Welcome to the October edition of our monthly Newsletter

This Newsletter contains information about Jersey Alzheimer’s Association’s services and activities in support of people affected by dementia.

Our charity’s Mission Statement:

To raise awareness and improve understanding of dementia throughout Jersey and to support people affected by dementia

Our Aims

- raise awareness of dementia throughout the Island
- lobby for increased support for people affected by dementia
- lobby for timely detection of Alzheimer’s disease and other dementias
- help the person with dementia to live a full life by providing meaningful activities, education and support
- support carers and families by providing practical help, guidance and information
- educate the general public, businesses, organisations and young people about dementia
- train health care professionals, family carers and others directly involved in caring about dementia and person-centred care

Our Objectives

- make Jersey a dementia friendly community
- support people affected by dementia
- help remove the stigma of dementia
- assist in advancing research

Questions about dementia?

Call us. Answerphone Helpline 443075
All calls are responded to within 24 hours or at a time convenient to the caller.

Drop in for a cuppa. Hilgrove St, St Helier, Jersey
Mon to Thur 10am –1pm. We have factsheets, leaflets and a small library of books.

Visit us online. www.jerseyalzheimers.com
We lobby for increased support for people with dementia and carers to enable them to live in their own homes for as long as possible and for a ‘Dementia Strategy’ for the Island.

**JAA’s funding needs**

Our present running costs are £250,000 per annum, ie. £5,000 per week. We receive £14,500 per annum from the States under a single Service Level Agreement which we operate that covers 40% of the actual cost of the Saturday Club Day Care & Helpline services. All that we do is thanks to the financial support of the public and the business community for which we are extremely grateful. We are actively seeking Charity Champions for 2018, and beyond.

**Support for Carers**

**Friendship Group: Next Meeting**

The next meeting of Friendship Group will be on **Saturday 11 November at Sandybrook Day Centre** from 10am to 12noon when we will have guest speakers: Dr Juan Melendez and Diane Saralis who will talk about their work at Cognitive Health, a private Company which offers a confidential memory screening service, stimulating group programmes and emotional coping skills training.

**Future Meetings**

The last Meeting of Friendship Group in 2017 will be a Christmas lunch on **Saturday 9 December at The Monterey Hotel in St Helier from 12noon to 2.30pm** to mirror Saturday Club timings. The cost is £20 per head with JAA paying for a soft drink. Please contact Mark by ringing 01534 723519 or emailing Mark@jerseyalzheimers.com to book a place. Choose your menu by looking at the last page of this Newsletter. There are up to 40 places available.
Friendship Group meetings are on the second Saturday of the month either at Sandybrook Day Centre (generally with speakers) from 10am to 12noon or meals out/trips to different venues. We welcome ideas for future speakers and venues for meals.

**2018 Friendship Group Dates:** 13 January, 10 February, 10 March, 14 April, 12 May, 9 June, 14 July, 11 August, 8 September, 13 October, 10 November, 8 December

**Events**

**Recent JAA events**

We have been very busy since *World Alzheimer’s Day is on 21 September* and we always mark this with a series of awareness and fund-raising events in the week concerned. Thank you to all who supported us over the past month, including volunteers, members of the public and corporate supporters.

Highlights included *An Evening with Tommy Whitelaw: ‘One man’s mission to raise awareness of dementia - Son, Carer, Campaigner’*, a talk for carers of people with dementia, which took place on 19 September. Tommy is UK Project Engagement Lead for the Health and Social Care Alliance’s Dementia Carer Voices Project: [https://dementiacarervoices.wordpress.com/](https://dementiacarervoices.wordpress.com/)

In addition an excellent Conference was held on World Alzheimer’s Day itself: *Dementia Care - ‘Aspiring to Excellence in Jersey’* hosted by HSSD and the RCN at the General Hospital in St Helier, at which Sian Wareing-Jones was one of the invited speakers. At the Conference two Awards for individuals or groups of people who have shown exceptional person-centred care in the field of dementia and sponsored by JAA, were presented

**The Hospital Champion’s Award** is presented each year to an individual or team working either in a Community or Acute Hospital setting, who has worked hard to make a positive difference to people with dementia or their carers.
The 2017 Award was presented to Chantal Ballingal (Ward Manager, Beauport Ward) to recognise the work and effort demonstrated by her and her team in making changes to their practice and to their Ward environment.

