



The Memcaff

Issue 4 July 2018

Managing Editor: Mary Hastings

Editor in Chief: Marie Potts

Beeston Resource Centre, Middle Street Beeston - First, Second and Fourth Thursdays 2-4pm
 Website: <http://beestonmemorycafe.com> email: info@beestonmemorycafe.com

Beeston Memory Café was set up in 2014 and is run by a group of volunteers
We have two main goals: **To help** those whose lives are affected by dementia to live well in a dementia-friendly community by setting up and running a Memory Café.
To run Dementia Friends workshops.

Pause to Ponder



Never before has a generation so diligently recorded themselves accomplishing so little!

Always remember you're unique. Just like everyone else.

Experience is something you don't get until just after you need it.

I saw a dyslexic Yorkshireman the other day. He was wearing a cat flap!



If a pig loses its voice is it disgruntled?

I'm just going to put an "Out of Order" sticker on my forehead and call it a day!



NEWS ROUND UP



We have had another varied programme of activities at the Memory Café since the last issue.

Musical sessions have included the very popular singing group Oldish Spice (below) who sing familiar songs in perfect harmony, and entertainment from Just Us Singers. (above)



We also had two Art based sessions, firstly from Stephen Jon who was interviewed by Mary Hastings, see below, and another Armchair Gallery from the Pitt Rivers Museum in Oxford, facilitated by Emma Wass and City Arts. All this from the comfort of the Memory Café!

Emma from City Arts presented us with a picture by L.S.Lowry, of Matchstick Men fame. The picture was discussed, and the audience were able to talk about what they saw in the picture. We were then given the opportunity to draw our own Lowry style picture which prompted more discussion and conversation within the group.

We also learned that City Arts were developing an App which would be available very soon so that people could access and look at various arts and artefacts on their own lap top or tablet. <http://imaginearts.org.uk/programme/armchair-gallery/>

There were also our usual fun and games sessions which are always popular, Reflexology and Massage in the Quiet Room and in June we were joined by Mary O'Riordan from the Alzheimer's Society.

FACE YOUR CREATIVITY

Since Beeston Memory Cafe first opened in 2014 we have benefitted from Stephen Jon's clay and mask workshops on four occasions. He brings a relaxed and confident approach to sharing his enthusiasm for all forms of creativity. If you haven't attended one of his sessions at Mem Caff yet I can highly recommend them. No qualifications necessary... just a willingness to experiment and a sense of fun!

Stephen began his studies in Theatre Design at Nottingham Trent University in 1991. Born in Lincolnshire, he spent several years in the south of England before his move to the East Midlands and he has a wealth of experience with actors, theatres, schools and badly-behaved dogs (see below). He is interested equally in design and in people and when the opportunity came to attend a two-week mask design and use workshop he leapt at the chance. Originally, Stephen studied ceramics: so, creating masks and then allowing people the chance to respond to them combines (at least) two of his favourite things!

In the 1990s Stephen was part of the Creative Partnerships Scheme, bringing creativity into schools, alongside two sisters looking at clothing and anatomy and a dancer exploring maths. He brings a therapeutic approach to the use of mask and clay work - a way of allowing people to feel safe and comfortable to explore their reactions to their own creativity and to the objects that they are invited to examine.

Stephen led a recent project as part of the Nottingham Puppet festival in March this year. The event celebrated with a Parade around the Market Square, led from the Theatre Royal by Joey from the stage show "Warhorse". In ten afternoons Stephen's twelve-strong group had created a pack of dogs. True to their nature, not all of these puppeteered dogs behaved themselves. Some, with a lot of barking and yapping, accompanied the parade: others, however, were seen to sniff around crowd members, even lifting their legs once or twice to relieve themselves (I am told that the yellowish liquid expelled was entirely inoffensive!)

Stephen's masks are designed to provoke a reaction. One of the most memorable reactions was to the mask pictured here with Stephen holding it. It was dramatically demonstrated that a young boy with a visual impairment could perceive colour and light such was his response to the face presented.

