



Jersey Alzheimer's

ASSOCIATION

Ten years of making a difference

2010 - 2020

Welcome to the **June/July** edition of our **JAA newsletter**

JAA News

It's been such a difficult couple of months for everybody, but maybe things are beginning to clear. I think for most people knowing what we can do or what the right thing to do has been really tough, and that is no different for us at JAA. As I write we are all still home-based, but we are keeping everything in review and hope to be able to reopen the office in some way in the coming weeks.

We know how much our activities bring routine and joy and are working hard to see which ones we might be able to restart or offer differently as soon as we can. The most important thing is to make sure we can keep everyone as safe as possible; we will be able to advance things once we have made sure that we can do that.



Sadly, in what is our 10th Year we have had to cancel or postpone many of our celebration events and fundraisers. However, we do have some different events coming up, please join in and support us if you can. A new schedule of events is at the back of the newsletter.

You might have seen some of the adverts and articles we have been putting out in the JEP, on social media and on the TV and radio. We have been working hard in the background to make sure that people with dementia and their carers have not been overlooked or forgotten when services have been closed or changed, and that information has been clear and accessible. Unfortunately, we felt that our ideas were not being listened to and felt very strongly that we needed to speak up for those who couldn't.

Similarly, it was Carer's Week last week and I enlisted the support of a number of other charities to make a statement about the need to recognise the amazing 'job' that people do and how we need a change in strategy and legislation to make sure everyone has the support they need.



Sean

Chief Executive Officer

sean@jerseyalzheimers.com

Temporary Office Number

As mentioned previously we hope to be able to get back to working in the office as soon as possible, but in the meantime please continue to use our mobile number. **07700 803756** will come through to one of the team or if they are not available do leave a message and we will call you back. Feel free to drop us an email to info@jerseyalzheimers.com or even a message on Facebook if you use it.

Support for Carers

This will no doubt be a difficult time for you all as you experience the effects of Covid-19 with the new restrictions and the new worries these have generated. These may be experienced differently by each of you, and there really are no easy answers or clear pathways through this. However, here are a few things you might find helpful:

- If you have access to the internet, or someone else in your household does, we now have an **Online Carer Support Group** that meet **every Wednesday at 10am**. Until we can meet again in person at our usual monthly Carer Support Group, the online meeting provides the opportunity for you to see and talk to other carers and members of the JAA team. You will need a phone with internet access, or a laptop or desktop with a camera and speakers. Plus, you will need to download Zoom, which is free and easy to do, though if you need help setting this up we can guide you through the process.
- If you don't have access to the internet, or if this is just not your sort of thing, then please don't forget that the team at JAA are still available for a chat on the phone. Sometimes it is just good to talk - and we are here to listen. We will also be able to offer advice on a range of issues but if we do not know the answers to any of your concerns or questions we will be able to point you in the right direction for the help or further support you may need.



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Don't Forget our new ZOOM get togethers

Wednesdays 10.30 – 11.30am Carers Support
contact Sian@jerseyalzheimers.com

Thursdays 10.30 – 11.30am Coffee & Chat For ALL
contact Bev@jerseyalzheimers.com

New to ZOOM?
Don't know how or need some support?
GET IN TOUCH

Some carers have also told us just how helpful they have found the following links to be, and even more so during this time of lockdown with the new stresses and strains this has brought. Although these are links to UK and USA based organisations, they certainly contain excellent, relevant and accessible information for us here in Jersey.

If you don't have access to the internet, here are some organisations you can contact by phone.

Alzheimer's Society Support Line - 0333 150 3456
www.alzheimers.org.uk/get-support

They run Talking Point which is an online support forum. Search for Dementia Talking Point or go to <https://forum.alzheimers.org.uk>

Dementia UK Helpline - 08000 888 6678
helpline@dementiauk.org

An American website offering videos, advice and an online community
www.careblazers.com

For advice about Coronavirus call States of Jersey Helpline - 01534 445566
coronavirushelpline@gov.je

If you think we can help in any way during this uncertain and sometimes challenging period, please do call or email us. The team at JAA are committed to endeavouring to support you in whatever way we can.

