



# Virtual Memory Café

## Welcome to our September 2021 Virtual Memory Café Newsletter Edition 16

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



# Memory Cafe Update

So good to see some of you at our Medwall Court Café that we managed to hold on the first Tuesday in August. We are now planning to hold the Café on the first Tuesday of every month at Medwall Court, Tatwin Close, Thornhill, Southampton, SO19 6JS from 2.00 until 4.00pm, the next planned for Tuesday 7<sup>th</sup> September. Anyone who would like to attend please contact us nearer the time if you are able, as we will still have to keep a social distance of 2 metres which does reduce our capacity. We will also have to continue to wear masks at this Café until further notice as part of our Solent NHS policy.

There will be refreshments at 2.00 and 3.00pm at the Café, the first hour will be used to discuss a specific topic in smaller groups followed by an activity after 3.00pm allowing 1-1 time with an Admiral Nurse if required.

Due to our current staffing short fall, there will only be the one Café per month in Thornhill, we will re-assess this in 2022.

Good news for those of you that attended Highfield Café, Highfield Lane, Southampton, SO17 1RL the Caraway Trust Volunteers are happy to host the Memory Café again starting on Tuesday 21<sup>st</sup> September from 2 until 4.00pm. There will be an Admiral Nurse present at this Café which is open to all.

This will ensure that there is a Café roughly every 2 weeks somewhere in Southampton excepting months where there is a 5<sup>th</sup> Tuesday.

Lordshill Church are also hoping to start a Drop in Café on Thursday the 9<sup>th</sup> September from 1.30pm until 3.00pm.

Bye for now, looking forward to seeing more of you in September

**Karyn xx**





# Sundowning

## Changes in Behaviour at Dusk

### What is sundowning?

Sundowning is a term used for the changes in behaviour that occur in the evening, around dusk. Some people who have been diagnosed with dementia experience a growing sense of agitation or anxiety at this time. Sundowning symptoms might include a compelling sense that they are in the wrong place. The person with dementia might say they need to go home, even if they are home; or that they need to pick the children up, even if that is not the case. Other symptoms might include shouting or arguing, pacing, or becoming confused about who people are or what's going on.

### Why does sundowning happen?

There are lots of reasons why sundowning occurs. As the day goes on, the person with dementia becomes more tired, and this can lead to their symptoms worsening. Hunger, thirst and physical pain can also play a part. As darkness falls, street lights come on and people settle in for the evening and some people with dementia become increasingly concerned that they are in the wrong place.

## Tips for managing sundowning as it happens

- Use distraction techniques: go into a different room, make a drink, have a snack, turn some music on, or go out for a walk
- Ask the person what is the matter. Listen carefully to the response and if possible, see if you can deal with the source of their distress
- Talk in a slow, soothing way
- Hold the person's hand or sit close to them and stroke their arm

## Practical tips on preventing sundowning

- Follow a routine during the day that contains activities the person enjoys
- Going outside for a walk or visiting some shops is good exercise
- Limit the person's intake of caffeinated drinks. Consider stopping the person from drinking alcohol together. Caffeine-free tea, coffee and cola are available, as is alcohol-free beer and wine
- Try and limit the person's naps during the day to encourage them to sleep well at night instead
- Close the curtains and turn the lights on before dusk begins, to ease the transition into night-time
- If possible, cover mirrors or glass doors. Reflections can be confusing for someone with dementia

- Once you are in for the evening, speak in short sentences and give simple instructions to the person, to try and limit their confusion
- Avoid large meals in the evening as this can disrupt sleep patterns
- Introduce an evening routine with activities the person enjoys, such as: watching a favourite programme, listening to music, stroking a pet etc. However, try to keep television or radio stations set to something calming and relatively quiet-sudden loud noises or people shouting can be distressing for a person with dementia

Taken from Dementia UK Website

<https://www.dementiauk.org/>



# Quiz Time

## Where in the World?

In which sea or ocean are each of these Islands:

1-Hawaii

2-Isle of Man

3-Seychelles

4-Jamaica

5-Falkland Islands

## Television Times:

1-Who presented the programme 'The Good Old Days?'

2-What type of vehicle was Thunderbird Four?

3-Name the 2 cops who were 'The Professionals?'

4-What was the name of Batman's Butler?

5-What was Casey Jones Train called?

### Answers to last month's 'In which year?' Quiz:

1-1957, 2-1970, 3-1939, 4-1954, 5-1962.

**Chocolate bars:** 1-AERO, 2-YORKIE, 3-POLO, 4-DAIRY BOX, 5-KIT KAT.

# Admiral Nursing Support for Family Carers

In the interim, whilst the Admiral Nursing Team is short-staffed, Admiral Nurses employed by the charity, Dementia UK, are able to provide support in the following ways:

## Admiral Nurse Helpline

Family carers can call the Admiral Nurse Helpline for free on 0800 888 6678 or send an email to [helpline@dementiauk.org](mailto:helpline@dementiauk.org).

