



Virtual Memory Café

Welcome to our February 2021

Virtual Memory Café newsletter Edition 10

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

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



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



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
email: 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



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



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



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



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

Valentine Hugs to you all

Hello to all our Virtual Memory café friends and welcome to our February newsletter. This is one of my favourite times of year as the days get longer, the weather is warmer and spring flowers are popping up everywhere. Here is a picture of some beautiful crocuses that we saw sprouting through a pile of leaves on our way to school the other day. My boys and I spent some time admiring them and taking photos before we carried on. This reminded me that it is often the small things in life that can make a big difference so hopefully you will find a something in our newsletter that makes you smile.



That brings me nicely on to the content of this newsletter. Our focus has been Valentines day and apologies that we have actually missed that day already. So this is a belated Valentines message for you all. Je-an and Fiona have written lovely articles about valentines both past and present. We have introduced a new regular column entitled 'Always look on the bright side of life' and this edition we are delighted that Jackie, our Chief Nurse has penned her thoughts for us. Hopefully we will be able to get lots of people to contribute to this. Karyn has written about Chinese New Year and Joe has some tips on staying in contact with loved ones. Hopefully you will find at least one 'crocus' amongst these articles.

Take care and remember we are here, if you need us

Emma





My name is Jackie Ardley and I am the Chief Nurse here at Solent NHS Trust.

When Emma asked me to write about the topic ‘always looking on the bright side’, I first thought of that well-known song and I started singing to myself, I’m sure you know the one: ‘always look on the bright side of life...’

To start, I wanted to say a big thank you to you. During the pandemic, all of us have given just that little bit more of ourselves. I have seen so many examples of this. For me, however, the word that expresses this the most is ‘kindness’. Kindness comes in so many forms, from the kind word to an action of support – to a small card being written – or individuals going above and beyond. I’m so proud of the team here in Solent. They have gone the extra mile.

I’m sure, like me, many of you are missing family members. I miss my 11 grandchildren – and let’s be honest Zoom really doesn’t work with a 5-year-old and just isn’t the same. After telling them that I love them, and asking them about what they are doing, they really quickly want to go back to their toys, their Nintendo Switch, or the TV. What I really miss about not seeing my family is the cuddles, I was really lucky prior to COVID, I managed to see all my grandchildren on a very regular basis. I think, this year, I’ve seen them less times that the number of fingers on one hand. Still, with our vaccination programme well on its way I am looking forward, with hope, to the summer and to seeing my family again.

I'm not sure that Logan, my 14-year-old grandson, will though. I'm sure he will oblige – but the 30 minutes I've booked in as cuddle time will be far too long.



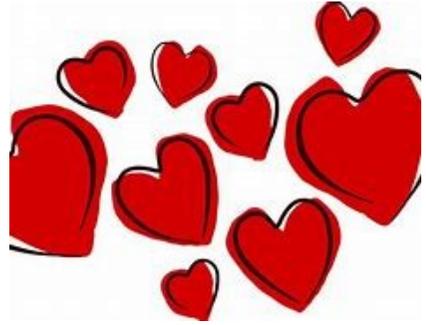
The months continue to pass and present their challenges, however the roll-out of the COVID-19 vaccine has offered us all a brilliant step forward in the pandemic and is hopefully our route back to a normal life. If you haven't already, I would really urge you to think about taking up the opportunity of getting a vaccine when it's offered. They have been through many approval processes and are highly safe and effective. By getting the vaccine you will be able to protect yourself, meaning you can continue to be there for your family, friends, and those you care for.

To end, I would say please take care and look after of yourself, this is so important not just for yourselves but the people you care for as well. My final words that I would like to leave you with are 'laughter and fun' – we all need a sprinkle of this – it certainly makes me feel better. Nurses do at times though have a very weird sense of humour!



Take care everyone,
Jackie

Love is in the air.....



With January behind us February offers up Valentine's Day and Pancake Day. Although regular readers will know my fondness of food as a topic this month I thought I would break with my usual theme and look at Valentines' Day as I am curious whether February the 14th is a day for romance or commercial hype. What are your thoughts on the subject, do please let us know your thoughts?

