



Virtual Memory Café

Welcome to our October 2021

Virtual Memory Café Newsletter Edition 17

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

 **Admiral Nurses** Dementia UK
Helping families face dementia

Memory Cafe Update

We have now had our first 2 Cafes at Thornhill and attended the first a Highfield Church facilitated by the Caraway Trust. I'm sure all of you that have attended will agree what a joy it is to meet again face to face!

Both Cafes do have restrictions in place to keep us all safe, but I think we will find our way around these and continue to develop community peer support with more specialist advice and information available.

If any of you have particular requests you think will be useful to cover or include in these sessions please let us know.

For at least the rest of this year we will continue to run the Thornhill Café on the first Tuesday of the month. The Caraway Trust will run the Highfield Café on the 3rd Tuesday which we will continue to attend. We will then review in the new year if these dates and times suit everyone.

The next Thornhill café will be at Medwall Court on Tuesday 5th October, Tatwin Close, Thornhill, Southampton SO19 6JS) and the next Highfield Café will take place on Tuesday 19th

October, Highfield Lane, Southampton, SO17 1RL .

For those of you in the Bitterne Park area, don't forget about the new Café starting up at the Ascension Church in Thorold Road run by the Caraway Trust. First meeting will be on the 13th October between 3 and 4.40pm.

Please keep us informed of any other Cafes or 'Drop ins' that we can let everyone know about within Southampton City. With Autumn approaching it will be a tremendous support to be able to drop in for a cup of tea and a listening ear.



Caraway Cafe

For those with memory problems, their carers and households living with dementia.

When: 2nd and 4th Wednesday of each Month

Time: 3.00—4.30pm

Where: Ascension Church Café
Thorold Road, Southampton, SO18 1HZ

Starting: Wednesday 13 October

Tea, chat
and
activities.



Any enquiries please contact:

Katherine Barbour, caraway@caraway.uk.com



Crossword Time

1		2		3	4		5		6		7	
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13						14						
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24												

	Across		Down
3	<i>Fake (9)</i>	1	<i>Life Story (9)</i>
8	<i>Smooth Clothes (4)</i>	2	<i>Fed (9)</i>
9	<i>Roof Mender (8)</i>	4	<i>Game (5)</i>
10	<i>Pungent Herb (6)</i>	5	<i>Tutor (7)</i>
13	<i>Passage in a church (5)</i>	6	<i>Pleat in clothes (4)</i>
14	<i>Household worker (7)</i>	7	<i>Poems (4)</i>
15	<i>Seed head of corn (3)</i>	11	<i>Revenue refund (3, 6)</i>
16	<i>Paying attention to (7)</i>	12	<i>Spo0ke falteringly (9)</i>
17	<i>Antidote (5)</i>	14	<i>Droop (3)</i>
21	<i>Weak and Frail (6)</i>	15	<i>Ask (7)</i>
22	<i>Fiction Writer (8)</i>	18	<i>Later (5)</i>
23	<i>Eye Blemish (4)</i>	19	<i>Mediation Exercise (4)</i>
24	<i>Soft, red fruit (9)</i>	20	<i>Cry (4)</i>

September Quiz Answers

Seas and Oceans

- 1-Hawaii is in the Pacific Ocean
- 2-Isle of Man is in the Irish Sea
- 3-Seychelles are in the Somali Sea
- 4-Jamaca is in the Caribbean sea
- 5-The Falkland Islands are in the Atlantic Ocean

TV

- 1-Barney Colehan
- 2-A yellow mini submarine
- 3-Bodie and Doyle
- 4-Alfred Pennyworth
- 5-Cannonball Express

Gardening for Dementia



Mayfield Nurseries provides a safe and supportive environment for people with Dementia to build confidence and develop new skills through a fun and caring approach to gardening.

Why Gardening?

Research shows that Dementia gardening:

- ◆ **Can double overall wellbeing in six months.**
- ◆ **Promotes and feeling of self-identity and independence.**
- ◆ **Improves mood and orientation.**
- ◆ **Reduces anxiety and offers a sense of achievement.**

Who is it for?