Volunteer News

We will be including an article about one of our volunteers or a volunteer group in our newsletters. If you are a volunteer and would be willing to share your JAA experiences, please contact Bev.

Meet Sarah Cornish

How long have you been volunteering for JAA?

I have been volunteering for JAA at the 'Forget-Me-Not Café' since August 2015.

Why did you choose to become a volunteer at JAA?

I had more time on my hands as both of my children were at university.

A search on the Association of Jersey Charities website revealed that volunteers were needed at the Café. Of particular interest to me was the music side of the Café. I had previously performed music in a small amateur ensemble on dementia units and experienced the benefits that residents gained from these performances.



Why do you do it? What do you enjoy most?

I volunteer at the Café as it provides some enjoyment for the residents of Rosewood House, most of whom are unable to leave the home, on a weekly basis. It gives me pleasure to be doing something useful, albeit in a small way.

I enjoy meeting with the other volunteers and the staff as well as the residents of both Oak and Maple Wards. There are, of course, sad moments but also lots of fun moments and I consider our small team of volunteers as friends who are there to support each other. The music is probably what I enjoy most – music has the power to bring out people's emotions. Playing my clarinet at the Café has also helped to increase my self confidence with music performances.

What is expected of you in your role (what do you do)?

'Forget-Me-Not Café' is held on Wednesday afternoons from 1:30-3:30 pm at Rosewood House. Commitment is flexible – you are not expected to attend every week. Volunteers socialise with the residents and any visitors and assist and join in with activities such as singing and looking at books.

What would you say to others who were thinking about volunteering with JAA?

Give it a go, you've got nothing to lose! Previous experience in dealing with dementia is helpful but not essential – I had no previous experience but the training provided by JAA is excellent. The main requirement is to be a good listener and to be observant and sensitive to the residents' needs. You will receive good support from the other volunteers and the JAA Team.

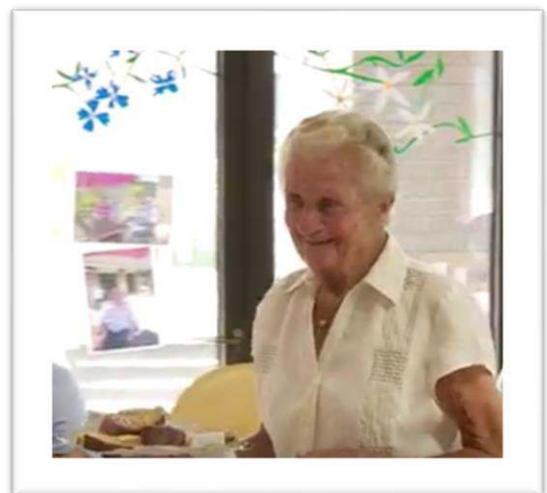
Goodbye to our dear friend Trixie

We are all very saddened at the recent passing of our much-loved friend and volunteer Trixie Moulin.

Over the past 11 years Trixie has volunteered at various activities and events held by JAA. She helped at the Forget-me-not Café each week and attended Musical Memories every Friday, ensuring that all the name badges were in neat alphabetical order. Trixie was also our chief tea & coffee maker at Friendship Group, greeting all our guests with a smile whilst offering them the perfect brew!

During her time with JAA she received the Mike Tomkinson award. This award is given to people who have made an outstanding contribution to helping those with dementia and their families in Jersey.

She will be missed dearly by all staff, volunteers and regulars at our activities with whom she built up lovely friendships.



Volunteer Week

National Volunteers Week was 1st - 7th June and we would like to take this opportunity to thank all our wonderful volunteers. They selflessly give up their time to help people with dementia, their carers, families and friends in Jersey.