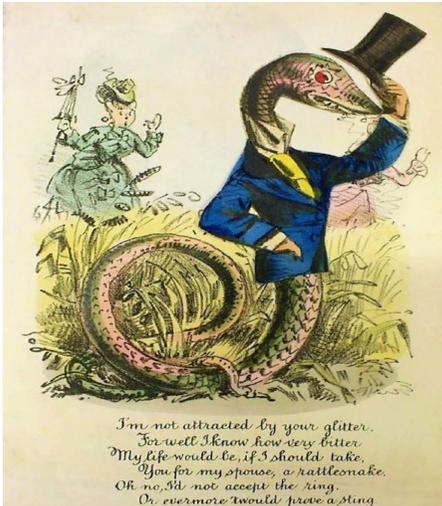


When I was a child I remember Valentine's Day but I understood it to be a declaration of love from an unknown suitor, a day the shy and unrequited could express their love, for me there was a sense of romance and mystery, and so as a young adult I longed to receive such recognition. Today there seems to be an expectation of cards, gifts, and gestures between those already a couple with merchandise wherever you turn including Supermarkets offering a ready meal Valentine's experience.

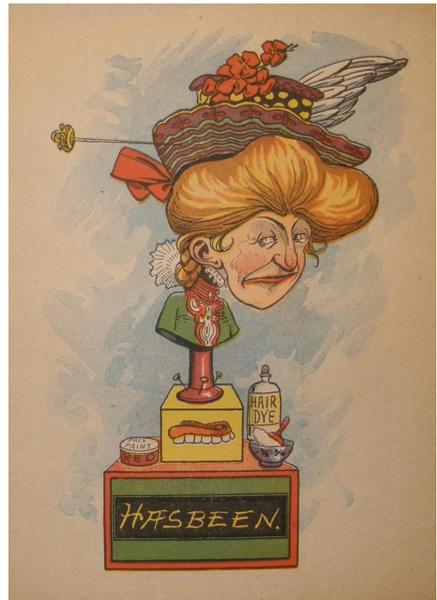
Valentine's Day is a Saints day and there are three St Valentine's with various theories dating back to the Romans as well as links to pre-Christian festivities as to how the day came to symbolise love and affection. The first recorded reference to it being a romantic day is made by Geoffrey Chaucer in his 1375 poem 'Parliament of Fowles'. Exchanging tokens and greetings was common in the Middle Ages, and handwritten notes were widespread between friends and lovers by the mid eighteenth century, while improvements in printing led to a popularity of cards for the Victorians, and cheaper postage led to an increase in sending cards.

A Valentine's was traditionally anonymous from as early as Saxon times, when gifts were left on the doorstep by a boy to a girl of his choice, it was customary to knock on the door and then disappear. In Victorian times when fathers would read their daughters correspondence before deciding if it was suitable to be passed on cards would hold secret compartments and messages to escape such censorship, the Victorians also thought it bad luck to sign a card.

In the early Victorian era, it wasn't all sentiments of love and undying devotion the Vinegar Valentine was a stinging alternative, for those not on good terms, for enemies or unwanted suitors. They ranged from a gentle jab to aggressive insults.



Ouch, now that would hurt.





Your portrait, Sir! examine well
Each interesting feature ;
Did e'er you see such an
Astounding hideous creature?

The custom of sending Valentine's cards became less popular by the 1900's but was revived in the 1930's and has since become commercialised, with dozens of articles about what to do, what to buy, what to eat and how to behave on Valentine's Day every year in the Newspapers, Magazines, and on TV. For chocolatiers, jewelers, restaurateurs and greeting card manufacturers, Valentine's Day is, after Christmas, the most profitable time of the year. However, according to a survey carried out by Lindt, many of the men who would once have sent cards now prefer to declare their love by text message or email! Despite this Valentine's Day remains people's favorite day for proposing marriage.



Have you any Valentines' day thoughts, experiences, or proposal stories, we would love to hear from you?

It seems the excitement and mystery of having a secret admirer will live on **x**

Fiona



RESEARCH NURSES AT SOLENT NHS TRUST NEED YOUR HELP

WOULD YOU LIKE TO TAKE PART IN SOME RESEARCH?