Beeston Memory Cafe's creative sessions are scheduled on the fourth Thursday of each month. So far, we have been led by skilled practitioners in painting, storytelling, weaving, poetry (writing and readings), as well as in working with clay and the use of masks. The sessions are accessible and welcoming to us all, whatever our artistic experience or ability.





DID YOU KNOW ?????

Calling all Carers Are you aware that **Inspire Libraries** in Nottinghamshire offer the following services?

- **Home Library Service** - If you are unable to visit your local library books can be brought to you by an RVS volunteer.
- **Health Hubs** - Health and wellbeing information in one place (in larger libraries)
- **Reading Well for Mental Health** - Self-help books to help you manage conditions such as depression and anxiety. Endorsed by health professionals and available in all libraries.
- **Reading Well Books on Prescription for Dementia** - Books including information and advice, support for carers and personal stories. Available in all libraries.
- **Memory Lane Bags** - Reminiscence kits to encourage interaction and communication with people living with dementia. You can request to collect one from any library.
- **Reading, arts, local history and learning activities** - Including regular reading cafes and groups, IT training, talks, performances and workshops.
- **Books** - Grab books quickly from our Quick Choice titles. Borrow a Quick Read (short stories by big authors). Listen to an audiobook while on the go (loan charge may apply)
- **Electronic resources** - Free access to books, audiobooks, magazines and newspapers online through the library catalogue.

To find out more:

- Ask at your local library
- Contact Ask Inspire on 0115 8044363 ask@inspireculture.org.uk • Visit the online library catalogue at https://emlib.ent.sirsiidynix.net.uk/client/en_GB/nelib

Training for carers of people living with dementia

This free programme consists of seven, two-hour weekly sessions. A different aspect of dementia will be covered at each session. The groups are facilitated by specialists and will consist of about 12 carers. Help with respite services and transport may be available.

The next course will be run on Thursday 18th October 2018 – Thursday 29th November 2018, 10.30 – 12.30



To book a place, refer a carer or for further information about the Information programme, please call Radford Care Group on 0115 9786133.

DEMENTIA UK – Admiral Nurses

Dementia UK provides specialist dementia support for families through our Admiral Nurse service. When things get challenging or difficult for people with dementia and their families, Admiral Nurses work alongside them, giving the one-to-one support, expert guidance and practical solutions people need. The unique dementia expertise and experience an Admiral Nurse brings is a lifeline - it helps everyone in the family to live more positively with dementia in the present, and to face the challenges of tomorrow with more confidence and less fear.

Admiral Nurses are continually trained, developed and supported by Dementia UK. Families that have their support have someone truly expert and caring by their side - helping them to live more positively with dementia in the present, and to face the challenges of tomorrow with more confidence and less fear. We believe that everyone who needs the support of a specialist dementia nurse should get one, and we're working hard to increase the number of Admiral Nurses across the UK.

If you're caring for someone with dementia or if you have any other concerns or questions, please call or email the Admiral Nurses on our Helpline for specialist support and advice.

Opening hours:

Monday – Friday, 9am – 9pm

Saturday and Sunday, 9am – 5pm

Admiral Nurse Dementia Helpline 0800 888 6678

helpline@dementiauk.org

Why do croutons come in airtight packages?
Aren't they just stale bread to begin with?



Carers Trust East Midlands provides timely, personalised information and support via the Nottinghamshire Carers Hub County and City to make caring for a loved one easier. The scheme is funded by Nottinghamshire County Council, Nottingham City Council and the local NHS.

Carers' Groups are held at Toton Tesco Community Room, Swiney Way on the first Thursday of the month, 10am -12pm and at Manor Surgery, Middle Street Beeston on the third Monday of the month 1pm – 3pm. Support worker: Sue Cain

www.carerstrustem.org/hub or telephone **0115 824 8824**

If at first you don't succeed, skydiving is probably not for you.

The Herbert Protocol in Action.

