

MacIntyre Dementia Project

JULY 2018

Newsletter

Welcome to the third edition of the MacIntyre Dementia Project Newsletter



It has been a busy 12 months for The Dementia Project Team, and the momentum is still going strong as we continue to roll out the Health Recording Training and Wellbeing for Life resources across MacIntyre Services. It has been great to visit the services and to hear feedback from you all, thank you to everyone that made us feel so welcome.

We have lots to update you on from fundraising events in the local community to national award ceremonies in Birmingham. We hope you enjoy reading this newsletter and catching up on the work that the Dementia Project has been doing.

“ We thank everyone for being part of the journey so far. We have made good progress, but there is much left to do. Every one of us has a role to play to improve care and we look forward to continuing to work with everyone to achieve this . “ - Sarah



Above: The Health & Dementia Project Team: (left to right) Rachel, Sarah, Meg, Nicola, Emma & Rosie

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We would like to welcome our new team member Meg Wilding, who joined the Dementia Project Team at the end of November last year, as well as our Dementia Project Assistants Rosie and Rachel, you can read more about their roles on page 3.

“I feel so lucky and proud to be apart of the Health & Dementia Project Team! Everyone I have met throughout MacIntyre has made me feel so welcome” - Meg Wilding

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Health Recording Training



Above - Health Calendar & Baseline Health Assessment documents

What a busy time it's been implementing the Health Calendar and supporting documents across all of MacIntyre. We have successfully visited lots of services across MacIntyre, on a nationwide tour running Health Recording workshops face-to-face to support staff teams. The workshops give you the chance to ask questions and leave with confidence that you understand how to use the Health Calendar and health recording documents within your service. However if you are struggling or need help, please just ask.

To help you there is also the eLearning which really supports the Health Calendar and brings it to life. You will be able to dip in and out of the eLearning to refresh or remind you. Once you have attended a workshop you are fully signed off for completing the face-to-face training. We have made it as easy as possible for staff to access the documents they need, which can currently be accessed under 'MacIntyre Documents' on the Health Noticeboard.

"Using the Health Calendar and its supporting documents has meant all our paperwork has been streamlined and flows in a more coherent and user friendly way" - Staff Member

Using the Health Calendar is mandatory for all services where we have responsibility for supporting people with their health needs, as we know there is no better way of capturing a person's health history and changes. We also know this will support a person with receiving a timely diagnosis of any condition, which is one of our key objectives of the Dementia Project.

We have been clear that we do not want to see duplicate paperwork, so did thorough reviews and asked teams from across the country to review and feedback on all documents. If something is not working for you, or if you want a document tweaked, please let us know and we will support you with this. The Health Calendar streamlines recording but allows you to record in such detail. If you have any questions then contact the **Health Team** and we are confident to say it works!



Above - MacIntyre staff members attending the Health Recording Training

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Dementia Project Assistants

We are so delighted to formally announce (again!) that Rosie and Rachel are officially employed by MacIntyre to work part time on the Dementia Project as part of the team. Both ladies work at central 2 days a month and are thoroughly enjoying their role as Dementia Project Assistants.

“I can’t believe that this has actually happened!” - Rosie

“I just LOVE it!” - Rachel



Above: Rosie & Rachel—Dementia Project Assistants

Keep Going.....Don't Stop!



Above: Heather, Michelle, Tracey, Nicky, Dave, Andrew, Andrew, Heather, Meg & Abigail

AUTISTICA

The 'Keep Going.....Don't Stop!' focus group in Chesterfield have had a fantastic year! They have continued to work hard on creating easy read documents which includes the completion of 'A Good Doctor' which is available on My MacIntyre. As a thank you for all of the group's hard work throughout 2017 we held another successful 'Christmas Showcase' where families and friends attended and celebrated everything that they have achieved.

The group continues to develop their skills and as a result at each meeting we encourage a group member to lead a session on their interests - this builds their independence and allows them to grow in confidence. We are also delighted to announce that we welcomed the lovely Heather to the group!

Throughout 2018 the group has welcomed a few guests at our monthly meetings. In April we met Abigail from the charity Autistica as she was interested in the work we do. We also met with the MacIntyre Checkers in June - which was fantastic as the two groups work closely together but had not met yet. We enjoyed getting to know each other and got creative making fruit kebabs. Thank you to the Checkers for visiting.



