

CRICH AREA DEMENTIA FRIENDS' NEWSLETTER

SPRING 2019
EDITION 8

Welcome to the eighth edition of the Crich Area Dementia Friends' newsletter published for Spring 2019.

OFFICIAL DEMENTIA FRIENDLY STATUS

We are absolutely delighted to say that Crich and the surrounding villages have been officially recognised by the Alzheimer's Society as a community working towards becoming dementia friendly.

We were contacted by Helen Aldridge, Dementia Friendly Communities Co-ordinator for Derbyshire, suggesting that we should seek official recognition, given the number of activities that were already being organised in the area. We applied, highlighting the distribution of this quarterly newsletter, the establishment of the monthly music sessions and fortnightly gentle yoga as examples of how we are endeavouring to promote and support as inclusive a community as possible, especially for those experiencing dementia and their families, carers and friends. We were informed that we had been officially recognised towards the end of February. This is very pleasing as it gives formal recognition to all the good work going on to make our communities as inclusive and supportive as possible.

This recognition means that we can now work with a full range of service providers, in all the villages, to see whether they wish to be recognised as being "dementia friendly". We will share more details about how this will be rolled out over the next 12 months in the next newsletter. In the meantime, look out for the official logo of Crich Area Dementia Friends; it appears, for the first time, at the end of this newsletter.

WIRKSWORTH MEMORY CAFÉ

One of the many advantages of being awarded official status is that we have been able to link with the few other communities in Derbyshire who have achieved a similar status; establishing links means we can share good practice and ideas with each other.

One of these is our near neighbour of Wirksworth. Those leading the initiative in the town have developed a number of exciting opportunities, one of which is their Memory Café. Now in its fourth successful year, the Wirksworth Memory Café extends a warm welcome to all. They meet on every second Monday in the month at Wellspring Church, Wirksworth DE4 4DS from 2 - 4pm. People are invited to go along to find fun and friendship whilst taking part in themed activities, refreshments and a jolly good sing song! All the activities are designed to make sure they are as accessible as possible for everyone. The Café is free of charge.

MUSIC WITH MOVEMENT

As we have reported in recent editions of the newsletter, the monthly music sessions have proved to be very enjoyable occasions. In March we held a session which was music plus some movement. This, too, proved to be tremendous fun and, of course, brought the great benefit of including some exercise but only as much as individuals were happy, and felt able, to do.

The session was run by Sara Rose. Sara is a trained dance therapist, who brings great expertise and knowledge to the activities. The session lasted for about 45 minutes. The time seemed to fly by as everyone was having so much fun!

Due to the positive response of all those who attended, we have agreed to run a regular session on the last Friday of every month at 2.00pm. As with the music, the sessions are held at Crich Wesleyan Chapel, Chapel Lane, Crich DE4 5BU. The pattern of the afternoon follows a similar pattern with 45 minutes of activity followed by tea and cake and a chance for a chat.

We urge anyone interested to come along and give it a try. If you want to ask any questions please contact Frances James on 07515 881 937 or on 01773 852692.

LOCAL DEMENTIA FRIENDLY SERVICES

As we noted in the last edition of the newsletter, The Alzheimer's Society has taken over the contract for providing services for people with dementia and their families and carers in Derbyshire. **These are the activities that they are currently running in the local area.**

Please contact the Alzheimer's Society in Derby on 01332 208845, before joining any of these groups to avoid disappointment.

RIPLEY

Memory Café and Activity Group
Field Terrace Community Room,
Off Slack Lane, Ripley DE5 3HL

3rd Thursday
in every month
2.00pm to 4.00 pm

BELPER

Memory Café and Activity Group
Manor Farm Community Centre,
New Beck Road, Belper DE56 1PH

4th Monday in every month
2.00pm to 4.00pm

Carer Support Group
Belper Community College,
16 Chapel Street, Belper DE56 1AR

1st Tuesday in every month
2.00pm to 4.00pm

ALFRETON

Memory Café and Activity Group
Providence Place Community Centre,
Providence Place, Alfreton DE55 7AZ

3rd Monday in every month
2.00pm to 4.00pm

Sports Reminiscence Group
Alfreton Football Club,
North Street, Alfreton DE55 7FZ

1st Friday in every month
10.00am to 12.00pm

The Dementia Friendly Swimming Sessions continue at Ripley Leisure Centre, Derby Road, Ripley, DE5 3HR. The sessions are on Wednesdays from 2.30 – 3.30 pm and cost £2.05, with carers free of charge. The staff are specially trained and the equipment and facilities are all accessible, enabling people with dementia to relax and enjoy a swim in a safe and supportive environment.

