

Newsletter - Summer 2023

Hello

Welcome you to our summer Newsletter, although you will probably agree that we could certainly do with a little more sun to shine!

We have been busy across the East Riding and hope you enjoy finding out what we have been up to across the patch. I am pleased to say that we will have a presence at the Alfred Bean Hospital in Driffield from September working in partnership with the Memory Assessment Service. We are also going to opening a new activity group in Withernsea – which couldn't have happened without the support of Kevin Holder at Victoria Avenue Day Centre.

We have welcomed Pam to the team in the last month and Pam is already out and about meeting people – our Brain Health Worker post is invaluable in influencing people who may be concerned about their brain health to seek a diagnosis.

Best regards

Elaine



Determined to make a difference, Compassionate, Better Together, Trusted Experts

Brain Health – **Introducing Pam**



Hello

I am Pam and I am the newest member of the East Riding team. I am a Dementia Adviser running the Brain Health drop-ins across the area.

I previously worked for an older people's charity both locally and nationally for nearly 20 years before taking a little break last year and then joining Alzheimer's Society in July 2023.

I am married with a grown up daughter, four very grown up step-sons and five not so grown up step grand kids. Both myself and sister helped our Mum care for my amazing Dad when he developed Dementia linked to his Parkinsons after nearly 9 years which sadly led to him entering a care home.

I have been married to my lovely husband Gareth for just over two years and we enjoy the theatre, travel and watching Rugby Union (Wales) and Cricket (England). We try to go as many international games as we can.

My three words: Kind, Friendly and Caring

Referrals for the first quarter April to end of June 2023

We had 164 referrals in the first quarter – that's up by 50 at the same time on last year.

In the last newsletter I showed who is referring, this time I thought it would be interesting to see which areas by post code we get our referrals from, this helps us to focus on raising awareness in low referral areas.

Locality	Postcodes	Referrals April to June 2023
Holderness	HU11, HU12, HU17, HU18, HU19, HU7	42
Bridlington	YO15, YO16	9
Wolds	YO43, YO42, YO41, YO25	19
Beverley	HU17	19
Haltemprice	HU10, HU13, HU4, HU14, HU15, HU16, HU20	45
Goole	DN14, DN18	14
Out of area – person with dementia will live in East Riding		16
Total		164

Determined to make a difference, Compassionate, Better Together, Trusted Experts

‘Surgeries’ We are based all several veues across the East Riding where we can meet people on a face to face basis, which is as well as home visits and telephone calls,	Tuesdays – fortnightly at Goole Social Prescribers Wednesdays – fortnightly at Driffield Alfred Bean Hospital Thursdays – weekly at Holderness Health, Hedon
Activity Groups Here is our timetable for letting people know when are where we are. Please either ring the main number or contact Linda Lee to arrange a 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 • Driffield Activity Group – 1st Wednesday of the month 1–3pm • Goole group – first Friday of the month 10.30-12.30
NEW Withernsea group Coming soon	We are delighted to announce that we are going to open an activity group in Withernsea at the end of the summer. This is to be co-produced with Kevin Holder at the Victoria Avenue Day Centre. I (Elaine) has already visited and Linda has made contact too and is busy planning a suitable start date .



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 update

It seems so long ago doesn't it? but over 50 professionals joined us at the University of Hull in May to talk about diagnosis and dementia. Thank you to all who were able to make it and we plan to do it all again next year.



Dementia Friends
Sessions led by
Caroline and Julie

And Guest Speaker
Alison Parker from
Holderness Health



As well as workshops and guest speakers we also had a 'pledge for action board.' See below – and may be ask yourself what your pledge for action would be,

Determined to make a difference, Compassionate, Better Together, Trusted Experts

Pledges for Action

Support Hull and East Riding Team more	Find out about all the groups around Hull and East Yorkshire	Link ERYC Health and Well being staff with the groups to offer signposting and activity ideas	Advocate for more capacity Brain Health roles – Awareness raising/training. Expand to workforce, education and rural communities
Healthwatch to attend social event/engagement	Promote education re services	Promote Social Prescribers	To promote dementia awareness on the ERSAB wellbeing and prevention page
Education, Education, Education	To promote dementia leaflets to the public during safeguarding week June 19-23 via Public Health	To continue to learn as much as possible about dementia and how to support those living with it	Set up a dementia café at D House hospice. Do my dementia ambassador training
Signposting Awareness Understanding	Continue to push for development and of dementia services for people with learning disability and autism	Flying the flag for individuals with dementia	My action is to speak to people to help raise awareness regarding LGTQ+ and dementia
Become a dementia friend ambassador	More understanding – thought the book shelf description was very informative	Invite the Alzheimers Society to train Dementia Friends in Older People's partnership week	Dementia Friends to be invited to Carers week
Learn more about services Promote more	Passing info to students and staff at college	Liaise with social prescriber in GP surgeries I work with, whether option to develop better connections with Alz Society and look at project in Holderness	Ensure 5 things booklet is in each surgery I work with
Keep it real and relevant	Post on social media	Look into potential opportunity to multi agency work	Get in touch with Holderness PCN
Proactively create a visible presence from adult social care to dementia support groups	Carry out some research on dementia while on my placement to deepen my understanding of it	Create an event where people could learn who we are and what we offer, create co-production opportunities and new contacts and from that event to continue promoting Alzheimers support for those worried about diagnosis and dementia in the East Riding– Determined to make a difference - Elaine	
Ask others to be more dementia friendly	To grow our reach and increase awareness of what we do and how we can support people affected by dementia and the health, social and VCSE organisations that support them (determined to make a difference) increase collaborations (better together) and - opportunities for people to have more open conversations (trusted expert and compassionate) Nikki		

Determined to make a difference, Compassionate, Better Together, Trusted Experts

Local Information

Telephone 01482 211255 (this is an answerphone which is responded to daily)
Service opening hours are Monday to Friday 9-5pm and late night on a
Tuesday until 7pm

Email: hulleastriding@alzheimers.org.uk

Website: www.dementiaastriding.org.uk

Brain Health Corner



**Global Council on
Brain Health**
A COLLABORATIVE FROM **AARP**

Sustaining Brain Healthy Behaviors
Simple Steps to Benefit Your Brain Health

BE SOCIAL
Keep in touch with friends & family, don't let yourself get isolated.

ENGAGE YOUR BRAIN
Find ways to stimulate your thinking, explore new interests and hobbies.

MANAGE STRESS
Practice relaxation, adopt a stable daily schedule.

6 PILLARS OF BRAIN HEALTH

ONGOING EXERCISE
Move throughout the day, target 2.5 hours a week of moderate physical activity.

RESTORATIVE SLEEP
Get 7 to 8 hours of restful sleep every day.

EAT RIGHT
Choose a nutritious, heart-healthy diet of fish, veggies, and fruits.

Here's a link to our Brain Health page at Alzheimers.

https://www.alzheimers.org.uk/get-involved/make-donation/donate-more-ways/brain-workout?utm_source=google&utm_medium=paid&utm_campaign=brainworkout&utm_content=%7b%7bad.id%7d%7d&seg=DMCBWPPC22&gad=1&gclid=CjwKCAjw5_GmBhBIEiwA5QSMxD-4RVI2ieAhnHee3OyA6mB-jispVrnlhJbvrMe3xyN0mTRsDDeXxoC4bgQAvD_BwE&gclsrc=aw.ds

Determined to make a difference, Compassionate, Better Together, Trusted Experts