

Newsletter Spring 2023

Hello

I am so excited to welcome you to our first Newsletter. This first one is mainly about introductions, so that you can get a feel of who we are and what we can do to help you. We intend that these are quarterly and will keep them as brief as possible (apart from this first one!)

Elaine



Groups at Bridlington and Beverley



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Meet the Team



I am Elaine and I have worked for the Alzheimer's Society for four years. I am the Local Services Manager for the East Riding. I love my job and am absolutely committed to improving the lives of people living with dementia. The East Riding team are a fantastic bunch of people; and I am honoured to be able to lead such a great team!

My late Nana 'Kitty' had Alzheimers and at a young age I supported my Mum in caring for her.

I previously worked in Further Education for 23 years as a Head of School and formally Lecturer in the community. My experience is in Health and Social Care, Child Studies, Leadership and Management, SEND, ESOL and Community Education.

I am married and have two grown up children and little Fergus is my adorable grandson.

I enjoy holidays, reading, and writing short stories.

My 3 words – Happy, Cheerful, Determined



Hello, I'm Caroline Brown and have worked for Alzheimer's Society as a Dementia Adviser in the East Riding of Yorkshire for three years. I work 3.5 days per week.

I can honestly say that I love my job and take great pride in providing the best service I can to my service users, whether they are people who are living with dementia or those caring for someone.

Previously, I worked for many years in primary education as a Deputy Head Teacher and Special Educational Needs Coordinator. I also worked in adult social care, with young adults living with complex learning and/or physical disabilities.

I have one lovely son, one crazy kitten and enjoy gardening, drawing and a good crime drama!

My three words – Cheerful, Calm, Creative

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Hi – I am Matt and I qualified as a nurse in 1980 at Queens Medical Centre in Nottingham. I moved to Nottingham Social Services in late 1984 and qualified as a social worker in 1986.

I then worked developing services for the Elderly for Nottinghamshire, Derbyshire, and Gwent Social Services.

In 2001 I moved to work for Marie Curie Cancer Care. During this time, I also worked on a voluntary basis with Arthritis Care and the Autistic Society.

I retired in 2013 to be a full-time carer and Royal Yachting Association Dinghy Instructor.

In early 2020 I joined Alzheimers Society and brought a wealth of knowledge and experience with me. I provide a flexible support role and back up for the East Riding Team. I work 35 hours per week.

My three words – Caring Considerate, Knowledgeable, adaptable (yes; I know that's four!)



Hi, I am Linda and I facilitate the Musical & Activity Groups in the East Riding. I work 3 days per week.

My role is to offer Fun, stimulating, enjoyable activities for a few hours for service users.

My previous job was teaching 14–18-year-olds but once the caring and 'fun' element was taken away, I felt this was no longer the job for me.

Laughing and fun are so important for well-being; so that is what we do :) We are fortunate to have an excellent team of volunteers who help along with various agencies who call in regularly to offer information that can offer help and support to our service users.

Please contact me for any further information on the groups on 07759 929403, Linda.

My three words – Caring, fun, friendly



Hi, I'm Amanda Burke. I exited social work two years ago and took up a position as a Dementia Adviser within East Riding of Yorkshire.

I have worked within social care for almost 40 years and developed knowledge and skills along the way which help me to fulfil my current role. I also have personal experience of caring for someone with dementia. I feel passionate about promoting independence and ensuring well-being for both people with dementia and their carers.

I am also completing a Counselling Diploma and hope to put these new skills to good use one day. I am a mother of two grown boys and a grandmother of two.

I fulfilled a dream of moving nearer the coast two years ago and it was one of the best decisions I have made. I now enjoy walks by the sea with my lovely husband and dog Harry. I have found a new passion for gardening, Audiobooks and love to wind down with Gardeners World on a Friday night!

Three words, approachable, motivated, reliable



Hi, I'm Tina Day. I am a Dementia Adviser for the East Riding of Yorkshire Alzheimer's society. I have worked for the Alzheimer's society for nearly 2 years.

I really love my job role and through the Alzheimer's society I am able to provide helpful/useful information and advice to both people living with dementia and their carers, to support them on their dementia journey.

I am very much a people person and love meeting and talking to the people I work with and always strive to provide a great service to everyone I support.

I believe myself to be a very caring and compassionate person and since starting work at age 16 my whole career has been focused on adult social care, working for both the local authority and the private sector, in various roles over the years.

I am very family orientated and enjoy spending time with my husband and 2 children along with our dog Steve and our other family pets. I am an avid reader and spend time reading most days. I also enjoy country walks and cooking.

Three words Considerate, caring, friendly

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Hi, My name is Karen Welford,
I am a Dementia Adviser for the Alzheimers Society, it is just coming up to 8 months since I started and I learn something new every day, I work in a fantastic team and feel so supported.

I am a really caring person and will go out of my way to help people which I see as a strength but can also be a weakness at times.

I come from a caring/ support worker background although when I left school I completed my NVQ in catering but it wasn't for me.

I live in the East Riding of Yorkshire with my husband and two boys and my little dog Chico, my family and friends mean the world to me,

I love going on holidays and spending time with people I love.

Three words – kind, overthinker, happy

Brain Health - **Vacancy**

This post has been a huge success in helping to raise diagnosis rates in the East Riding. Have a look at the Alzheimers website for the job details.

Here is the advert link for you:

<https://jobs.alzheimers.org.uk/vacancies/764/dementia-adviser--ftc-september-2023.html>

Referrals for 2022-2023

Wow – we had 589 referrals in the last year – that's amazing and we would welcome you to continue referring to us.

Referral Source Service User Type	Totals
Community Mental Health Team	8
Family/Friend	5
GP	5
Memory Clinic	317
Self referral	61
Social Worker/Care Manager	3
Internal referral	41
NHS Primary Care (not GP)	18
NHS Secondary Care (Not MAS)	17
Social Services	4
Statutory Authority (ed Social Services)	55
Voluntary Sector	11
Other	44
Total	589

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Activity Groups

Here is our timetable for letting people know when and where we are.

Please either ring the main number or contact Linda to arrange your first visit.

- Hessle Town Hall – 2nd Thursday of the month 10.30-12.30pm
- Bridlington Applegarth Court – Last Thursday of the month commencing 1-3pm
- Beverley Minster – Last Friday of the month 1-3pm
- Market Weighton Community Hall group – 1st Thursday of the month 10.30-12.30pm
- Preston Community Centre – 2nd Wednesday of the month 1-3pm
- Willerby Methodist Church – 2nd Friday of the month 1-3pm
- Driffeld Activity Group – 1st Wednesday of the month 1-3pm
- Goole group – first Friday of the month 10.30-12.30



If you are a carer who wants to find out more about supporting a person with dementia, then please get in touch.

Book a FREE place on our Carers Information & Support Programme

We are taking referrals for our Carers Information & Support Programmes for 2023. If you would know of someone who would like to book a place, give the office a ring on 01482 211255 and we will get back to you asap.

Get in touch now to find out more!

Dementia Action Week 2023 – theme Diagnosis EVENT	Come along to our planned event on Wednesday 17th of May 10-2 at Hull University for some networking, guest speakers and workshops. Book via Eventbrite on https://www.eventbrite.com/e/dementia-action-week-alzheimers-event-tickets-627191896847
Summary of Local Contact Information	Telephone: 01482 211255 (this is an answerphone which will be responded to daily) E mail: <u>hulleastriding@alzheimers.org.uk</u> Website <u>www.dementiaeastriding.org.uk</u> Service opening hours are Monday to Friday 9-5pm (With a later night on a Tuesday 9-7pm)