

Useful contacts

Below is a contact list for some of the organisations in the New Forest. There are too many groups and activities to list them all, contact details can change and new groups are starting all the time, but we hope this will be a useful starting point. If you cannot find what you are looking for contact the Care Navigator at your GP Surgery, any of the Dementia Advisors or Dementia Friendly Hampshire (listed below) and they will be able to help.

	Telephone	Email/Website
Dementia Advisors (New Forest)	023 9289 2034	hampshiredaservice@alzheimers.org.uk
Admiral nurses	020 8036 5400	www.dementiauk.org/get-support/find-an-admiral-nurse
Alzheimer's Society Dementia Helpline	03002 221122	www.alzheimers.org.uk
Appletree Careline (fall alarms etc)	023 8028 5453	appletree.careline@nfdc.gov.uk
Argenti Telecare (fall alarms etc)	03452 658003	www.argenti.co.uk
Avon Valley Dementia Support	01425 473 777	gildanewsham@aol.com
Avon Valley Pals (walking group for people with dementia)		www.avonvalleypals.blogspot.com
Citizens Advice New Forest Adviceline	03003 309009	www.newforestcab.org.uk
Coates Centre (groups & activities, Lymington)	01590 677198	www.thecoatescentre.co.uk
Coda (music therapy, Christchurch)	01425 276161	www.coda.org.uk
Connect to Support Hampshire (list of resources across Hampshire)		www.connecttosupporthampshire.org.uk/home
Dementia Action Groups (DAG)	07388 668 332	jane.ward@dementiafriendlyhampshire.org.uk
Dementia Friendly allotments (New Milton)	01425 619120	www.newmiltontowncouncil.gov.uk/service/dementia-friendly-allotments
Dementia Friendly Hampshire	07388 668332	jane.ward@dementiafriendlyhampshire.org.uk
Fenwick Health & Wellbeing Centre	023 8028 2862	https://sciagroup.co.uk/health-wellbeing/fenwick
Gore Grange Day Care Centre	01425 610390	goregrangedcc@ageconcernhampshire.org.uk
Hampshire Art for Recreation & Therapy	01590 435045	www.hart.works
Health and Leisure New Forest	023 8028 5000	http://www.newforest.gov.uk/healthandleisure
Healthy Walks	01425 482773	healthywalks@cnf.org.uk
Horrill Day Care Centre (Dibden)	023 8084 1115	horrilldcc@ageconcernhampshire.org.uk
Memory Days at the Ageas Bowl	07547 003352	chaplain.2819@gmail.com
Memory Groups (Lyndhurst & Milford on Sea)	023 8028 6342	hello@memoryworks.org.uk
Men's Sheds (Christchurch, Fawley, Totton)	03007 729626	www.menssheds.org.uk/find-a-shed
Princess Royal Trust for Carers in Hampshire	01264 835246	www.carercentre.com
Sailability (Ringwood)	07855 983853	www.newforestsailability.co.uk
Sailability (Totton)	023 8086 7438	www.testwoodsailability.weebly.com
Silverlinks (advice and support)	01590 435045	www.hart.works/silverlinks
Solent Mead Day Centre (Lymington)	01590 679623	www.hants.gov.uk/socialcareandhealth/adultsocialcare/careservices/homes/solentmeaddaycentre
Together in Harmony (music therapy, Boldre)	01590 718749	attwoodfrances@yahoo.co.uk
Trinity Day Care Centre (Ringwood)	01425 479415	ringwooddcc@ageconcernhampshire.org.uk

Forget me not

New Forest Dementia Newsletter
2019



Staying active

On the water with New Forest & District Sailability

The 'magic table'

Meet the Dementia Advisors

Welcome

Welcome to the fourth edition of the New Forest Dementia Newsletter. I hope you will find it full of useful information, support and advice.

This edition has a particular focus on staying active - not only physically, but socially and culturally as well. There is a huge amount going on in the Forest for people with dementia and their loved ones to enjoy. I hope that something within these pages will catch your interest, whether that is accessible sailing, experiencing the magic of the Tovertafel, or visiting a Day Centre for some respite and relaxation.

We also encourage you to make the most of the resources available to support people with dementia and their families and carers. Within this edition there is information about Dementia Advisors and Support Workers, who can provide guidance and information. We also talk about what it means to be a carer, and

discuss some options in telecare, which uses technology to make life easier.

Finally, on the back page of the newsletter you'll find a list of useful contacts who can help you access further information.