You may remember an article in a recent newsletter about the Herbert Protocol. Using the protocol, carers provide information about a person who may go missing to help in any search. This includes details about medication, interests, previous addresses and workplaces, as well as a recent photo.

I was recently contacted by a fellow carer. She lives with her parents and supports her mother in looking after her father who lives with dementia. My friend came home from work to find that her father had gone out for a walk and not returned after five hours. Along with her mother she was obviously very worried. She had a Herbert Protocol form filled in, so I advised her to ring the police.

Before she had finished the phone call to the police, there was an officer at the door. This officer sent a photograph of dad to other officers with details and he was found and brought home within the hour. He was dehydrated but safe and well.

Isn't it good to know that the system works, and that we can be confident of a positive and helpful response from the police, if we were to find ourselves in this situation.

So - **don't hesitate** - if your loved one goes missing ring the police.



Continuing our series of Searching (not very!) Questions, that we ask of those involved with Beeston Memory Café. In this issue it is the turn of our illustrious Chair Janet Patrick

How did you get involved with the Memory Cafe? Through my role as Broxtowe Councillor, I chaired a number of meetings about Dementia and we then committed the borough to be a Dementia Friendly Borough. I organised a Dementia Friends' training meeting and out of that came the Memory Café.



What is your role at the Memory Café? I am one of the session leaders and a volunteer.

How many hours a week do you devote to the Memory Café? About six, as I am chair of Dementia Friends Beeston.

What is your favourite Memory Café Activity? Just watching people enjoying themselves.

What would you like to see develop at the Memory Café? I would like to see more support for Carers

Do you have any pets? We had a goldfish once, but the neighbour's cat fished it out of our tiny pool.

How do you relax? Gardening, cooking, watching TV and being with grandchildren

What's the temptation you can't resist? Food!!

What do you listen to on the Radio? Occasionally the Archers, news, not a lot

The Prize possession you value above all others? A picture of my mother that inspires me every time I look at it

What's your ideal holiday? Going back to Malawi where I lived for nine years and laughing with my friends. I stay in a retirement home run by wonderful nuns.

Blue Planet, Vera or The Two Ronnies? Blue Planet

What's your pet hate? Long Council meetings, I am a Broxtowe Borough Councillor

Gardening, Baking or Shopping? Gardening and Baking

The unending quest that drives you on? Making the world a better place

The piece of wisdom you would pass on? Losing your temper means losing the argument

The book that holds an everlasting resonance?

The Bible Revised Standard Version.

What's your biggest regret? No big one, just lots of small ones

Sausage Sandwich! Red Sauce, Brown Sauce or No Sauce Brown Sauce

Looking After Yourself

How many times have we each been told to “look after yourself” or said the same to friends, perhaps out of concern for their well-being when they are going through one of life’s more difficult times. We mean what we say, but how hard it is to identify practical ways to “look after myself” and even harder to take action. Carers face more challenges than most in finding time for a bit of “self-care” or TLC (Tender Loving Care).

Flight attendants routinely give the following advice:

“In the case of a loss of cabin pressure, oxygen masks will drop from the ceiling. If you are travelling with a child, put the mask over your face first and then put on your child’s mask.”

*If you’ve been responsible for young children on a flight, heard the safety announcement and considered how you might react in an emergency situation the chances are that this advice will feel all wrong. Your instinct is naturally to look after the most vulnerable person first - in this case a child - but if oxygen is required inflight you will put both yourself and the child at greater risk unless you **FIRST** put on your own mask. Then you will be breathing comfortably and fully available to focus on helping the child.*

Fortunately, air travel remains one of the safest ways to get from A to B and oxygen masks are rarely needed. In the day to day role of being a carer perhaps paying attention to our own needs and keeping our own oxygen topped up is one of the most useful things we can do to help everyone.

What are your favourite ways to look after yourself? Sometimes it’s the little things we do that can make a big difference... Share them with us. Your method may just help other carers.

Send your tips to
pottsofnotts@gmail.com