Invitation to participate in: Measuring the Social Care Outcomes of People with Dementia and their Carers (IRAS ID: 260302)

Researchers from the University of Kent are looking for study participants to help them to understand how well social care services support people living with dementia and their family and friends, who support them.

What it will involve for you?

Filling in a questionnaire.

Extended till
31.03.21

Who do they need?

People living in England who are a family member or friend of someone living with dementia, who:

- Lives at home (not in a nursing or residential care home)
- Uses at least one type of social care service (e.g. home care, day activities)

Would not be able to answer a postal or online questionnaire, even with help.

What do you do if you are interested?

Please contact Solent Academy of Research and Improvement

Caitlin Burchett (Research Nurse, Tues-Thurs) caitlin.burchett@solent.nhs.uk

Tel. 023 8103 1180

Join Dementia Research - if you are interested in taking part in research, please register your interest on [https://
www.ioindementiaresearch.nihr.ac.uk/](https://www.ioindementiaresearch.nihr.ac.uk/)

Love is all around.....



Whether you are together or apart from your loved ones, love can still be shared.



Whether it is over a meal, the phone or by simply writing a letter or sending a message to a loved one.

Someone with dementia may have forgotten your face, however they may still remember your voice. They may treasure your words, if you write them in the way that you normally speak. Tell the story of how you met or your earliest memories of them.

Remember someone does not have to be with you to be held in your heart, memories or dreams to be loved.



VALENTINE'S DURING A PANDEMIC



Valentine's Day – the day when people show their affection for another person or people by sending cards, flowers or chocolates with messages of love.

So who was St Valentine?

The day gets its name from a famous saint, but there are several stories of who he was. The popular belief about St Valentine, is that he was a priest from Rome in the third century AD. Emperor Claudius II had banned marriage because he thought married men were bad soldiers. Valentine felt this was unfair, so he broke the rules and arranged marriages in secret.

When Claudius found out, Valentine was thrown in jail and sentenced to death. There, he fell in love with the jailer's daughter and when he was taken to be killed on 14th February, he sent her a love letter signed "from your Valentine".

Did you know? The oldest known Valentine's Day message in English was written in 1477.

Everyday should be a day for romance, but it is nice to have a day dedicated solely to love and romance. This year, of course, will be a different Valentine's experience, as we can't book a nice table in a restaurant, or book a romantic weekend away.

For those of you who live with your spouse, most supermarkets are offering deals on Valentine meals for two, at very reasonable prices, and you can also pick up a lovely bouquet of flowers, chocolates and champagne from these establishments, without even leaving the house, thanks to online shopping!

But what about those of you who can't spend it together? Well, I can empathise with you all, as I won't be able to spend it with my partner. I am shielding, and he works in a school, so we haven't seen each other properly since last September.

I have come up with the idea of having a virtual meal together, via Zoom. We'll be in our respective flats, but will sit down for a meal, whilst seeing each other online, and can raise a glass to one another.

For those of you not so technically minded, maybe a family member could set something up for you, if they are in your support bubble. Some care homes now have the facility to provide online calls, where you can see the person you are talking to. Never hurts to enquire if this is possible.



A simple phone call can make all the difference. Hearing the voices of those you love, can certainly lift the spirits, even if you can't see them in person right now.

Whatever your plans for the day, remember this - you are never truly alone, because somebody, somewhere, will be thinking of you, and you will always be in their hearts.



Wishing you all a happy Valentine's Day, from everybody at Admiral Nurses. Stay safe, look after yourselves, and each other.

Much love



Je-an

Creating a 'Life Story'

Everyone has their own unique life story. Our life experiences shape us as individuals, and knowing these, helps others to understand who we are as a person. People with dementia can experience problems with communication and memory loss, which means they sometimes need help to communicate important aspects of who they are, such as their background, interests, and who and what is important to them. A Life Story acts as a record of this information and can be shared with others to help them better understand and relate to the person with dementia.

