

Newsletter



Still Me DEEP Group

Still Me is a friendly group offering peer support and opportunities to link in with a national network of dementia groups called DEEP.

We meet on a Tuesday afternoon, twice per month.

For more details contact Lisa on 07532 013 795 or lisa@advocacyhub.org.uk



Young Onset Support Questionnaire

The Alzheimer's Society are currently thinking about how they can provide support to people living with young onset dementia and their carers across Cheshire and Merseyside. To get it right they need to hear from you; please click on the link below.

[Young onset support questionnaire](#)

Or contact the Warrington office at warrington@alzheimers.org.uk to request a copy.

Making Connections

Welcome to the first Making Connections newsletter. We are a Warrington network of over 35 different services and groups who support people living with dementia and their carers.

Click on the link below to download a copy of our services directory.

[Warrington Dementia Project - services directory](#)

or visit

<https://www.warringtonspeakup.org.uk/warrington-dementia-project/>

Memory Cafe, Lymm United Reform Church

The Memory Cafe are hosting a tree at St Marys church in Lymm as part of their tree festival. Trees will be on display from the 1st - 3rd December and there are a number of activities taking place in the church during this period.

The theme is new beginnings and the group members have been producing baubles relating to “their new beginning” following a diagnosis of dementia. They have tried to capture what this new beginning has meant to them and their carers and have decorated the baubles with forget-me-not artwork and thoughts and phrases relevant to themselves.

The memory cafe meet on the 2nd and 4th Wednesday of the month, between 1:30pm and 3:00pm.

The final session for this year is on Wednesday 13th December and the first session of 2024 is on Wednesday 10th January



Forget Me Not Tea Room

A taste of nostalgia in our very own back garden



Lying empty and unused after the Covid 19 pandemic, Heathside and Heathside Mews care homes in Penketh (WCL) wanted a positive use for their garden visitor pod that previously had so many bad memories of a terrible time.

The Forget-Me-Not Tea room is a tribute to those people that passed away during the pandemic.

As you can see from the photographs it is a happy place, where people meet, connect, laugh and sing. The tearoom will be used to host birthday parties, celebrations as well as drinking tea and eating vast amounts of cake. Heathside and The Mews would like to thank everybody that has contributed towards The Forget-Me-Not Tearoom.



Meet Lauren

Hello, my name is Lauren Hanson, and I'm the new nurse consultant for dementia who will be working alongside the Trust's dementia and delirium specialist nurses, Ellie Owen and Natalie Caple, as well as the wider multidisciplinary team.

Based at Warrington Hospital, the team and I provide support across both Warrington and Halton sites. Providing specialist review and advice to teams concerning the care and treatment of people admitted to the hospital living with dementia, delirium and cognitive impairment. We are also able to provide advice and support to people living with dementia, their families and carers.

Our aim is to continually improve dementia care and we have a dementia strategy and steering group which meets regularly to achieve this.

Recognising the important role everyone has a in getting dementia care right across the Trust, we regularly deliver dementia training to our staff and students. We also take part in the National Audit of Dementia which looks at the quality of care received by people with dementia in general hospitals.

The Trust has already implemented many initiatives which support the principles of person-centred dementia care. This includes the support of John's campaign, a national campaign which encourages the rights of carers of people living with dementia and the provision opening visiting in hospital. We will soon be launching our new dementia care leaflet which provides useful information on services we have available within the Trust.

We are keen to understand peoples experience of hospital and we are open to new ideas or suggestions of how things could be improved.

I am looking forward to working together to support people living with dementia across Warrington and other local areas.

Please feel free to contact myself on lauren.hanson3@nhs.net

Have a nice day!





The Living Well Hub Project

Coming soon to Warrington Town Centre (Buttermarket Street), Living Well is a welcoming space for the public to drop-in to start a conversation about health & wellbeing, pick up some information and/or get some basic advice and guidance.

Every Tuesday will be devoted to offering support to those living with, and caring for those with dementia. There will be a variety of services and professionals on hand for you to speak to.

Opening January 2024.



Love to Read... Recommendations from the Home Library Service

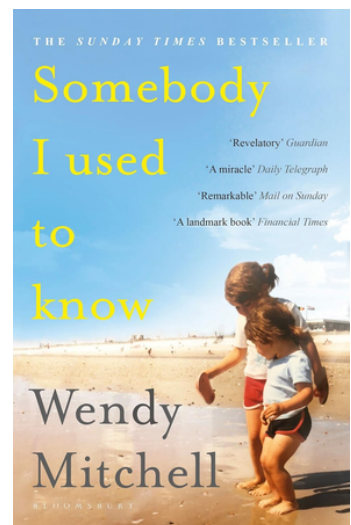
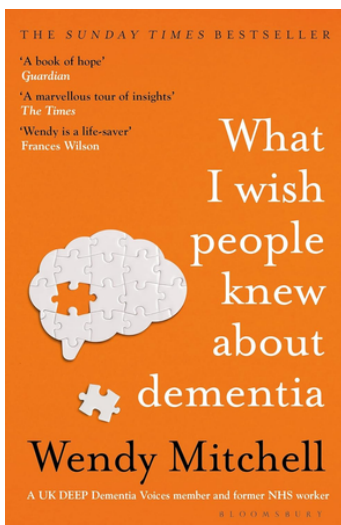


Amy Foster, the Library Engagement & Outreach Coordinator writes,

'One book in particular that has been highly recommended to me by many people is 'Somebody I used to know' by author Wendy Mitchell.