The compassion and dedication they show is truly inspiring to us all. Thank you once again, you are all amazing!

If you would like any information on volunteering opportunities within JAA please contact Bev or alternatively visit our website and complete the online form.

Feedback

We are often asked for our recommendations regarding anything from taxis or hairdressers to residential homes and carer agencies.

If you have any feedback regarding any service - good or bad, we would like to keep a note so that we can pass on your thoughts.

Please forward any feedback to info@jerseyalzheimers.com

Education and Training

Education Sessions



Coronavirus has had such an effect on our lives in every aspect.

The JAA community awareness and education sessions have been curtailed during the pandemic, which means the JAA Community Education Co-ordinator has not had such a visible presence as she would have liked, both in community talks to groups such as the WI groups and also delivering the Dementia Friends information sessions.

In March alone 12 sessions had to be postponed, had these have gone ahead there would have been at least another 140 new Dementia Friends to add to the almost 500 Dementia Friends we currently have in Jersey.

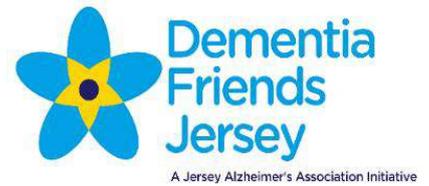
All is not lost though as these businesses, charities and community groups all want to re-book their Dementia Friends sessions as soon as the lockdown lifts sufficiently to allow them to go ahead. These together with the 6 other sessions which were booked for April and early May.

Have you heard of Dementia Friends?

The Dementia Friends programme aims to change the way people think, act and talk about the condition.

The face-to-face awareness sessions aim to help people learn about what it is like to live with dementia and asks

them to turn that understanding into action. Actions may be as simple as “Make one change in the way you see and treat a person you know with dementia” or “telling others about Dementia Friends”, every action no matter how great or small counts.



Anyone of any age (over 6 years old) can be a Dementia Friend. You don't need any previous experience or knowledge of dementia, although you do need to want to know a little bit more about what it's like to live with dementia and then turn that understanding into something that could make a difference to people living in the community with the condition.

As soon as the Jersey Library opens its doors, we will resume our open sessions, where anyone can attend. Each session lasts around 50 minutes to an hour and run either over a lunch time or in the evening.

Dementia Friends can also be delivered to groups of people, whether that is in the workplace, at a club meeting or to members of other charities.

From the late summer we will also be offering Dementia Friends to younger people too, with special material to suit four different age ranges - 6-8 years; 9-11 years; 11-13 years and 14-16 year olds.

For more information on any of the Dementia Friends sessions please contact Wendy.

Activities and Services

Musical Memories

Matt is continuing to produce his 'music magic' with a weekly song posted on our Facebook page, usually Fridays. He is joined by his adorable children who have the most beautiful voices!



Words are on the screen to so anyone can join in. Give it a go it's brilliant!!

If anyone would like to receive these via email, please let us know.

<https://www.facebook.com/jerseyalzheimersassociation>

Coffee & Chat

Coffee and Chat Zoom meetings are being held every Thursday morning between 10.30am and 11.30am. This is open to people with Dementia, families, friends and volunteers. If you would like to see friendly, familiar faces then please join us, it's a bit of fun!



You can pop in and just say "hello" should you wish, or you could stay for the entirety and be with people (virtually) who ensure you are welcomed and listened to.

The visual resource below will be used to help aid communication and ensure those that want to join in have the opportunity to do so.



Please contact Bev for further information.

Friendship Group

Like all our other events and activities this group has been put on hold. How would you like this group to be in the future when we are back up and running? Some ideas have been an occasional coffee morning and catchup through to moving it to a midweek meeting. Do please let us know your thoughts.