This newsletter is only possible because of the many people working and volunteering in the Forest to provide support for those with dementia, and I would like to thank you all. You make a difference, every day.

Dr Katrina Webster,
*Clinical Director for
Mental Health, West
Hampshire Clinical
Commissioning Group*



Dementia Advisors



Your local Dementia Advisors (DAs) work across the New Forest. Whether you're worried about your memory, have been diagnosed with dementia or are looking after someone who has, the DAs are here to support you.

They will work with you to make sure you have all the information you need to help you to live well with dementia.

Funded by both Hampshire County Council and the NHS, their work complements Adult Services and the Memory Clinic and helps you access the knowledge and services which are relevant to you.

Your Consultant, Memory Nurse or GP may have given you their number or referred you to them already. If not, give them a call to find out who your local Dementia Advisor is. The DAs are supported by three Dementia Support Workers who also work across the New Forest. They can provide more intensive support and can be accessed through the Dementia Advisors.

Call 02392 892034 to start a conversation that answers your questions and helps you to manage living well with dementia.

Wind in our sails!

Every year between April and October people of all ages and disabilities, including those living with dementia, can experience dinghy sailing in the Ringwood and Totton areas, run by New Forest & District Sailability and by Testwood Lakes Sailability.

At Spinnaker Lake near Ringwood on Tuesdays and Fridays and at Testwood Lakes in Totton each Monday and Thursday, groups of volunteers get boats ship shape for the first sailors to arrive at 10 am.

Sailors need no previous experience and come as individuals or in groups from day care and other centres, schools, or workshops. Some come to be taken sailing, others come to learn to sail, and some bring their picnic to enjoy with new and old friends by the lake. Carers can relax with a drink, chat with others, enjoy the peace or watch the sailing. With appropriate training carers can assist with the sailing.

For all of the sailors dinghy sailing really opens up new opportunities and new interests. It is liberating and can awaken the senses. The sensation of the breeze on the face, excitement

as the wind fills the sails taking the boats across the lakes, the wildlife including the occasional jumping fish! All are topics for communication between sailor and skipper, and things that bring smiles to faces and sailors back to the lakes every week throughout the season!

To find out more about sailing or volunteering please go to:

www.newforestsailability.co.uk for NFDS, Ringwood membershipsec@newforestsailability.co.uk or call Stefan Hart 07855 983853

www.testwoodsailability.weebly.com for Testwood, Totton membership@testwoodsailability.co.uk or call Eric Blyth 023 8086 7438



Day Care centres

Day care centres can provide friendship and care for older people with dementia and/or physical frailty in a safe environment designed to suit their needs. Their fully trained professional and friendly staff can also provide respite care for families and carers who can relax knowing their loved one is being cared for.

Within the New Forest area, Age Concern Hampshire run three day care centres in New Milton, Ringwood and Dibden. Each centre is open Monday to Friday and a fresh, hot two-course meal is provided. Subject to availability transport to and from the centres can be arranged.

A range of activities is on offer including gentle exercise, craft activities, reminiscence and games and quizzes. There are also regular social

outings, entertainment and visits from speakers. The centres are also able to access a range of personal care services including hairdressing, bathing and foot care.

Both funded and private funded places are available. Referrals can be made through Adult Services or you can contact the centres directly to find out more:

Gore Grange, New Milton BH25 6SB
goregrangedcc@ageconcernhampshire.org.uk
01425 610390

Horrill Centre, Dibden SO45 5SZ
horrilldcc@ageconcernhampshire.org.uk
023 8084 1115

Trinity Centre, Ringwood BH24 1DH
ringwooddcc@ageconcernhampshire.org.uk
01425 479415

The 'magic table' comes to Ringwood

The Tovertafel, invented in the Netherlands, is a 'magic table' which displays images in the shape of leaves, bubbles, fish, and more. The shapes respond to motion and anyone can enjoy playing with the pictures and making them move.

Tovertafel can be played with friends, family and carers, providing an opportunity for people with dementia to have fun taking part in an activity with others.

Tracey Cotterill takes residents from Bickerley Green Care Home to the Tovertafel at the Trinity Centre in Ringwood, and says,



Trinity Centre's Tovertafel can be hired by the hour and is also fun for children and other groups.

To find out more, please call the Trinity Centre on **01425 461440**, email contact@trinityringwood.co.uk or visit <https://tovertafel.co.uk>

A Tovertafel for Lyndhurst

Hartwood House care home in Lyndhurst is fundraising for a Tovertafel for residents and looks forward to sharing it with the wider community.

appointments and give you valuable information about your loved one's condition.