Following some negative feedback received from a carer about the experience of their relative and themselves whilst they were on the Ward, Chantal took the opportunity to identify Beauport as a Dementia Champion Ward. She motivated her team to learn about and reflect on the challenges people with dementia may experience when in an acute Hospital setting, and how they could adapt their practice to provide support that focused more on the person. They completed an assessment of the Ward environment and, using the learning from this, developed a poorly used area of the Ward as a lounge space to provide a comfortable and calm place for people to sit.

Chantal was delighted to accept the Award on behalf of her team, acknowledging that without their involvement and support the results they have achieved would not have been possible.

The winner of this year’s Mike Tomkinson Award was Clinical Nurse Specialist Practice Development Inpatients at Jersey General Hospital, Tim Hill.

Manager of JAA, Mark Blamey, said:

‘It has been one of the highlights of the year for Jersey Alzheimer’s Association to work closely with Tim, and her colleagues, in this Hospital. As my colleague, Michala Graham, says:

‘Tim always shows enthusiasm, determination and commitment to make a difference to the lived experience of dementia for the staff and her colleagues at the General Hospital, and ultimately all those who are affected by dementia’.
Michala, Sian and I have worked with Tim since initial discussions took place about how to make Wards more carer-friendly with open visiting hours, identifiers to aid support for those with memory difficulties, crockery choices to improve mealtimes, and new signage - to name but a few!

In addition Tim’s involvement has been crucial in supporting the Occupational Therapists with their pilot project for Activity Boxes/Trollies, as well as improving the environment within the day room on Beauport Ward. Tim is always keen to put her hand to anything dementia-related. She has spoken to carers about the Future Hospital at a meeting of our charity’s monthly Friendship Group at Sandybrook Day Centre, with Bernard Place. She has encouraged members of the public to share their experiences of care within the Hospital in order to reflect on best practice and improve care. She has organised cake sales, and baked wonderful cakes! Tim has helped make real improvements at the Hospital today as well as encourage us all to look forward with commitment, hope and ambition to the new facility, the Future Hospital.

Tim clearly feels passionately about improving the lives of those affected by dementia. For these reasons - and more - the winner of this year’s Mike Tomkinson Award is Tim Hill.’

On Monday 16 October JAA hosted the latest dementia friendly community event at St Clement’s Parish Hall - a lunchtime get-together with live music from ‘Foolish Things’. The day was enjoyed by people with dementia and carers from many different settings. Special thanks are due to our Patron Lady Dalton who kindly attended the event, having recently also visited our Musical Memories and Arts Exploration activities. Everyone enjoyed a sandwich lunch and refreshments thanks to our volunteers, including a team from HSBC who brought a wonderful selection of cakes with them!

2018 dementia friendly community dates are as follows: 19 February, 8 May, 9 July, 16 October and 9 December.

All ideas are welcome for ideas for social gatherings in different parts of the Island next year – please let Mark know by emailing or telephoning him.
JAA partnered with Le Masurier to host the inaugural RECHARGER Day on Saturday 21 October, based at the Radisson Blu Waterfront Hotel. It was a relaxing and fun day for many family carers of people with dementia in Jersey. Our sincere thanks to Le Masurier for underwriting the cost of the day and to all of the businesses who donated their services for the benefit of carers. We very much hope that a special Day for carers becomes a regular fixture in the calendar.

**Future JAA events**

A Christmas Music Night will take place on **Thursday 7 December** at 8pm at St Saviour’s Parish Hall featuring The Songsmiths mixed voice choir. Tickets will be £5 each to include refreshments and can be bought from the Drop-in/Office or on the door.