Fundraising

Sarah's Mobile Music for JAA



I have decided to support Dementia Action Week in the following way

Over the next couple of weeks I'm offering to friends and family to perform three pieces of music on my clarinet at their homes (outside, with appropriate social distancing) or via WhatsApp if they prefer, in exchange for a donation to the Jersey Alzheimer's Association via the JustGiving page which I have set up:-

<https://www.justgiving.com/fundraising/Sarah-Cornish11>

OR

Why not watch and listen to Sarah's you tube videos and make a donation via her JustGiving page? <https://www.youtube.com/channel/UCInnkFbjXregYJ0gAwR-HmA>

Zoe's 2.6 Challenge

Over 26 days in May the wonderful Zoe Banks created 26 drawings that she posted to Instagram. Zoe's Grandma attends some of our activities and she wanted to show her appreciation and support us in what we do. Zoe raised a fantastic £355, £100 more than her initial target!



Musical Bingo Night

Join us for a fun night of musical bingo for all ages. Six rounds of fun with songs for everyone- **1970s, 1980s, Disney, 2010s, At the Movies & UK No. 2s.**

Tickets are £12 with a minimum of £10 per ticket going to JAA which is amazing. Tickets are available online only via <https://buytickets.at/stilevents/382613>



Rally Round for Dementia

Are you having a staycation this year or want something to entertain the family or to fill your time?

If so, why not Rally Around Jersey for JAA? It'll be fun for all the family.

From Friday 17th July, you will be able to purchase a sheet with 50 clues which need to be cracked and the answers returned to JAA office by midnight on 31st August (some photography will be required).

So why not have some fun and raise some funds to help us continue our work to make Jersey more dementia friendly.

Look out on our social media and website for more information and listen out on BBC radio Jersey during the week of 13th July.

There'll be a prize for the winning entry.



Co-op Share Number

Did you know JAA has a Co-op share number?

If you would like to 'do your bit' towards supporting JAA in their aim to make Jersey a more dementia friendly island, please consider cutting out the image below and carry it in your purse, bag or wallet and use it occasionally at the Co-op check out. It would make such a difference, no matter how great or small the amount.



Once the lockdown has been lifted and the awareness stand is back out in public places, look out for the Co-op 'divi' cards.

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 can convert both used stamps and foreign coins into funds.

Web & Social Media



Check out our new website at [dementia.je](http://www.dementia.je)



Please like or follow our **Facebook** and INSTAGRAM pages



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 the office.

If you have received this newsletter and no longer wish to, &/or you want to be removed from our database please contact the office.

To ensure our records are kept up to date please inform us should your contact details change.

Staff Contact Details

Sian - Counsellor and Dementia Advisor

Mobile: 07797 907753 Email: sian@jerseyalzheimers.com

Bev - Activities Co-ordinator

Mobile: 07797 763455 Email: bev@jerseyalzheimers.com

Wendy - Community Education Co-ordinator

Mobile: 07829 772207 Email: wendy@jerseyalzheimers.com

Corrina – Operations Co-ordinator

Mobile: 07829 772201 Email: corrina@jerseyalzheimers.com

JAA office - Tel: 07700 803756 (temporary number) email:

info@jerseyalzheimers.com

Our Events 2020

June

Friday 26th June

Online Musical Bingo

August

RALLY ROUND FOR DEMENTIA
Summer Long Scavenger Hunt

Saturday 15th August

Sark Challenge

September

Wednesday 16th September

JAA at 10 – A Celebration Tea Party
Government House

Monday 21st September

WORLD ALZHEIMERS DAY

Sunday 27th September

THE JAA MEMORY WALK – St Helier to St Aubin

October

Sunday 4th October

Dare For Dementia Abseil

Saturday 24th October

Recharger Day for Carers, Royal Yacht Hotel

November

Tuesday 3rd November

Winter Warmer Night @ Sapphire Restaurant

December

Saturday 12th December

JAA Carol Service, Town Church, St Helier

Can you help us make Jersey a truly dementia friendly community?

Please contact us to find out more:
Email: Info@jerseyalzheimers.com | Office: 723519