



# Virtual Memory Café

Welcome to our March 2021

Virtual Memory Café newsletter Edition 11

Please join the Solent Admiral Nurse team at our Virtual Memory café. Grab a cuppa, sit down and relax. Our Virtual Memory café will hopefully give you some advice and guidance, however most importantly we hope that it makes you smile and reminds you that you are not on your own.



Please feel free to call us on 0300 1234 026 or email [snhs.admiralnursing@nhs.net](mailto:snhs.admiralnursing@nhs.net)

Address: Admiral Nurses, Address: Admiral Nurses, East Community Independence Service, Bitterne Health Centre, Commercial Street, Southampton, SO18 6BT

 **Admiral Nurses** DementiaUK  
Helping families face dementia



# Resources

This is a quick guide to some of the support you can access at the moment. We have included some local organisations as well as national charities and support groups. Please let us know if there is anything that you would like us to include or if you know of a really useful resource that we have not included.

 **Caraway** As well as supporting our Memory café s and providing Anna Chaplains, the Caraway Trust also have some really useful resources to download aimed at supporting people at home during Covid19.  
[www.caraway.uk.com](http://www.caraway.uk.com)

 **CARERS IN SOUTHAMPTON** *Helping unpaid carers* Carers In Southampton help adult unpaid carers with signposting, carers cards, carers assessments and emergency planning. Tel: 02380 582387 [www.carersinsouthampton.co.uk](http://www.carersinsouthampton.co.uk)  
email: [enquiries@carersinsouthampton.co.uk](mailto:enquiries@carersinsouthampton.co.uk)

 **DEMENTIA CARERS COUNT** *Supporting Family Carers* Dementia Carers Count provide a one-day course for partners, family members and friends caring for someone with dementia to explore the topic of delirium in more detail. If you would like to attend this one-day courses in the future. Tel: 020 3096 7894 [www.dementiacarers.org.uk](http://www.dementiacarers.org.uk)

 **DementiaUK** *Helping families face dementia* Dementia UK's website is a really useful resource for lots of practical advice on living well with dementia. Their Dementia Hotline that can be contacted if you need to speak to someone. Tel: 0800 888 6678  
[www.dementiauk.org](http://www.dementiauk.org)

 **Solent Mind** *For better mental health* Solent Mind is the local branch of the charity Mind and they also have some really good resources including a Coronavirus Well Being Hub and Well Being tool kits. Tel: 023 8202 7810 [www.solentmind.org.uk](http://www.solentmind.org.uk)

 **SO:Linked** *Supporting Southdownshire People in Southampton* SO:Linked offer practical advice, support and sign-posting with everything from food and medicine deliveries to support with your pets. Their friendly navigators can be contacted by phone or check out their website. Tel: 023 8021 6050 [www.solinked.org.uk](http://www.solinked.org.uk)

 **Young DementiaUK** Whilst it is aimed at those living with early onset dementia, those of us who are young at heart will probably find Young Dementia useful as well. They have lots of practical advice about living with dementia.  
[www.youngdementiauk.org](http://www.youngdementiauk.org)

# Spring wishes to you all

Hello to all our Virtual Memory café friends and welcome to our March newsletter. So the clocks have changed and as the days get longer, we look forward to some warmer weather and have just started to see the amazing spring flowers appearing everywhere.

Easter, for some, symbolises the renewal of life, for others it is about whether the Easter Bunny has appeared or not and left a trail to follow. Whatever it is to you, we hope this year, it is also a signal of things starting to return to some form of a new normal. Being able to see friends outside, go for a walk or, if we are really lucky sit in the sunshine and listen to the birds as they sing their sweet songs each morning and we hope, make you smile.



That brings me nicely on to the content of this newsletter. Our focus this month is Spring and Easter and apologies that we have actually missed that day already, we did try to get the newsletter out early. So this is a belated Easter message. Karyn and Joe have written lovely articles about music and positive thinking. We have our second instalment of the recently introduced column entitled 'Always look on the bright side of life' and in this edition we are delighted that Andrew, our Deputy Chief Executive Office & Chief Finance Officer has penned his thoughts for us. Hopefully we will be able to get lots of people to contribute to this. We also introduce another new face, Rachel, one of our volunteers. We hope you enjoy our developing approach and if you wish to include something, please do get in touch. Take care and remember we are here, if you need us.