Above: Andrew, Sue, Heather, Natalie, Andrea, Claire, Heather, Katie, Nicky, Andrew, Vicky, Natalie, Sarah, Gwenne & Meg



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National Dementia Care Awards & Dementia Congress 2017



Above: The Dementia Project receiving their award

"I also wanted to talk about the 3 days at Congress overall - which were amongst the most rewarding of my entire career to date. Why – because we stole the show (literally) a sea of purple T-shirts, speaking with passion and who “walked the walk” with experts by experience taking centre stage. Rosie, Rachel and Jess were the best ambassadors not only for MacIntyre but also for why people who receive support and use services should be at the heart of everything. This is a concept that elderly care and especially dementia care struggles to truly embrace much of the time so I believe we threw down the gauntlet and challenged them to do better!"

I am so immensely **proud** of the Project team, but also of all of you. We truly do see this as a huge MacIntyre **team effort**, that wouldn't be possible without every single one of **you**, and all the work that all of us are doing in supporting people as they get older and support those at risk, suspected or with a diagnosis of dementia." - Sarah Ormston, Health & Dementia Project Team Manager

"There were so many people who were really genuinely interested in what we had to say and as a result I believe that we will have a lot of opportunities to develop our work and link with new partners which will have benefits both inside and outside MacIntyre. This includes Dementia UK who we already have links with. (they provide Admiral Nurses) who are expanding their current work to include people with learning disabilities

"Great to see Rosie and Rachel continuing to raise awareness about dementia and learning disability!" - Rhidian Hughes
- CEO of **V O D G**

"Finally in case you missed it on Social Media - we had a visit from the Under Secretary of State for Health Jackie Doyle-Price MP (ours was one of only 3 stands she asked to visit) – who stayed and talked with me for a long time about our work and this issue so I can say without hesitation we have really put people with a learning disability on the map in terms of the wider “dementia” conversations!"

All of the above was said by our incredible team member and Director of Adult Services, Emma Killick.



Above: Top - Jess and Jo who work closely with the Project and Rachel Below - Rosie and Sarah at congress presenting

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The National Learning Disability & Autism Awards 2017

In 2017 the Dementia Project team were extremely proud to be nominated as finalists at the National Learning Disability & Autism awards in the category 'Making a Difference' - The National Learning Disabilities & Autism Awards celebrate excellence in the support for people with learning disabilities and aim to pay tribute to those individuals or organisations who excel in providing quality care. Although the team did not win, we were thrilled to be finalists and included in an event celebrating such inspirational people. We were also proud to see SeeAbility win the award as they work closely with our I4t group.



Above: Sue, Rachel, Anita, Andrew, Dave, Nicky, Emma & Sandra

The National Learning Disability & Autism Awards 2018



This year we were delighted to be nominated again for The National Learning Disability & Autism awards - this time we were finalists for several awards including:

- ◆ **The Team Award** - The Dementia Project
- ◆ **The Employer of People With a Disability Award** - Rosie and Rachel
- ◆ **Outstanding Contribution Award** - Emma Killick
- ◆ **The Supporting Older People With Learning Disabilities Award** - The Haddon's Team



"It is fantastic news to share with everyone and you should all be proud of the outstanding work you have created and achieved. Big congratulations to you all!" - Carol Davison



Above: Top - Nicky, Meg, Rachel, Sadie, Hayley, Debs, Rosie, Carol, Martin & Sarah Below - Part of the Dementia Project Team, Meg, Rosie, Nicky & Rachel

And we are so thrilled and proud to announce that The Dementia Project won **The Team Award** - the judges said "Exceptional work mixing lived experience, sharing positively and helping to develop resources. The team are outstandingly fabulous and strive to make dementia something not to be scared of. They show so much enthusiasm even after personal loss. A wonderful demonstration of team working". What made the night even more fabulous was our colleague's from The Haddon's winning **The Supporting Older People With Learning Disabilities Award** - needless to say we are incredibly proud!