Your GP practice's Care Navigator will be able to give you details of local carers' groups and other people and organisations who understand the challenges and joys of being a carer. You may also be entitled to financial support such as Carer's Allowance or Pension Credit.

For more information visit www.carercentre.com or phone and ask to speak to your GP's Care Navigator.

“ *Even residents who are initially shy or hesitant are fascinated by the moving images on the table. There is lots of laughter and oohs and aahs and they physically engage with the activity. We particularly enjoy the leaves and ladybirds, and the paint balls that build up a painting. The reasonable cost enables me to visit regularly with different residents who have varied need and abilities.* ”

Support for families

If your loved one has dementia, you could be entitled to extra support that will help you both.

Do you think of yourself as a carer? You may think of yourself as simply a husband or wife, a partner, or a son or daughter. But if your loved one could not cope without you, recognising that you are a carer may help both of you.

If you tell your GP that you care for a loved one with dementia, they should be more flexible with

Walking in nature

*Sweet was the walk along the narrow lane
At noon, the bank and hedge-rows all the way
Shagged with wild pale green tufts of fragrant hay,
Caught by the hawthorns from the loaded wain,
Which Age with many a slow stoop strove to gain;
And childhood, seeming still most busy, took
His little rake; with cunning side-long look,
Sauntering to pluck the strawberries wild, unseen.*

William Wordsworth, 'Sweet Was The Walk'

Walking is excellent for your physical and mental health and can also be calming and restorative. The New Forest has some of the finest walks in the country, and a diagnosis of dementia doesn't mean you have to stop enjoying them.

If you fancy a walk led by a friendly, trained volunteer you can join a 'Healthy Walk'. These walks are run by New Forest District Council in partnership with Community First New Forest. Walks both in the national park and surrounding towns and villages range from short and gentle to longer and more active. Some even include a

cup of tea! You can find the details online at <http://www.cfnf.org.uk/healthy-walks/>

For each walk, the website lists contact information for the walk leader so you can get in touch before you go. Alternatively you can telephone the Healthy Walks coordinator who will be able to give you information: **01425 482773**.

The Healthy Walks programme is also piloting walks especially for people with long-term conditions including dementia. If you are interested in finding out more about these, please contact the Healthy Walks Coordinator directly at healthywalks@cfnf.org.uk.

If you are comfortable following a route, there are many accessible walks online at <https://www.thenewforest.co.uk/things-to-do/walking/accessible-walks> which you can do at your own time and pace. Some of them are as short as 0.2 miles, so there is truly something for everyone.

There is lots more information about a variety of walks at <http://newforest.gov.uk/healthandleisure/health-walks>



Are you living Safe & Well in your home?

Hampshire Fire and Rescue Service are committed to preventing harm to our community and keeping everyone, especially those most vulnerable, safe from fire. As a service they offer a Safe & Well home visit tailored to an individual's needs, relating to their health, wellbeing and lifestyle choices.

This includes free of charge:

- A custom-made information pack
- A check of existing smoke alarms, or installation of new ones
- Where needed, issuing of fire retardant bedding, furniture throws and nightwear
- Referral to other services for their professional assessment as appropriate

For more information on Safe & Well visits or to make a referral please visit:

www.hantsfire.gov.uk/safeandwell or call 023 8062 6751.

Thinking about hospital

When you're feeling well, it's easy not to think about going to hospital, but most of us will have a planned or unexpected stay at some point. A little preparation ahead of time can make things much smoother.

Keeping useful information in one, easily accessible place means you can take it to hospital with you. This could include details of medications, allergies, health conditions and useful contacts, and a copy of your care plan if you have one.