**Admiral Nursing  
Team**



I was recently asked to write a piece for this monthly publication in my last week as Acting Chief Executive Officer and thought what a good opportunity to reflect on the last 5<sup>1/2</sup> months. Therefore, in the quickfire style common to many newspapers, here is a blast from this period.

Andrew Strevens, Deputy Chief Executive Office & Chief Finance Officer

### **What have you enjoyed?**

To my surprise, being a natural introvert, I have particularly enjoyed the many Zoom sessions that have taken place. These have been completely unscripted, except for my thinking about the key messages I want to relay in the first five minutes, which has helped make this an informal space for staff. I love interacting with staff and hearing what it is like at the sharp end and am pleased that we have offered flexible slots, early morning, during the working day and early evening. There have been a few surprises during the calls and I have learnt of issues that I would otherwise be unaware of; action, such as the revised lateral flow test reporting mechanism has been taken as a result.

### **What has been the biggest challenge?**

Social media has been a real struggle for me, particularly Facebook. I have used Twitter fairly regularly and learnt how to follow other people as well as create posts.



I have enjoyed seeing the human side to many of our staff, which has really touched me; what better way in a pandemic to connect with people. For some reason, I seem to have had a mental block with Facebook and have monitored it very infrequently. My apologies to all those on the Team Solent FB group!

I have also seen the slightly unseemly side to social media with a post of mine criticized for not mentioning a partner organisation when noting the opening of one of the mass vaccination sites; this despite praising their staff in a previous post (made 5 minutes before).

**What has been the funniest moment?**

My executive colleagues and I have formed a very strong team during the last few months and have shared a great deal of banter, particularly on WhatsApp. We did do a Secret Santa, with my “gift” being an elf’s costume; within 5 minutes I had changed in the toilets and was parading around Highpoint in this fantastic outfit, replete with a hat with enormous ears.



**What are you most proud of?**

There are a number of things that I am very proud of. The staff survey results are very encouraging (although there is always room for improvement), with the highest ever participation rate at 66%. The creation, in very short order of the four mass vaccination centres in HIOW has been an amazing achievement and I am in awe to the team involved.

However, the area where I am most proud has been the Solent response to the subsequent waves of COVID infection. This has been clinically led, with swift implementation and an ultimately successful outcome. By thinking ahead, clearly communicating our plans and a no fuss execution, has meant that Solent has managed the crisis and been the best system partner we could have been. Thank you to all members of staff, who have clearly gone above and beyond.

### **What would you have done differently?**

Hindsight is a wonderful thing! My biggest regret has been the COVID outbreaks we have witnessed within some teams and inpatient wards. Whilst we have been relatively successful compared to our peers, this area makes me feel uncomfortable as sometimes the PPE and social distancing guidelines have not been followed, resulting in infections being passed amongst staff and patients. However, I do recognise the pressures our staff have been under.

### **What are you looking forward to?**

I was extremely pleased that our uptake of the flu vaccine for front-line staff was 90%. I am looking forward to the same with the COVID



vaccine; currently we are circa 80%. For those who may not have had the vaccine, I ask that you seek any advice that you may not have done so far. For me, the vaccination programme is the key element of our exit route from the current restrictions, which makes this less likely when there is a sizeable minority who have not been jabbed.