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Wellbeing for Life



If you have any questions or would like to find out more information why not visit Beth's Blog www.bethbritton.com follow Beth on Twitter [@bethyb1886](https://twitter.com/bethyb1886)

The Wellbeing for Life toolkit has been created by the Dementia Project with the involvement and help of Freelance Campaigner, Consultant, Writer and Blogger, Beth Britton. The toolkit brings together a range of resources from eLearning to eBooks which promote awareness and understanding about getting older with a learning disability and living well with dementia. Following a successful pilot phase with selected geographical areas of MacIntyre, the toolkit was made available to all MacIntyre staff in April 2018.

The toolkit comprises 33 modules split into 6 themes:

- **Fit for the Future**
- **Person Centred Approaches**
- **Health and Wellbeing**
- **Good Support**
- **The Dementia Pathway**
- **End of Life Care**

The first four themes cover everything from wellbeing, epilepsy, falls, eating and drinking, pain, through to accessing healthcare, dignity and respect, and independence. Then there is theme 5 on supporting a person with dementia 'The Dementia Pathway', before you get to Theme 6, which covers many different aspects of End of Life Care including:

Wellbeing for Life:
A toolkit of resources to support people as they get older

The Wellbeing for Life toolkit brings together a range of resources to promote awareness and understanding about getting older with a learning disability and living well with dementia.

Each theme contains various resources, including E-learning modules, films, MacIntyre documents for staff, Easy Read information and further reading.

Theme One: Fit for the Future

- Five Ways to Wellbeing
- Challenging Discrimination and Stigma
- Eating and Drinking

Theme Two: Person Centred

- Person Centred Care and Support
- Life Story

Theme Three: Health & Wellbeing

- Access to Healthcare
- Epilepsy in Later Life
- Reducing the Risk of Falls
- Safer Swallowing
- Pain and Distress

Theme Four: Good Support

- Dignity, Respect and Compassion
- Promoting Independence
- Who Else Can Help?

Theme Five: The Dementia Pathway

- Learning Disability and Dementia
- Signs and Symptoms
- Getting a Timely Diagnosis
- Treatment
- Changed Behaviour – including 12 booklets
- A Dementia Friendly Environment
- Validation and Reality Orientation
- Living Well with Dementia
- The Emotional Impact
- The Emotional Impact of Dementia: Supporting Peers and Friends

Theme Six: End of Life Care

- Introduction to End of Life Care
- Exploring End of Life Care
- Loss, Change and Grief
- Talking about Death and Dying
- Advance Care Planning
- Continued Care and Support for Everyone after Death
- Care in the Last Days and Hours of Life
- Providing the Best Support

For more information please contact:
dementia.project@macintyrecharity.org
01908 230 100

MacIntyre
Wellbeing for Life
Knowledge – Shared Best

Difficult conversations, Advance Care Planning, Care in the last days and hours, Continued care and support for everyone after a death.

The section on End of Life Care deserves to be highlighted since this is an area of training that was identified as needing investment before the project began, so to be able to create this suite of resources on a topic we know that staff find extremely difficult is invaluable.

“The toolkit content addresses numerous different aspects of supporting a person with a learning disability as they age, and gives you the ability to pick and mix through the topics.” - Beth Britton You can find the eLearning on My MacIntyre -> Recommended Should -> Wellbeing for Life



Above: Top - a screenshot of the wellbeing for life eLearning
Below - a selection of the eBooks that are available. All wellbeing for life modules are available in an A5 eBook email the health.team@macintyrecharity.org

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MacIntyre Memory Café's

The MacIntyre Memory Café was set up to offer a warm and friendly place for people to share memories and make friends.

Each month has a different theme with special activities and guests and is great opportunity to relax and join in activities in a safe and friendly environment. **Everyone** is welcome so booking is not required, just pop along on the day and you will be greeted with a welcoming smile!

Our cafés have proved to be so successful across MacIntyre that more and more are opening across the country, with **Chesterfield** and **Bedfordshire** opening them very soon.