You can do this by compiling the story of your loved one in an array of different ways, and possibly have a bit of fun and reminisce as you do it, whether it be by:

- * Compiling a Book
- * Doing a Collage
- * A Video Recording
- * Voice Recording
- * Reminiscence or Memory Box
- * Using one of the many Apps to help you share pictures and memories

For further help and ideas..... see the Dementia UK website where you can



Memory Assessment & Research Centre (MARC)

MARC, Tom Rudd Unit, Moorgreen Hospital, Botley Road, Southampton, SO30 3JB

Tel: 02380 475206

Email: shft.marc@nhs.net



Without research there can be no cure.
Without participants there can be no
research.

UNIVERSITY OF
Southampton



MARC is open and actively recruiting volunteers to trials!

Memory Assessment and Research Centre (MARC) has been conducting trials for the last 30 years.

Our award winning centre conducts observational and interventional trials into mild cognitive impairment and different types of dementia. We aim to understand how to diagnose, find more effective treatments to both prevent and cure dementia.

Benefits to taking part in a trial

- Improve current understanding of the brain, memory loss and dementia
- Help future generations to combat this life changing illness
- Chance to take new medication that may improve your memory
- Receive robust general health and memory screening throughout the trial
- Receive ongoing advice and support with experienced and skilled multidisciplinary research team.

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 often 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.

Get involved and Self Refer! Let us you know you would like to take part by:

Email: SHFT.MARC@NHS.NET

Telephone: 02380 475206

Without volunteers we would not be in a position to run studies that could lead to healthier lives for people with memory problems



@SHFTMARC

Thank you for all your support



@SHFT_MARC

February Thoughts with Karyn

“Though February is short, it is filled with lots of love and sweet surprises” ...Charmaine J Forde

February, with so many dates to remember and celebrate:



Waitangi Day on 6 February.

A national holiday in New Zealand.



Chinese New Year, (12 February) -

which is the year of the Ox.



Valentine's Day, 14th February.



Pancake Day on 16 February.

[This Photo](#) by

Which is your favourite day to celebrate?

Let us know including what it is you enjoy about the day. Mine is Chinese New Year as it brings back many happy childhood memories of living in Singapore and Lion dances.

It is also known as The Spring Festival and marks the end of the coldest days, welcoming Spring, planting and harvests as well as new beginnings and fresh starts.

Did you know there is no set date for Chinese New Year and it can range from January 21st until February 20th according to The lunar Calendar. It is sometimes referred to as the Lunar New Year, especially in countries such as Korea and Vietnam.

Chinese children receive red envelopes on this day filled with money which is said to help transfer fortune from the elders to the children. Red is also the colour that families will decorate their homes with, such as Red lanterns and strings of chilli peppers.



Every year also has a Zodiac animal, 2021 is the year of the Ox, other years include animals such as Rats, Snakes Dogs and Pigs.

Well, 'Gong Hei Fat Choy everyone' (Happy New Year) and let's hope our Spring brings us much warmth and love and positive news!

Next month in March we will have St David's day on the 1st, World Wildlife day on the 3rd, International Women's day on the 8th and Mother's Day on the 14th.

Thinking of you all,


Karyn x

Virtual Memory Café Newsletter Word

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



42 words to find - any directions and letters can be shared. All the words can also be found within this Newsletter—happy hunting.

Admiral	Chinese	Heart	Love	Questionnaire	Useful
Admirer	Chocolatiers	Hugs	Memory	Recording	Vaccine
Anonymous	Crocus	Importantly	Mystery	Resources	Valentines
Bouquet	Dementia	Join	New Year	Spirits	Waitangi
Bright	Emperor	Kindness	Nintendo	Spring	X
Caraway	Family	Lanterns	Others	Suitors	Your
Childhood	Grandchildren	Letters	Parliament	Thought	Zoom

And finally....

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

- * Resources available
- * Always look on the bright side
- * Love is in the air
- * Valentines during a pandemic
- * Research possibilities
- * February Dates and a look forward to March
- * Involvement in a trail
- * Creating a Life Story
- * Love is all around



What next—any thoughts
or suggestions or
thoughts re what to
include ?

SPRING
IS NEARLY
HERE