OTHER ACTIVITIES

As we noted above, the **monthly music sessions** continue to be a source of great enjoyment. The number of regular attendees is very pleasing. Just to remind you, they are held at 2.00pm of the second Friday of every month at Crich Wesleyan Chapel, Chapel Lane, Crich DE4 5BU. There is 45 minutes of music, followed by tea and cakes and a chance to socialise. Carers, friends and family members are, of course, very welcome. **Anyone who would like more information, please contact Heather Johnson – telephone 01773 856212.**

The fortnightly **gentle yoga sessions** also continue to be a source of great fun and relaxation. It is such a delight when something so enjoyable also brings a host of physical and emotional benefits. At a recent session everyone attending was able to identify a clear benefit they had experienced since beginning to attend the Group. The sessions take place, at the Glebe Field Centre, Crich, usually on alternate Tuesdays, (they can be a slight variation to take into account school holidays) from 10.00 to 12.00. The next sessions are on: 4th and 18th June; and 2nd and 16th July 2019. If you are interested, you can either let us know or just turn up; no experience is necessary. Please wear comfortable clothes. If you want to bring a friend with you, that's fine. There is no charge. **If you would like more information, please contact Frances James on 07515 881 937 or 01773 852692.**

DEMENTIA AWARENESS RAISING AT RIPLEY ACADEMY

As many of you will remember, Crich Area Dementia Friends has been fortunate to receive two donations from the Central England Cooperative Society. This money has made a significant contribution to the publication of the newsletter. These donations reflect the strong commitment that the Cooperative Society has to support the inclusion of people with dementia.

A representative from Crich Area Dementia Friends was delighted to be able to join staff from the Cooperative Society at an event to raise awareness of dementia at Ripley Academy in March. The session was for young people in the sixth form of the Academy. It was heartening to see the level of understanding that the young people showed about the needs of people with dementia and what one can do to make people feel supported and included.

MATINEE

FORTHCOMING DEMENTIA FRIENDLY CINEMA SCREENINGS

<p>THE MAGNIFICENT SEVEN</p> <p>Friday 4th October 1.30pm at Imperial Rooms, Matlock, DE4 3NL</p>	<p>SINGIN' IN THE RAIN</p> <p>Monday 16th September 1.30pm at Nailers' Conference Centre, Belper Football Club, Belper DE56 1BA</p>	<p>GREATEST SHOWMAN</p> <p>Tuesday 11th June 1.30pm at The Quad, Derby</p>
<p>MAMMA MIA (pending a licence)</p> <p>Tuesday 13th August 1.30pm at The Quad, Derby</p>	<p>GREASE (pending a licence)</p> <p>Tuesday 13th August 1.30pm at The Quad, Derby</p>	<p>You can book your tickets for the films at The Quad by ringing 01332 290606 or by emailing creativewellbeing@derbyquad.co.uk</p> <p>And don't forget, the fantastic Ritz Cinema in Belper has dementia friendly screenings. You can find details of the shows by looking on its website: ritz-belper.co.uk</p>

LIVE AND LOCAL

By the time that this edition of the newsletter is delivered, it is likely that the Live and Local shows will be taking a rest for the Summer. There will no doubt be a host of new exciting shows starting in the Autumn. These will be publicised through the Live and Local website which is found through www.crichglebfieldcentre.org. We will also provide details of up and coming shows in the next edition of the newsletter.