If you are supporting someone with a diagnosis or suspicion of dementia the Memory Cafés are the perfect place to visit - in Milton Keynes & Warrington we have a really close relationship with the local Admiral Nurses, who attend the Cafés each month to offer support and advice. They have a wealth of knowledge and experience around dementia so please take advantage of that and come visit! If you are interested in opening a Memory Café in your area and would like some advice and guidance of how to set one up or if you have any question at all about the Memory Cafés or the Admiral Nurses, please do get in touch we would love to hear from you. memory.cafes@macintyrecharity.org



Above: Warrington Memory Café



Above: Top - A busy MacIntyre Memory Café at Milton Keynes, Moot Hall Below - Angela and Tess trying out a twiddle muff

2018 Dates

Milton Keynes:
10:00—12:00
Moot Hall, Great Holm

- ⇒ 31st July
- ⇒ 28th August
- ⇒ 25th September
- ⇒ 30th October
- ⇒ 27th November
- ⇒ 18th December

Warrington:
11:00—1:00
Fairfield & Howley
Community Centre

- ⇒ 31st August
- ⇒ 28th September
- ⇒ 26th October
- ⇒ 30th November

Bedfordshire:
1:30 –3:30
Flitwick Village Hall

- ⇒ 31st July
- ⇒ 28th August
- ⇒ 25th September
- ⇒ 30th October
- ⇒ 27th November
- ⇒ 18th December

Chesterfield:
10:00—12:00
Resource Community
Centre, Station Lane

- ⇒ 28th September
- ⇒ 26th October
- ⇒ 30th November
- ⇒ 14th December

2019 Dates will be announced soon—watch this space!

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Fundraising Event



SAXONBRIDGE.COM

CAR SUPERSTORE

Saxon Bridge

In August 2017 Saxon Bridge celebrated being 10 years old and decided to hold a family fun day for all our customers and also members of the public to attend. They had a variety of entertainment on the day - craft stalls, the local radio station broadcasting live and activities for the children and of course the Health Team from **MacIntyre** selling cakes and refreshments on the day raising money for the amazing Memory Cafés that we have in Milton Keynes and Warrington.

“We truly love the work they do in the local community, especially the newly running Memory Café, also not forgetting we love their cakes and have had probably most off the menu over the years too! The team did an amazing job and our customers loved the interaction offering our customers to bid on the last few cakes, felt like some good wheeler dealer tactics which made us all smile” - *Jeff Hughes - Sales Director*



Above: Jeff, Tony Nicky and Stuart

MacIntyre Roadshows

The North & South

In December 2017 we visited the infamous MacIntyre Roadshows, having two stands one dedicated to Health where we had fun activities and a pin board to write down and share our favourite, yummy, healthy recipes. The other stand was dedicated to the Dementia Project which included sharing our fondest memories whilst crafting Christmas cards and gift tags. It was an incredible few days, and was fantastic to meet and share the work we have done with everyone and their families. We are working hard on our ideas for the stands for this year so please be sure to come and stop by and say hello.



Above: The Health Team

DAA Webinar

Sarah Ormston and Beth Britton presented in a webinar on 08 May 2018 for the DAA, They talked about the pioneering work that the Dementia Project has done and continues to do through funding from the Department of Health and also of the aims of the project. Sarah and Beth explained the value of frontline staff having access to the ‘Wellbeing for Life’ toolkit, and they gave practical tips for any health and social care providers who are supporting people with a learning disability and dementia, or who are at risk of developing dementia. The slides are still available on the DAA’s website or [click here](#) to view.

DAA Dementia
Action Alliance



Department
of Health

MacIntyre Dementia Project

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Oxford Family Support Network

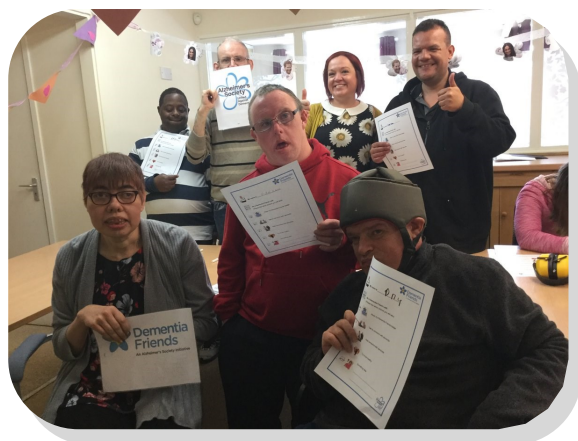


Above: Rosie from the health team

In February 2018 Sarah, Rachel and Rosie presented “The Impact of Dementia on two Best Friends” to the Oxford Family Support Network . The venue was filled with people from the local community and health professionals some being from the NHS. We had a lot of interest from families wanting to find out more about the Dementia Project and MacIntyre as a whole.