Hailed as a revolutionary book written by Wendy who was diagnosed with dementia aged 58.

Wendy has also written 'What I wish people knew about dementia'.





MUSIC & MEMORY

A voice for dementia in Warrington



It was early in January 2016 when we first heard that Warrington Borough Council could no longer support the singing and activity groups that had been running successfully for a number of years.

The volunteers decided to try to go it alone and so, with the help of donations 'Music and Memory' was formed.

In the last 8 years the group has gone from strength to strength, with numbers of around 40 attending the fortnightly sessions led by the regular team of Helen, Brenda and Steve, as well as the occasional guest musician.

We have tea parties, Christmas parties and outings, such as the recent trip to the Tower Ballroom in Blackpool for afternoon tea.

In addition to our Music and Memory Group we have added a 'Love to Move' group which meets on the alternate Mondays to 'Music and Memory'. Love to Move is a dementia friendly seated movement programme to music.



NEW GROUP... From Wednesday 8th November we have a new dementia café at the Salvation Army starting on Wednesday 8th November, which will take place on the second Wednesday of each month between 11:00am and 12:30pm.

Both groups meet at the Salvation Army, Academy Street, Warrington, WA1 2BQ

Last Music and Memory group before Christmas is at 1:30pm on 18th December, returning on 15th January at 1:30pm.

Love to Move finishes for Christmas at 1:15pm on 11th December and returns on 8th January at 1:15pm.

Refreshments are available to purchase. The dementia café is open to anyone affected by dementia and will offer the opportunity to chat with others in a similar situation.

For more information about all of the groups please contact JACKIE HOLBROOK 07597341253 or email musicandmemory.warrington@gmail.com

Meet The Network

Twice a year the Warrington Making Connections Dementia network hold a 'Big Event' where we come together to show case what we do and share information and advice to people living with dementia, their carers, friends and family.

We also have different activities taking place throughout the afternoon including afternoon tea.

It's free to attend and you can join us for the whole event or pop in for part of it. There's no need to book.

Our next Big Event is on **Thursday 1st February 2024, 2:00pm to 4:30pm** in the Gateway (Sankey Street, Warrington, WA1 1SR)

For more information contact Lisa on 01925 246888, 07532013795, lisa@advocacyhub.org.uk





Christmas Events and Closures

Christmas fun with Warrington Disability Partnership including a 3k **Santa Dash** taking place on Sunday 10th December 2023 at Walton Hall & Gardens and **Santa's Grotto** at Walton Hall and Gardens from Saturday 25th November 2023 to Thursday 21 December 2023.



<https://www.disabilitypartnership.org.uk/events/christmasfun.shtml>

Warrington Disability Partnership closes at 2pm on Friday 22nd December 2023 and reopens on Tuesday 2nd January 2024.

Daten Community Memory Cafe (Sunflower Cafe, The Daten, Charnock Richard Road, Culcheth, WA3 5SH)

The last cafe for 2023 takes place on Friday 15th December and the cafe returns on Friday 12th January 2024.

For more information contact andreaheartley54@yahoo.co.uk



Life Time (The Gateway, 101 Sankey Street, Warrington, WA1 1SR)
There will be no Dementia Cafe in December, the last cafe meets on Thursday 2nd November.

The Dementia Activities Group finishes on 13th December and meets again on Wednesday 10th January.

For more information contact Andrea on 01925 246824



Memory Cafe, Time to Chat (Grappenhall Library, Victoria Avenue, Grappenhall, WA4 2PE)

The last cafe before Christmas takes place on Wednesday 13th December and the cafe returns on Wednesday 10th January.

For more information contact grappenhallcommunitylibrary@gmail.com



Living with Dementia - Kiran and Dipak's Helpful Tips

Kiran was diagnosed with Lewy Bodies Dementia in 2021. She and her husband are part of the Still Me, DEEP group and have some top tips to share.



Dipak writes, 'Here is a list of things we have done together to help Kiran to remain as independent as possible;

1. We have bought a set of drawers and labelled them with letters to remind her of her clothes. This helps her to access her clothes independently.
2. She has a small basket near her bed to keep things like. glasses, keys, cap, watch and anything she requires daily.
3. Kiran uses handrails to go up and down the stairs.
4. We put sets of clothes (tops and trousers) together on a single hanger.
5. We have bought her an adjustable hot water dispenser to make tea.
6. We have installed a doorbell on all floors for Kiran to ring the bell when she wants to call me.
7. There is a night light in the bedroom and on the landings.
8. The Pivotell medication dispenser reminds Kiran to take her medication daily.
9. Kiran stays active and plays with her grandchildren daily and goes for walks.

New Groups

Love to Move

Where - Woolston Neighbourhood Hub (Hall Road, Warrington, WA1 4PN)

Dates - Every 2 weeks starting on Monday 23rd October

Times - 1:00pm to 2:00pm

For more information contact

melissa.critchley@homeinsteadwarrington.co.uk

Alzheimer's Society Dementia Cafe

Where - Salvation Army Cafe, 66 Academy Street, Warrington, WA1 2BQ

Dates - Every 3rd Wednesday of each month starting on 15th November

Times - 11:00am to 1:00pm

For more information contact warrington@alzheimers.org.uk