really looking forward to welcoming everyone back. If you would like any leaflets please do let us know and we can get some in the post to you as soon as they are printed. If you are part of the forums and would like to volunteer some time to help at the cafes please do let us know. They are lovely afternoons and a great chance to have a chat as well with our lovely residents.

#### **Dementia Champion refresher workshops:**

If you are a dementia champion and need a little refresher before your first face to face session, there are some workshops coming up. If you are interested in attending please contact Louise Bates to book your place- [Louise.Bates@alzheimers.org.uk](mailto:Louise.Bates@alzheimers.org.uk)

- 7<sup>th</sup> September 10:00am – 11:30am
- 4<sup>th</sup> October 15:00pm – 16:30pm

**Dementia Friend Sessions:** These sessions can now take place face to face, if you are keen to get a session set up please get in touch and we can link you up with a Champion. Or if you are a Champion and keen to do some sessions please also let us know so we can share out this information with groups and businesses.

#### **\*NEW\* 'Friends of the Wealden Dementia Action Alliance' Facebook group:**

We are excited to share with you the launch of our \*NEW\* 'Friends of the Wealden Dementia Action Alliance' Facebook group. We hope you'll find it a helpful space to share content on dementia support and services available in the Wealden district, as well as a way to keep connected with your colleagues, friends and carers within the WDAA community. We encourage you to share your activities, initiatives and services on our group to support others. To join the WDAA community, go to our Facebook group here:

<https://www.facebook.com/groups/friendsofwdaa>

We would really appreciate it if you can promote this to your wider contacts.

**Understanding dementia (an online event):** Wednesday, 1st September 2021 - 2:00pm to 3:30pm Join us to hear Dr Nori Graham cover a number of topics to help you understand what it might be like to live with dementia. Heather View is pleased to welcome dementia specialist Dr Nori Graham, who will be covering a number of topics to help you understand what it might be like to live with dementia, as well as offering some practical advice on the following:

- Understand what dementia is and how memories are lost Learn about language changes and overcome communication barriers
- Discover positive approaches to living with dementia

If you would like to participate in the event please RSVP me - email [gailynne.peters@careuk.com](mailto:gailynne.peters@careuk.com).

**FREE EVENT**

# How to age well in the 21st century

**Tuesday 14 September, 2021**  
De La Warr Pavilion, Bexhill-on-Sea

Improve your mental and physical wellbeing so you can stay active and enjoy life as you get a little older.

**From 3pm**  
Meet local groups and organisations offering a range of activities suited to those over the age of 50. You can even give some of them a try on the day! Enjoy a specially designed menu created to show you can eat well as you age well!

**From 6pm (booking advisable)**  
Enjoy a presentation from award-winning Dr Elena Mucci, Consultant Geriatrician – “The Common Sense Adviser” and Mr Michael Jackson, Pharmacist in Cardiology who will inspire you to ‘become your own doctor’ so you can lead a healthy, active and fulfilling life.

You Tube: BeYourOwnDoctor  
Instagram @doctor.elenamucci

Find out more at [www.dlwp.com/how-to-age-well](http://www.dlwp.com/how-to-age-well)

**How to age well in the 21<sup>st</sup> Century:** Tuesday 14<sup>th</sup> September from 3pm. Take a look at the poster for more information and how to book. Please share amongst your networks, clients and residents.

**New activities from Know Dementia:** Please see attached two great sessions, Green Moments in Bushy Wood run by Know Dementia this starts on the 9<sup>th</sup> August. Sporting Moments starts in Victoria Pavilion in Uckfield. A new session run in partnership with Sussex Support Service, Know Dementia and funded by Active Sussex.

**Sporting Memories in Polegate:** Please see attached the new leaflet for this great session which starts up again in September. See the leaflet for more information.

### Time for Dementia

Local families affected by dementia are being invited to take part in an award-winning programme, to help train the healthcare professionals of tomorrow and improve dementia care.

The Time for Dementia project, supported by

Alzheimer’s Society, pairs families affected by dementia with undergraduate students, helping to better educate them about life with dementia and the challenges that come with it.

From September, Brighton and Sussex Medical School medical students will be taking part and Alzheimer’s Society are now seeking families in the area who want to make a difference to training health professionals.

Time for Dementia is a fantastic way for the next generation of healthcare professionals to gain first-hand knowledge of what it’s like living with dementia.

If you would like to know more about the project, or you know someone with dementia and a family carer who would like to take part, please get in touch with us at

[timefordementia@alzheimers.org.uk](mailto:timefordementia@alzheimers.org.uk) or call 07483 137539. More information can also be found at [alzheimers.org.uk/timefordementia](http://alzheimers.org.uk/timefordementia)

**Wednesday 8<sup>th</sup> September at 2pm – 3pm. Bowes House Parkinson's Awareness, online event - Guest Speaker Janine Starling,**

We will be joined by Janine Starling from Parkinson's UK , who will offer advice and guidance including;

- Introduction to Parkinson's - symptoms, causes and who it affects.
- Find out what support and services Parkinson's UK offer to everyone affected by Parkinson's, from our local groups to national helpline.

**For further information, or to reserve your place at this FREE online event and for joining instructions please call Karen Milligan on 01323 440188 or email [karen.milligan@careuk.com](mailto:karen.milligan@careuk.com)**

### **Alzheimer's Society Stats on East Sussex:**

[https://www.alzheimers.org.uk/sites/default/files/2019-07/ldp\\_east\\_sussex.pdf](https://www.alzheimers.org.uk/sites/default/files/2019-07/ldp_east_sussex.pdf) This is a great report giving you statistics for East Sussex

**Carers Awareness Training:** Care for the Carers provides a free, Think Carer programme of Carer Awareness Training as part of our Building Carer Friendly Communities initiative. Locations are across East Sussex. We are currently offering online training. The training sessions are for businesses, health and social care organisations and professionals and volunteers working with carers. If you are an organisation interested in learning more about unpaid carers, contact us to discuss training at your premises. <https://www.cftc.org.uk/make-a-difference/build-a-carer-friendly-community/carers-awareness-training/>

### **Helpful information from the Alzheimer's Society:**

- ★ Dementia Connect Support Line 0333 150 3456
- ★ [Talking Point](#) – An online forum for people affected by dementia
- ★ The Dementia Guide in other languages: <https://www.alzheimers.org.uk/publications-about-dementia/the-dementia-guide-other-languages>
- ★ [Information on looking after yourself as a carer](#). Available in both written and audio formats.
- ★ [Survey](#) on the role of physical activity plays in the social connectivity and wellbeing in people living with dementia by the University of Hertfordshire
- ★ New Dementia guide has been released: [the dementia guide 872.pdf \(alzheimers.org.uk\)](#)

**Online weekly peer support groups:** Dementia Advocacy are supporting people nationally, providing a space for people with dementia to come together on a weekly basis using zoom to connect, to chat, laugh and cry together, providing essential peer support and advice using their valuable lived experience. To find out more please use this link or contact Aimee directly. Also if you are interested in setting up your own online support groups please contact Aimee and she is more than happy to give you some advice and guidance [About Me | ADadvocacy dementia consultancy \(dementiaadvocacy.co.uk\)](#)

**Wealden Dementia Action Alliance Charter:** Please sign up to our charter to have your amazing work recognised within Wealden and show how we are all working in partnership to make Wealden a dementia friendly place to live.

**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>

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 any 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.

Kind Regards  
Zoe and Debbie ☺