A dementia friendly Carol Service is being held on **Sunday 10 December** at St Helier Parish Church (The Town Church) at 2.30pm, followed by tea and mince pies in the Church Hall. As last year it will be like a traditional Nine Lessons and Carols Service though much shorter, and will include well known carols and readings and a Musical Memories slot too with Fiona Speller leading us. The service will be led by the Dean and Vicar. The church will be festively decorated. Disabled parking will be available in the church grounds and there will also be a drop-off option for those who will need to park elsewhere. Everyone is welcome, including people living in care homes and at home.
The Battle of Flowers Christmas Parade is also on Sunday 10 December but starts at 4.45pm. More details will follow, including the number of volunteers needed to help collect donations.

**Fundraising**

If you would like to volunteer to help fundraise and/or raise awareness of dementia at any of our events please let Mark or Jackie Gordon know by emailing: Mark@jerseyalzheimers.com / Jackie@jerseyalzheimers.com or by phoning the Drop-in/Office on 01534 723519 in the first instance. Thank you.

**Online JAA Calendar**

There will soon be a new online Calendar on the JAA website: www.jerseyalzheimers.com which will be a useful additional way for our charity to promote events and to recruit the support that we need from volunteers in order to run awareness and fundraising stalls throughout the year as well as providing our regular services.

**Stamps and Coins**

If you have any used stamps or foreign coins and don’t know what to do with them please consider giving them to JAA. We are able to convert both used stamps and foreign coins into funds.

**Raffle Prizes**

If you have any items that would be suitable for Raffle Prizes please kindly bring them to our Drop-in/Office as every year there are events at which Raffles are held in aid of our charity. Many thanks.

**Co-op Share Number**

All Channel Islands Co-operative members can donate their dividend in-store. Jersey Alzheimer’s Association’s share number is 421.
Alzheimer Europe
In the first week of October the Alzheimer Europe Conference was held in Berlin. JAA was represented by our Chairman, Jim Hollywood, Michala Graham, Educator for the charity and Brian Snell who is a Trustee. The charity is a full member organisation of AE. Details of what was learned at the Conference will be shared in due course.

JAA Contact details
If you know someone who would like to receive copies of the monthly JAA Newsletter, either by email or post, please contact our Drop-in/Office.

Mark’s telephone number is 07700 336627, E-mail: Mark@jerseyalzheimers.com

Kim’s telephone number is 01534 862334, E-mail: Kim@jerseyalzheimers.com

Michala’s telephone number is 07700 803756, E-mail: Michala@jerseyalzheimers.com

Sian’s telephone number is 07797 907753, E-mail: Sian@jerseyalzheimers.com

Bev (E-mail: Info@jerseyalzheimers.com) is based at the JAA Drop-in/Office: Tel: 01534 723519 as is Yolande (E-mail: Yolande@jerseyalzheimers.com)

If you are on Facebook please like our page ‘Jersey Alzheimer’s Association’.

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**Friendship Group Christmas Meal**

*on Saturday 9 December from 12noon to 2.30pm*

**Festive Menu**

* Cream of Roast Parsnip Soup
  Grilled French Goats Cheese with Devils on Horseback & Toasted Flaked Almonds
  Breaded Mushrooms served with a Pea shoot salad with Sour cream & Chive Sauce
  Prawn & Smoked Salmon & Pink Grapefruit Salad, Marie Rose Sauce
  Toasted Hazelnut, Broccoli, Feta Cheese & Watermelon Salad

* Roast Butter Turkey Crown served with Thyme & Parsley Stuffing
  Pigs in Blankets & Cranberry Sauce

Roast Supreme of Salmon, Lemon & Black Pepper Crust, Dill Mash
Hollandaise Sauce

Roast Stuffed Loin of Pork, Red Wine Jus & Braised Red Cabbage

Steamed Supreme of Cod with a Panko and Crab Crust served
With a Caper and Watercress Crème Fraiche

Gnocchi with a Chilli & Tomato Ragout finished with Mascarpone Cheese, Toasted Pinenuts & Rocket Leaves

* Red Wine & Cinnamon Poached Pear served with Jersey Vanilla Ice Cream & Crème Fraiche
  Christmas Pudding & Brandy Sauce
  Sticky Toffee Pudding with Toffee Sauce & Vanilla Ice Cream
  Crème Brulee with Mixed Berry Compote & Homemade Shortbread

A Variety of Cheese with Celery & Grapes

* Coffee & Mince Pies