

NEW Virtual Dementia Forum Dates:

- Uckfield Dementia Forum: Thursday 25th November, 2pm – Via Zoom
- Polegate Dementia Forum: Friday 26th November, 10am – Polegate Community Centre
- Crowborough Dementia Forum: Friday 3rd December, 10am - Oasis Community Church, Crowborough
- Hailsham Dementia Forum: Thursday 9th December, 10am – James West Community Centre, Hailsham
- Wealden Dementia Action Alliance Meeting: Thursday 3rd March 2022 – Uckfield Civic Centre

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:

Polegate Community Café: First Thursday of the month – 2-4pm at Polegate Community – 2nd December 2021

Hailsham Community Café: Second Thursday of the month – 2-4pm at St Wilfrid's Church – 9th December 2021

Crowborough Community Café: Last Thursday of the month – 2-4pm at Oasis Community Church – 25th November 2021

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.

Pine Grove Pictures, Dementia friendly film screening afternoons: At Crowborough Community centre, next film on **Tuesday 14th December** to watch White Christmas. Free entry and refreshments, everyone is welcome. For more information to email: enquiries@pinegrovepictures.org.uk or call 01892 653823

Sporting Memories: Every Wednesday at Polegate Community Centre, 10-11.30am

Know Dementia Community Moments cafes: Please see attached all of Know Dementia's cafes across East Sussex. Please ring to book your place as they are monitoring how many people attend. Tel. 01273 494300

Please join our page: '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.

Sussex Fraud Team – Please see information on from the Sussex Fraud team, for further details, please contact Emma Allen – Vulnerable Fraud Caseworker (East Sussex)

Emma.allen@victimsupport.org.uk

DISC, Christmas Quiz – Please see attached the leaflet with more information.

St Denys' Church, Rotherfield – Everyone welcome to their church service on the 17th November, see attached the leaflet for more information. The church is part of the Charter and a dementia friendly service.

Association of Carers – Have a number of Android Tablets that we are able to loan out to carers who are waiting for, or are receiving one of our services. They loan these out for a period of six months and they come with a handbook and support from one of our volunteers if needed. Once the six months is up they can support carers to purchase their own tablet privately or support them to see if they are eligible for a Carers Personal Budget to purchase one.

www.associationofcarers.org.uk | maggie@associationofcarers.org.uk

Barnabas Dementia Support Group, Crowborough: Wednesday 17th November, Café and Coffee morning for Alzheimer's UK, 10am to 12noon in All Saints Church hall, Chapel Green Crowborough. Please join us Donations of cakes welcome. [All Saints Church Crowborough](http://AllSaintsChurchCrowborough.org.uk) : [Barnabas Dementia Support Group \(allsaintscrowborough.org\)](http://BarnabasDementiaSupportGroup.org.uk)

'Think Carer' 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 for are now available including:

Friday 19th November 2021, 10am – 12.30pm

Thursday 16th December 2021, 13.30pm – 16.00pm

Further information and booking details are on their website [here](#)

Carers Rights Day 2021: Carers Rights Day is on **Thursday 25th November 2021**. It's a key day for all carers to know and understand their rights as well as get the recognition and support that they are entitled to. We are encouraging carers and all of our networks including partners, businesses, professionals, staff and volunteers to back the campaign. To get involved, spread the word on social media and talk about caring to raise awareness and build recognition of carers and their rights. More information on carers' rights and how to get involved is [on our website here](#).

Carers Rights Day event - Afternoon tea: Carers are invited to celebrate Carers Rights Day with afternoon tea at The Ashdown Park Hotel, Forest Row. **Thursday 25th November, 2.30pm**. Free. To book a place, please contact Hannah on the

[contact details here](#). Replacement care funding may be available for this activity thanks to Community Match Challenge, please ask.

**Bowes House - Falls Prevention Information Event with Leanne Owen
Chartered Physiotherapist- Rehab4U Online Event - 17th November 2021, 2 PM – 3 PM**

Bowes house invite local community to join us for this informative online information event. We will be joined by guest speaker Leanne Owens, Specialist Chartered Physiotherapist at Rehab4U. The event will cover the importance of raising awareness of falls prevention* Provide a brief overview of statistics, facts and figures How do falls occur? Provide some basic physics, mobility, walking aids, environment, very basic medical factors that might contribute to a fall. How you can help prevent a fall? There will be an opportunity to ask questions as well as an interactive Quiz. For more information and joining instructions please call Karen at Bowes house on 01323 440188 or email karen.milligan@careuk.com

Bowes House - Blue Light & Keyworkers "English Breakfast on Us" Event Thursday 2nd December 2021 8 AM – 10 AM: In support of our amazing Staff, Blue light services & Key workers out in the community, local taxis. We are providing FREE English Breakfast Baps between 8am and 10am on Thursday 2nd December! Book in advance and let us know how many you wish to collect or drop in on the day for English Breakfast Bap takeaway on us! To book in advance or to find our more call 01323 440188 or email karen.milligan@careuk.com If you can't book in advance and just happen to be passing on the day we'd love to see you! Just drop in on the day!

****Important ****Please make our team aware of any special dietary requirements or allergies in advance

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.

Alzheimer's Society Stats on East Sussex:

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

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
- ★ 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 \(dementiaadvocacy.co.uk\)](https://www.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.

Many Thanks
Zoe and Debbie

Zoe Sorrell – Community & Regeneration Officer (Special Projects)

Community and Regeneration, Wealden District Council
07985 811972

zoe.sorrell@wealden.gov.uk

Council Offices | Vicarage Lane | Hailsham | East Sussex | BN27 2AX

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



[@wealdendistrict](https://twitter.com/wealdendistrict)



[@WealdenDAA](https://www.facebook.com/WealdenDAA)



[@wealdendc](https://www.instagram.com/wealdendc)