# Easter and beyond....

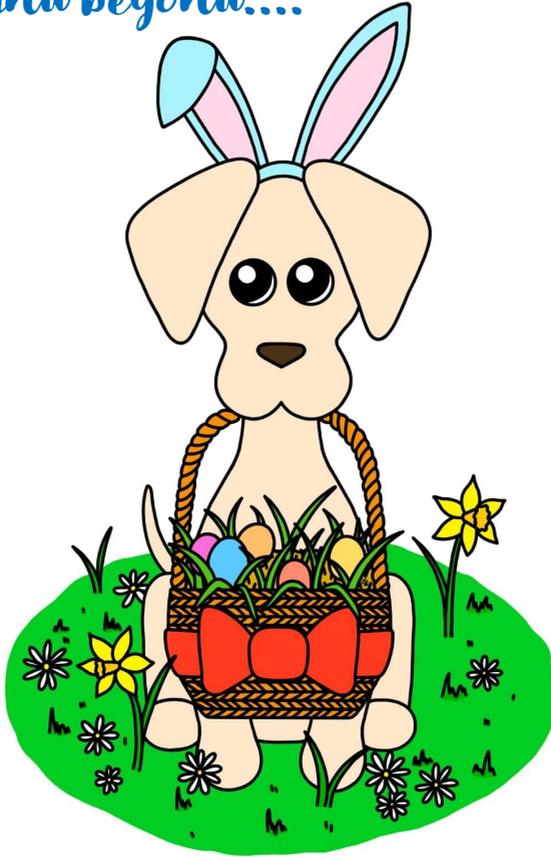


Image courtesy of Sam Croombs - @lonewolfcrafting

A sunny April welcomes us to Spring, and a new season of adventures ahead. This month, we're looking forward to celebrating Easter, seeing lots of our wonderful spring flowers, and some may even have a flutter on the Grand National. We find ourselves starting to think about settling into different routines and about getting out and about safely with our friends and family, which will really help with variety and also our well-being.

We have been talking about positive thinking and how this can really help.... more on the next page

Joe

# Memory Assessment and Research Centre (MARC)

Southern Health   
NHS Foundation Trust  
University of  
Southampton

MARC, Tom Rudd Unit, Moorgreen Hospital, Botley Road,  
Southampton, SO30 3JB  
Tel: 02380 475206 Email: [MARC@southernhealth.nhs.uk](mailto:MARC@southernhealth.nhs.uk)

**Without research there can be no cure.  
Without volunteers there can be no research.**

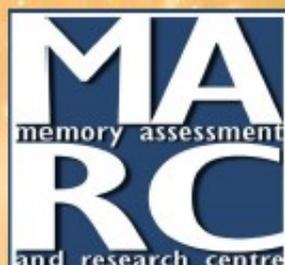
MARC: Finding effective treatments to both prevent and cure dementia  
At MARC you have the opportunity to access new treatments aimed to  
slow progression of memory loss and improve symptoms of Mild  
Cognitive Impairment, Alzheimer's Disease, and Lewy Body Dementia  
Receive outstanding care from our specialist team of Consultant  
Psychiatrist, Specialist Doctors, Research Nurses and Research Assistants.

To take part or find out more  
information

Call: 02380 475206

or email:

[MARC@Southernhealth.nhs.uk](mailto:MARC@Southernhealth.nhs.uk)



## Benefits to taking part in a trial:

- Early access to new medication aimed to improve your memory
- Help future generations to combat the life changing illness
- Receive robust general health and memory support throughout the trial

## Frequently asked questions:

"Would I have to stop taking any medications including memory medications to take part in a drug trial?" Your medications would not change, the clinical trial medication would be taken in addition to any medicines you may already be taking.

"I live a long way away, how can I get to MARC?" We can reimburse travel expenses or arrange transport

"What if I change my mind half way through a trial?" You are free to withdraw from any trial (observational or interventional) at any time, this will

in no way affect your medical care



@SHFTMARC



@SHFT\_MARC

# 5 steps to positive thinking:

Are you looking after yourself?

Have you thought about what you need, in order to care for your loved one?

Just a few simple steps to consider, to help think about what you may need, in order to help those you love.

It is appreciated that taking some time out for yourself is not always easy, however some of these you can do together with your loved ones, why not have a go and see how you get on. We would love to hear how it goes .



# Introducing Rachel



Hi Everyone

I would like to introduce myself to you. My name is Rachel. I am a volunteer with the Telephone Wellbeing Service. Run by Caraway and the Admiral Nursing Team, (a new service we are piloting, with a view to rolling out across Southampton to those families using the De-mentia Café) the calls offer families living with dementia a listening ear and non-clinical support.