“It was lovely to meet Rachel and Rosie who were great ambassadors. I hope that this does result in some action in Oxfordshire as there are a number of families whose family member have the start of dementia so it would be good to see them coming together and supporting each other.” - Kathy Liddell from Oxfsn

Dementia Friends Accessible Sessions



Nicola and members of the KGDS group have been working alongside The Alzheimer's Society on their Dementia Friends resource - creating easy read versions to make information easily accessible to everyone.

“I just wanted to say a huge thank you for all your advice, input and general patience with getting the new version of our Learning Disability Dementia Friends session resources created and piloted. Feedback I have had is overwhelmingly positive. They really are helping us reach out to harder to reach groups ensuring that Dementia Friends is accessible to more people. Thanks for all that you are doing” - Camila from the Alzheimer Society



Above: Top - Nicky & Members from Bean Hill Life Long Learning attending a Dementia Friends Session Below - Nicky and Rachel at a Dementia Friends session with the 14th group in Chesterfield

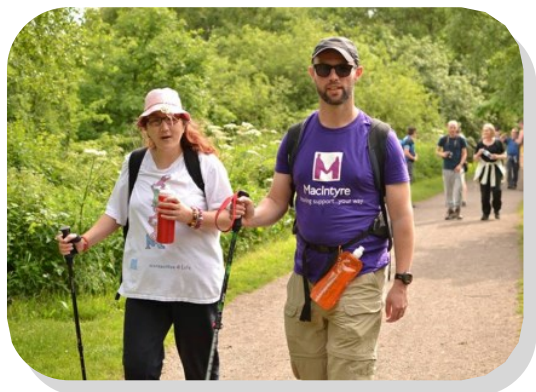
Nicola is a Dementia Friends Champion and has been running lots of successful sessions across MacIntyre for the people we support and staff.

The Dementia Friends programme is the biggest ever initiative to change people's perceptions of dementia. It aims to transform the way the nation thinks, acts and talks about the condition. If you are interested in having a Dementia Friends session locally or are interested in becoming a Dementia Friends Champion yourself please contact: health.team@macintyrecharity.org

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Memories and Miles



We are delighted to announce that in October, we will be holding our very first Memories & Miles events. To be held in Milton Keynes, Bedfordshire, Warrington and Chesterfield; **Memories and Miles** is a chance to celebrate loved ones with dementia and memory loss by completing a fully accessible, one mile course. To find out more and to register please visit the website or [click here](#)

“It really will be a walk to remember.” - Sarah Ormston

“The launch of our new MacIntyre Memories and Miles is a very exciting time for us as a Dementia Project Team. We created these events because we wanted the opportunity for lots of family, friends, staff, and people supported to all come together with one shared mission – to not feel alone. We are all in this together. Whether you know someone that lives with dementia, live with dementia yourself, or are a loved one of someone that lives with dementia; there is a network of support. Our Memories and Miles is a fully accessible one-mile course and we have exciting planned activities along the route, which you are welcome to join in, or if you prefer a little calm and quiet, you can keep moving and enjoy watching all the activities from a distance. Whatever your reason is for taking part, I hope you can join us and encourage friends, family and everyone you know to join us too. “- Sarah Ormston, MacIntyre’s Specialist Health Advisor & Dementia Project Manager

All of the money raised at this event will go to all four of our MacIntyre Memory Café’s

Find your nearest Memories and Miles

Bedfordshire, Mowsbury Park, MK41 8BD
Milton Keynes, Loughton Lodge Lake, MK8 9BY
Warrington, Haliwell Jones Stadium, WA2 7NE
Chesterfield, Queens Park, S40 2BF

Date: 30 September 2018 **Time:** 11 am—1pm
Date: 07 October 2018 **Time:** 11 am—1pm
Date: 14 October 2018 **Time:** 11 am—1pm
Date: 28 October 2018 **Time:** 11 am—1pm

Dates for your Diaries

Dementia Special Interest Group
WEDNESDAY **03** OCTOBER

Health Special Interest Group
South: TUESDAY **13** NOVEMBER
North: THURSDAY **15** NOVEMBER