The lines are open: Monday to Friday, 9am – 9pm and Saturday and Sunday, 9am – 5pm

All calls to the Helpline are confidential and are answered by an Admiral Nurse, employed by Dementia UK. Admiral Nurses will provide advice, support and information and there is no time limit on the call. Many people call for more than 45 minutes and you can call back whenever you need to. If appropriate, you will also receive a tailored information pack after your call.

**\*\*** Please note that Helpline staff are aware that more carers will be calling from the Southampton city area until the service is operating at full capacity again.

## Admiral Nurse Virtual Clinic

Carers / families can also book a dedicated clinic appointment with an Admiral Nurse, employed by Dementia UK. This is helpful for families who would rather book a dedicated time / slot in advance. You need to go online to book your appointment and you can choose to have either a phone call or a video call (using Zoom) with an Admiral Nurse.

To book, go to: <https://www.dementiauk.org/get-support/closer-to-home/>



# Out and About with Boo

## Lepe Country Park

Being a Labrador, Boos favourite pastime is swimming. Labradors don't have webbed feet for no reason! So, imagine his excitement when I arranged a playdate with his favourite pal and took them to Lepe beach for an afternoon of sun sea and swimming. His mate is Mr. Oliver. A young and rather naughty but loveable whippet who finds trouble without even looking for it!

With over a mile of beach, pine fringed cliffs, and wild flower meadows, Lepe Country Park is a great day out with superb views of the Solent and Isle of Wight.

The view along Lepe beach was very different in the 1940s - it was here that sections of the amazing Mulberry Harbour were constructed before being towed all the way to the Normandy Beaches at Arromanche, where they remain to this day.

Lepe was also home to The Stone Point Royal Observer Corps (ROC) post installed in 1962. It was one of the underground monitoring posts during the Cold War, to warn the public about nuclear attack.

There are two beach areas at Lepe. One for families and one for our four- legged friends. It is one of Boos favourite places to visit so he leads the way on the route down to the dog friendly spot.



I am always amazed by how beautiful the area is and just how many different species of birds you can spot. The mudflats provide an important feeding ground for Brent Geese, Oystercatchers and Curlew. The fresh-water ponds attract Moorhen, Herons and Kingfishers.

There is a café onsite serving a range of snacks and lunches and toilets are onsite. The steps down to the beach may be difficult for some, but it is lovely just to sit in the woody glades of the parking area and watch the world go by. We are fortunate we have so many green areas on our doorstep and Lepe Beach is one of the gems worth a short drive to visit

Lepe Country Park  
Exbury  
Southampton  
SO45 1AD



Bursledon Hamble and Hound  
Dementia Action Group invite you to

# Reminiscence in the Park

**Sunday 12 September 2021**  
**midday to 5pm**

Royal Victoria Country Park, Netley SO31 5DQ

**FREE  
TO ATTEND**  
(parking  
charges only)

**An interactive fun  
filled day for all  
the family to raise  
awareness  
of dementia.**



Music, entertainment and  
reminiscence all afternoon

Interactive activities for  
everyone to enjoy

Health & wellbeing advice  
and information

Tea Dance in the Chapel  
3pm-5pm

For further information please  
contact Bursledon, Hamble and  
Hound Dementia Action Group by  
emailing: [bhhdag@outlook.com](mailto:bhhdag@outlook.com)

Supported by



Registered Charity Number 1185347

HC 270545

# Living with Dementia

My name is Julia Watts – I have worked in the NHS for over 30 years and have had the privilege of managing the Admiral Nursing Service for at least 10 of those. Not that they need much managing as you will know – what a wonderful team they are!

I have recently been supported by both Karyn and Emma as my own beloved father has developed mixed dementia. For a year or two we knew something wasn't right – Dad was an English teacher and a lover of books and he was starting to struggle with words. Eventually the diagnosis of mixed dementia came.

This was a tough time – my Grandad had dementia, and one of Dad's old school teachers who he used to visit. Dad was always very clear that he did not want to go that way. The only blessing is that the way his dementia is means he is completely unbothered by it and has no insight. Still – it has not been easy watching someone so in command of language gradually lose the ability to find words, read, or participate in a conversation.

There have been the worrying moments like when he set out late on a cold winters night with a mind to post a letter – fortunately he didn't get far before someone saw him and called the police.

He was returned home safely and proud of his adventure! Or the time he nearly set the house alight with the toaster – the less said about that the better! He mostly spends his time snoozing now and is no longer able to try cooking or going out.