DISTRIBUTION OF THE NEWSLETTER

We are extremely grateful to a number of people who have volunteered to help with the delivery of the newsletter. Their kind offers of help have certainly made a big difference to the effectiveness of the distribution of the newsletter. On the basis that you can never have too much of a good thing, and that the more volunteers we have the lighter the load for everyone, we would still welcome more volunteers. If you feel that you are able to help please contact Frances James on 01773 852692.

We are sure that the vast majority of you will have seen the wonderful new Crich Standard which is the new magazine, distributed free of charge to all households in the Crich parish. The magazine is complemented by an excellent, definitive website that contains all the news and goings on in the Crich area, including the villages of Fritchley, Whatstandwell and the hamlets of Crich Carr, Plaistow Green and Wheatcroft. All future editions of the Crich Area Dementia Friends' newsletter will be available on the website, as well as news about our activities. The website address is www.crichstandard.org - it is well worth a look!

ACCESSIBLE BELPER

Many people from our communities go to Belper for a number of services and so we thought it was worth highlighting an excellent organisation in the town called Accessible Belper. It is a relatively new initiative which is trying to broaden people's understanding of everyone's different needs and how they can be met in the town.

The central aims of Accessible Belper are to raise awareness of all forms of disability, to run training for staff working in a range of service providers, to give advice and also to undertake audits of accessibility. Accessible Belper has an excellent website which contains more information about the organisation, news about current developments and useful links. The address is www.accessiblebelper.org If you want more information you can call them on 01773 826477 or email info@accessiblebelper.org

POSSIBLE PROJECT WITH THE SCOUTS

In the previous two newsletters we have written about a possible project with the Crich Scouts Group. You will notice that we have now removed the word “possible”, as it is now a definite joint project.

Young people from the Scouts have devised a number of questions about older people’s experiences in the past. These questions cover a range of topics including childhood, school, work, national and personal celebrations and life during World War 2. The intention is for the young people to interview some of the older residents in the different village communities and for the interviews to be filmed, by one of the Scouts. There will be a grand premiere of the film at the Glebe Field Centre in Crich in the afternoon on Saturday 19th October 2019.

If you have, or someone you know has, tales to tell about times past and would like to contribute to this project, we would be delighted to hear from you. Please contact Frances James on 07515 881 995 or 01773 852692 if you are interested.

We intend to combine the film premiere with a celebration of food from the 1940s, 50s and 60s. The young people will have been involved in researching and making the food. We will also be showcasing the range of activities available in the village communities that can contribute to improving everyone’s physical and emotional well-being. More information about this will be circulated nearer the time.

CONTACT DETAILS

Frances would also be delighted to hear from you if you have any comments about the work of the Group or the content of the newsletter.

We would always welcome other members to the working group co-ordinating this work, especially from the Lea, Dethick and Holloway area. Please contact Frances James if you are interested, on 01773 852692 or at michaeljamesxiu1@mac.com



ORGANISED BY
THE CRICH PATIENT PARTICIPATION GROUP

USEFUL LOCAL CONTACTS

ORGANISATION	CONTACT TELEPHONE NUMBER
Age UK	01773 768240
Alzheimer's Society	01332 208845
Amber Valley Borough Council	01773 570222
British Red Cross Dementia Respite Support Service	01773 718798
British Red Cross Medical Loans	01773 742108
Continence Service	01773 546960
Crich Careline (Dawn Shortland)	01773 856846
Chiropodist at the Glebe (Steve Thaw)	01773 857894
Crich Baptist Chapel	01773 853264
Crich General Practice	01773 852966
Crich Parish Council	01773 853928
Crich Wesleyan Chapel	01773 856212
Day Care (based at the Glebe)	01773 857894
Derbyshire Carers' Association	01773 833833
Dementia Action Alliance (East Midlands lead Gill Collins)	01522 692681
Derbyshire Social Services	01629 533190
Glebe Field Centre	01773 857894
Hairdressing (Ann Davison at the Glebe)	01773 857894
Live and Local (David Lane)	01773 853260
Luncheon Club (Cathy Bowness)	01773 852635
Optician (Martyn Newman Newman at the Glebe)	01773 857894
St Mary's Church, Crich	01773 852449