Anyone with dementia diagnosis can attend. If you require specialist 1:1 support to comfortably enjoy Mayfield services, you are welcome to bring a carer or loved on.

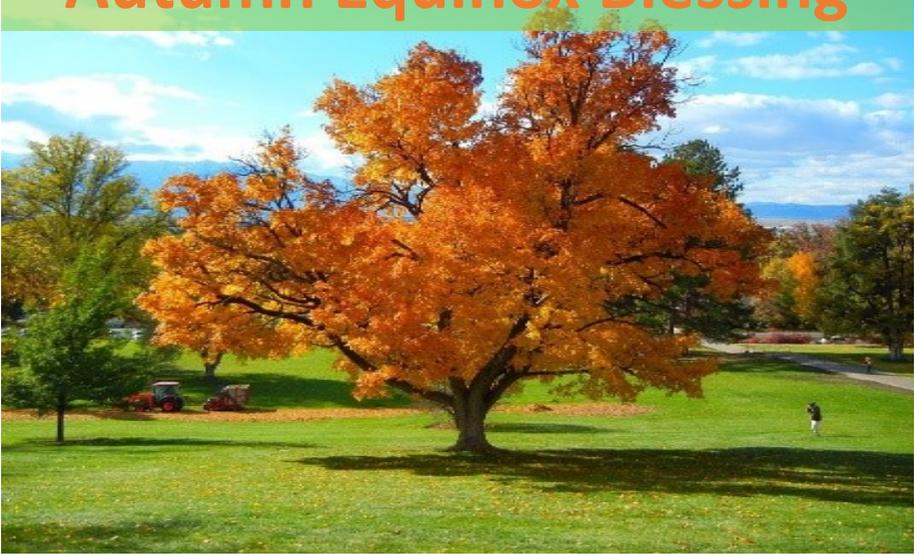
To find out more or to self-refer, contact us on 02380 447743 or enquiries@mayfieldnurseries.org.uk



**Mayfield
Nurseries**

Gardening for better mental health

Autumn Equinox Blessing



The light and the dark are the same in length,
They have equal time and equal strength,
But soon the darkness will prevail,
And the light and warmth will begin to pale,
But do not be afraid, do not dismay,
For this is the rhythm of nature's way,
Rejoice in the abundance that this year bears,
Breathe deep in the coolness and change in the air,
Have gratitude and blessing, keep toll,
And may this shift in nature lighten your soul.

Help us find an effective treatment to slow the progression of memory loss by volunteering for research

We are open and actively recruiting volunteers to trials and observational studies with several new treatments for Mild Cognitive Impairment, Alzheimer's Disease and Lewy Body Dementia

Contact MARC@southernhealth.nhs.uk or phone 02380 475206 to volunteer or find out more

For more information visit our website: <https://www.southernhealth.nhs.uk/about-us/research/memory-assessment-and-research-centre>

Thanks for your continued support

Currently recruiting studies:

NEW STUDY! EVOKE:

This study is investigating if Semaglutide, a tablet currently being used for type 2 diabetes, can stop memory deterioration in people with Mild Cognitive Impairment or early Alzheimer's disease. Inclusion: Mild Cognitive Impairment or Alzheimer's disease.

NEW STUDY! PEBBAL:

This study is investigating the barrier between the blood vessels and the brain using MRI brain imaging to see if it is damaged in people with Alzheimer's disease. Inclusion: Alzheimer's disease (any stage).

Cognetivity:

This is an observational study comparing a 5 minute computerised assessment tool with current standard cognitive assessments as a means of assessing cognitive performance

Navigation:

This is an observational study investigating how personalised cues could help people living with Alzheimer's disease learn to navigate new environments. Inclusion: Alzheimer's Disease

Avanir:

This is a drug trial aimed at the symptoms of agitation in people with Alzheimer's Disease. This is a rare study aiming to alleviate some of the more challenging and distressing symptoms of Alzheimer's Disease.