I live in Southampton with my partner Darren and my daughter Evie, who will be 20 this month, which makes me feel very old indeed! My role at Right at Home Solent, a local home care agency, enables me to do the work I love the most. Connecting to organisations and people in the community. In my spare time, I love walking my Labrador Mr Boo and busying in my garden. Being in the spring sunshine really lifts my mood and puts a spring in my step.

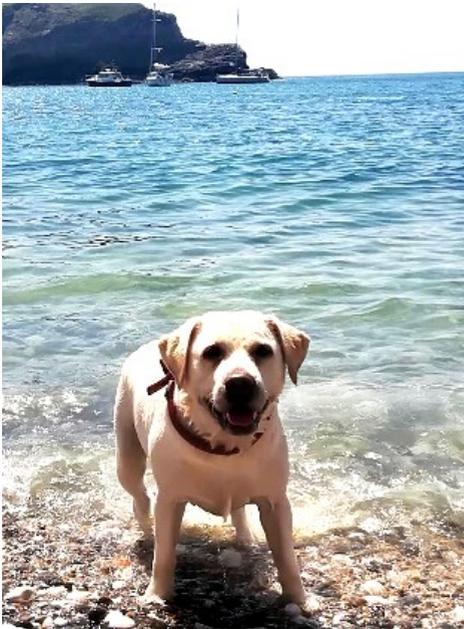


Spring is the season everything comes alive and starts to grow after winter sleep. Nature becomes renovated and ready for warmer months ahead. Sunny days awaken the first flowers of spring in gardens. Bringing vibrant yellows, pinks, purples and blues amid vivid green and white. Snowdrops, crocuses and then daffodils line verges like a yellow guard.

Spring is the season for fresh thinking and new starts. We engage with life again after winter hibernation. Hurried dog walks to avoid winter winds are replaced by leisurely ones. It's a time when trees amaze us with their delicate scent and blossom. When butterflies emerge from their chrysalis urging you to be full of hope and positive thinking. That's why this season puts a spring in my step.

There are so many activities to enjoy in Springtime:

- ◆ Plan a day out or a trip
- ◆ Spot the different varieties of flowers on a walk
- ◆ Put all your thoughts to the back of your mind.
- ◆ Reflect on the sounds and scents of nature for a while
- ◆ Think of a goal you would like to achieve
- ◆ Try spotting different types of bird, or butterflies
- ◆ Plant some summer bulbs in a wellington boot



Here's a picture of my Labrador on his holiday to Weymouth to help you to think of sunny days ahead!

Thanks for reading



## Thoughts with Karyn

Hello everyone, can you believe it's March already! At last we have had some beautiful sunshine and the Daffodils and Tulips are out. We also have the 'roadmap' out of our current Lockdown with restrictions being gradually lifted after the positive effects of the Vaccine rollout. I am very much looking forward to getting out for a walk and being able to sit and enjoy a coffee or picnic with a friend or family member.



March is usually the time at Café that we celebrate 'Time 4 a cuppa', the annual fund-raising event that Dementia UK hold all over the country. We usually have a Quiz, or a singer come to the café to entertain us during our afternoon tea with all sorts of goodies including cake of course! In fact, the last Café we had was 'Time 4 a cuppa' in March 2020 before the 1<sup>st</sup> Lockdown. Dementia UK have decided to postpone the event this year until we are able to open the Cafes again. Hopefully, our first Café of 2021 we can make our 'Time 4 a cuppa' event again as it will indeed be a special occasion! The official week for the event this year will be 1<sup>st</sup> to the 8<sup>th</sup> May but we may need to delay longer locally.

Often our theme for this event includes music and I thought it might be worth once again looking at the powerful way that music can reach us. Music is increasingly being used to communicate and engage with people with dementia. As dementia progresses, music can be used to enhance communication and wellbeing. Music stimulates different parts of the brain and can help the person to express feelings and connect with past memories, for example, playing music that is significant, such as favourite songs, a piece of music from a wedding, or a lullaby the person used to sing to their children.