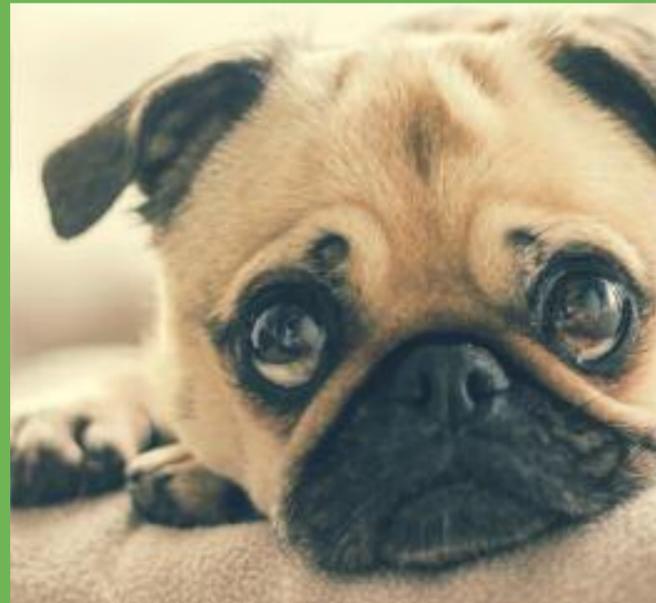
Another useful document is the This Is Me, which is completed by, with or for a person with dementia. Details such as food likes and dislikes, past and current interests, pets, and photos can be included and provide context and interesting conversational points for hospital staff.

It is also worth thinking about coming home from hospital. Is there a friend who could pop by to make sure the heat is on and there is food in your home? If you can't think of someone to ask, speak to your GP practice's Care Navigator who may be aware of people who can help.

You can also think about pets. Is there someone who can walk your dog or feed your cat while you're away from home? If you can't think of anyone, the Cinnamon Trust is a charity that

provides a fostering service for pets whose owners are in hospital.

If you care for someone living with dementia, or any other illness, you may be interested in the Emergency Planning for Carers Scheme run by Princess Royal Trust for Carers in Hampshire (PRTCH). This helps carers ensure that if there is an emergency, the person they look after is still cared for. PRTCH helps the carer make the plan, and holds a copy safely. The carer then carries a carer's card to make sure that PRTCH is contacted and the plan is actioned in the event of an emergency. For more information, contact info@carercentre.com or phone 01264 835246.



What is the Red Bag?

If you or a loved one live in a care home, you might notice a sign in the entrance saying it is a Red Bag home.

The Red Bag is a national initiative to improve patient experience for care home residents who have to go into hospital. The bag works in three ways: it is a visual cue that lets hospital staff know the person is a care home resident, it contains all of the person's important paperwork (such as a This Is Me document), and it holds personal items such as dentures and glasses.

If you have a loved one in a New Forest care home, ask if the home is part of the Red Bag scheme.



Can telecare help?

Many people living with dementia are supported by family and friends whilst other live alone. Exciting advances in telecare can provide all sorts of support from reminders to take medication or lock the doors to personal alarm. It is worth looking at a range of companies but two local services are Appletree Careline and Argenti.

Appletree Careline is provided by New Forest District Council. The Careline helps people to remain independent for as long as possible, by providing them with the means to summon help in an emergency and the reassurance that there is always someone available to help them should they need it. It offers community alarm installations and a 24-hour-a-day, year-round monitoring service to people aged 18 to 100+ who live in and around the district of the New Forest.

The installation of an alarm is quick and easy. There is no need to remember any numbers: simply press the button and the trained operators at Appletree Careline will mobilise the help required.

The Appletree wristband is another service that helps customers get out and about in the

community. The wristband is a simple silicone band, uniquely numbered for each customer. It offers the wearer the confidence to maintain day to day activities out in the community: visiting friends, going for walks or doing the shopping.

Appletree offers reduced-fee support for people who are receiving certain benefits, and is also open to self-funders. To find out more call **02380 285523** or email appletree.careline@nfdc.gov.uk.

Argenti Telecare also has a range of products for people living with dementia and other conditions including alarm systems and personalised messages such as 'don't forget to shut the door'. For people who meet certain criteria, Hampshire County Council funds this service but you can also pay for the service privately.

You can find out more at <https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/equipment/telecare> or phone Hampshire County Council on **0300 555 1386**.



Hythe Hospital



Plans for Hythe and Dibden War Memorial Hospital moved a step forward when planning permission for the new building was granted by New Forest District Council in August 2018. The new hospital is designed to be welcoming and accessible for all patients, visitors and staff. Work is ongoing to get the project off the ground. Services will include outpatient clinics, x-ray facilities, rehabilitation clinics and health promotion opportunities.

The next phase of planning is the detailed design stage and West Hampshire Clinical Commissioning Group (WHCCG) will be working with local charities, support groups, patients and carers to make sure that the new building is dementia friendly.

Work on this is beginning now and the details will be signed off as soon as they're finalised.



If you would like to get involved and help WHCCG explore opportunities to achieve a dementia friendly building, please contact Laura at whccg.communications@nhs.net.