What helps me to look on the bright side? Four things come to my immediate mind:

My sister – we work very well together responding to all the challenges of caring for Dad. We have turned our hand to any DIY (and nicknamed ourselves Bodge and Splodge!) and my knowledge of health and care, combined with her hands on care and great organisational ability makes us a great team!

Some advice that Emma gave me about there being a triangle of me, my Dad and the dementia, and how at any time the connection can move between me, Dad and it. And that the love is what counts, and that my Dad knows and feels the love we give.

Moments of lucidity from my Dad such as when we were watching the Olympics recently and he said “I didn’t realise skateboarding was an Olympic sport”! or when we were watching a quiz show and a picture came up that he immediately identified as Geoffrey Chaucer (he knew The Canterbury Tales inside out!)

A sense of humour about it all – my sister and I are mostly able to laugh together about things and support each other to see the lighter side of any given situation!

Dementia is something my Dad has to put up with – it does not define him. Things that come to mind when I think about my lovely Dad include:

Poems, books, owls, Elizabeth 1<sup>st</sup>, Laurie Lee, Venice, roast duck, oak trees, grammar, solitaire, shirts (he has over 130!), robins, the Cotswolds, Kenya, train sets, rhinos....I could go on!

I hold on to all that

**Julia xx**



## Recruitment Message

For a PhD project at the University of Nottingham we are looking for people with **Young Onset Dementia** to participate in an online survey about **online peer support**.

Peer support is any contact that you have with other young people with dementia.

**Online** peer support happens through the Internet. Examples include Facebook, Twitter, meetings on Zoom, discussion forums or chat rooms.

### Are you:

Someone with a dementia diagnosis, and did you receive your diagnosis before you were 65?

Interested in talking about online support and sharing your experiences?

Then you can participate in this survey! Even if you feel like you don't have (much) experience with social media or online support, we are still interested in hearing your opinion on this topic.

Please follow this link to access the survey: <https://nottingham.onlinesurveys.ac.uk/online-peer-support-for-people-with-young-onset-dementia-2>

If you have any questions, please don't hesitate to contact the PhD researcher, Esther Gerritzen ([Esther.Gerritzen@nottingham.ac.uk](mailto:Esther.Gerritzen@nottingham.ac.uk)).

Thank you very much and have a lovely day.

Best wishes,  
Esther Gerritzen



University of  
**Nottingham**  
UK | CHINA | MALAYSIA



# The Relatives & Residents Association (R&RA)

R&RA speaks up and speaks out on behalf of older people in or needing care. It is the only national charity for older people created by relatives and friends, providing a daily helpline, which concentrates entirely on care for this age group.

R&RA was founded in 1993 by Dorothy White OBE, to campaign for a better quality of life for older people needing care. Dorothy, who was highly involved in the team that set up the NHS, found that even with all her experience in the health and social care sector, the process of finding a nursing home for her mother was surprisingly stressful. The R&RA now aims to support people in similar situations, and by using the unique perspectives of relatives and residents, we work in harness with others to help improve service and standards. We also try to influence policy and practice by reflecting the experience of our members and users of our helpline in our advocacy of policies relating to training and the finance and organisation of care.

The charity provides support and information through our helpline and website to enable older people and their relatives make better informed decisions about the confusing reality by explaining their statutory rights as well as the standards and outcomes they should expect when receiving care. We also act as a listening ear to help support families and individuals at what is often a time of crisis and trauma for them, when it becomes apparent that a partner, parent or friend can no longer cope without help. We support them when there are difficulties, complaints and concerns about the standard of care and often act as brokers between the relative/concerned individual and the care provider.

## Helping to Move to the Right Home. Mr and Mrs Baker's case study

Mrs Baker rang our Helpline after her husband had been discharged from hospital into another and more expensive care home, some distance from where she lived. He was unhappy there as, unlike his previous home, it was much larger and more impersonal. He felt lost in it. She was very upset as she did not think he was getting the care he needed nor how she could meet the additional demanded £500 per week top-up.

Living in a village with no access to a computer or vehicle, she had been excluded from the discharge decisions. She had tried to get help from the local council since the move but without success.

With her permission we contacted the council on her behalf to request an immediate review of his placement and challenge it as unsafe. As a result, Mr Baker was visited by a social worker two days later and it was agreed that he should be moved back to his previous care home, where he was happy, with no need for Mrs Baker to top up his fees. Mr and Mrs Baker also received an apology from the council.

Mrs Baker later wrote to us to tell us that Mr Baker was now settled back in his original home and said **“Thank you so much, without you I was lost fighting the council.”**

R&RA website: [www.relres.org](http://www.relres.org)

Useful link to further information:

<http://www.relres.org/resources/order-form/>

# 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.



GATHERING THE HARVEST IN OUR OLDER YEARS

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 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)



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 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 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)



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)