Most people will react more positively to music they have listened to frequently as well as music from their teenage years. Ask the person what music they like or if they can't tell you, ask family or friends. If there is no information available, investigate popular music from the person's cultural background and era and try it out.

Here are some questions you might find helpful:



- \* What kind of music do you like?
- \* Do you have any favourite singers or bands?
- \* Where did you used to go to listen to music or watch bands play?
- \* How did you listen to music? Did you have a CD player, or maybe a record player?
- \* Did you like to go out dancing when you were younger? Where did you go?

Useful resources and organisations:

Live Music now: [www.livemusicnow.org.uk/wellbeing\\_older\\_people](http://www.livemusicnow.org.uk/wellbeing_older_people)

Playlist for Life: [www.playlistforlife.org.uk](http://www.playlistforlife.org.uk)

Singing for the Brain: [www.alzheimers.org.uk/info/20172/activities\\_and\\_services/1092/singing\\_for\\_the\\_brain](http://www.alzheimers.org.uk/info/20172/activities_and_services/1092/singing_for_the_brain)

Until we meet again (I'm sure there's a song about that!)





This May, have cake and a cuppa with friends and family and help even more families receive the life-changing emotional and practical support of dementia specialist Admiral Nurses. Every little helps.

Things might look a bit different this year – however making ‘Time for a Cuppa’ has never been so important. Whether it’s tea at the table, from a few metres away or a promise to meet up in the future, let the people you care about know you want to have a cuppa with them.

If you would like to get involved, please register for your free fundraising pack on [www.dementiauk.org](http://www.dementiauk.org)



# Virtual Memory Café Newsletter Word Search

K I Y  
T B S H U R Z R K  
Z B X M M K G S U C Z G P  
T L M O A N O C N P W F M Z G Y O  
Q C H G G K P S N I O O J S R I E U T  
G G S O X K D N S V R R B Z G P X A A Y Y  
N L L Y U L A E O Y P D N C Y N N U B J H  
T A Y I J K L N S W I I E H G R U  
O J Y D L K B E N O A C L H H A G  
F S C H O C O L A T E P A N R J G H H O A Y B W S  
S G G E F R E S V G I E F S M H L S I P T A B S H  
J R O P F U Z V X C P C D V T G N U C D C C I Y F  
C R A T B A W S K N K R F S X L E E C K A H I T C N P  
E G S X G D T A I B E A E F K F W R O V T H N S T F T  
V Q S M H Y B C Z F S R E W O L F M R F J I T G F N B  
I B T C S J X V I C L E E A N C C N E H T J U  
U B W N G Y R I C C A R R O T S Q J U I H  
C X R S S P Y A Y X F Z A C Y V N P L B J  
Y Z A U B Y F T I Z  
F C I N N M W W F C P T  
A L A T S A I O S E I S I A D Z L G U K S  
W Q E U O H L S O V U B U T T E R F L Y Q  
C X N K G I C H L I R P A T Z L K B G  
H Z T S E N H I Z N K K J B D V R  
C A L L E R B M U K S H S  
C Y W F G P J J P  
N W S

30 words to find - any direction and letters can be shared. All the words are spring related — happy hunting.

|           |           |          |           |
|-----------|-----------|----------|-----------|
| April     | Daffodils | Hyacinth | Snowdrops |
| Blossom   | Daisies   | Lambs    | Spring    |
| Bunny     | Easter    | Nest     | Sunshine  |
| Butterfly | Eggs      | Picnics  | Tadpole   |
| Carrots   | Flowers   | Rabbits  | Tulips    |
| Chick     | Foals     | Rainbow  | Umbrella  |
| Chocolate | Grass     | Showers  | Vibrant   |
| Crocus    | Hatch     |          |           |

# And finally....

Please have a think, what have you read that you want to take forward:

- \* Resources available
- \* Always look on the bright side
- \* Easter and beyond
- \* Positive thinking
- \* MARC
- \* Rachel's spring time suggestions
- \* Music ideas from Karyn
- \* Time for a Cuppa

SPRING  
IS HERE -  
WHAT NEXT?



What next?

Any thoughts or suggestions  
about what to include ?