Inclusion: Alzheimer's Disease.

UPCOMING STUDIES: There are a number of new studies in the pipeline that include, for example, studies with patients with Dementia with Lewy Bodies. So even if a patient may not be suitable for a current trial, they can join our list and contacted when a new trial opens.

Changes we have made in response to Covid-19

- MARC has a separate entrance so participants do not have to walk through the hospital.
- All participants are called the day before their appointment to ensure they are symptom-free
- Temperature checks for all visitors/participants on arrival
- Minimal staff/visitors on site
- All staff/visitors wear face masks
 - Staff wearing PPE
 - Staff being tested for covid-19 twice a week.
 - Enhanced cleaning

Peter's story (September 17, 2021)

Dementia

It's so important that we show people that being diagnosed with dementia doesn't mean that life stops.

But when I was diagnosed with young onset dementia at the age of 50, it's fair to say I didn't see it that way. It was such a shock that I kept my diagnosis secret for over a year.

Dealing with stigma

I know now that it was the wrong thing to do, but at the time, I was embarrassed to have this condition. I felt like a fool and was as guilty as others in thinking it was something that only affected the older generation.

At the time, my wife Teresa and I wondered: "Do we tell people? Would they look at me differently? And would my business suffer as a result if they found out about my diagnosis?" That was very difficult to deal with, especially as there can be a stigma around conditions such as dementia.

Prejudices around dementia

Even now, because I don't know what's happening in the world – or if I do, it's only in the broadest terms – I feel foolish and sometimes conversations can be difficult.

I don't have a large D on my forehead and so it's not obvious I have dementia. People will say, "You look normal," – or even worse, they tell my wife I look normal because they are too embarrassed to tell me direct to my face.

Dementia is still seen as an old person's condition and certainly not one that affects a man in his fifties who looks physically fit and healthy. There are all sorts of prejudices around living with dementia. People might think you're a fraud if you are trying to claim benefits, or if you're not working.

Living well with dementia

Since my diagnosis, cycling has become a passion of mine. I cycle most days and have done a number of cycle rides for charity. I've spoken at dementia events, taken part in podcasts and have even written a book which focuses on how I live in the present.

I'm hoping that by sharing my story, I'm helping to change perceptions of what life is like with dementia – I'm definitely 'living with dementia', not 'suffering' from it.

Peter was diagnosed with young onset Alzheimer's disease in early 2015. He lives in Saxmundham, Suffolk, with his wife Teresa.

Article from Dementia UK Website

www.dementiauk.org

Be part of Research on Dementia...



Who are we?

Hi! We are Emma and Caitlin, both Research Nurses for Older People's Mental Health, working for Solent NHS Trust Academy of Research & Improvement.

What do we do?

The Academy of Research & Improvement setup and run research involving people living with dementia and other mental health conditions, and their carers. Research and improvement can improve services, quality of care and find new treatments. Find out more by visiting www.academy.solent.nhs.uk.

What does participating in research involve?

There are many ways to be involved and this depends on the type of research. It could involve:

- Completing questionnaires about your experiences.
- Being interviewed about your experiences.
- Providing samples, like a blood test, or a mouth or nose swab.
- Trialling new treatments, like home-based activities, medications, or an exercise programme.

Are there other ways I can be involved in research?

Yes! We want to involve people with lived experience to help make research and improvement more relevant, practical, accessible, and meaningful for people with mental health conditions. You could help on various aspects of research, from the design to the sharing of results stage, or anywhere inbetween. If you are interested in being involved please visit the [join in](#) section on our website.

How do I get in involved?

If you or the person you care for are interested in being part of research and improvement or wish to find out more, please contact Emma or Caitlin via: research@solent.nhs.uk or phone 0300 123 3994.

On contacting us we would work with you to find out what best suits you, let you know which research you could take part in, or ask you if you would like us to contact you about future research. We really look forward to hearing from you.

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.

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/>

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

 **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** *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

 **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

 **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

 **SO:Linked** *Supporting Southamptons People in Communities* 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

 **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