

for dementia

training ■ development ■ admiral nurses

Newsletter Issue Number 1 Autumn 2003

Ninot Levy 1913-2003

Life President



When my father became ill it was my mother who first identified the underlying need for improved training in all aspects of dementia care, and who later encouraged us to establish a charity which

would offer more focused support for the family carer. She was determined to understand as much about her husband's illness as she could and in 1988 she attended a course at Athlone House ran by one of the charity's founder trustees Dr Monica Greenwood. These courses formed the basis of the original training programme she supported called 'Carers of the Elderly,' which has recently become part of the charity and is now known as **for dementia training**.

Ninot attended a support group to meet people in a similar position and to learn more about all aspects of dementia, eventually using her increased knowledge to assist others. Although a relatively shy person she was persuaded to appear in a video, in which she was interviewed about her own ordeal of caring for her husband. This was regularly shown to both professional and family carers in order to improve their understanding of the illness.

When the original Admiral Nurse Project was set up at the Middlesex Hospital in 1990, my mother, already in her late seventies, met the challenge of attending many early morning meetings held at Latimer House. In spite of her age she gained the friendship and respect of everyone participating. Her interest in the work of the admiral nurses and subsequently in every area of the charity never waned, she continued to attend our AGMs and fundraising events whenever she could right up until shortly before she died.

Her courage throughout my father's illness was an example to many and her endeavour to build on her own experience to improve the quality of life for others was an inspiration to everyone, including her own family. I sincerely hope we can continue to augment those original ideas in order to steadily expand and develop the charity so that we can make the difference she originally intended.

Jane Jason - September 2003

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for people who care

Welcome to the first edition of our Newsletter

Hello to all

This is the first edition of our combined newsletter, which will be published quarterly, and will be our key method for keeping supporters and stakeholders in touch with the work of **for dementia**.

We have been operating under our new brand for almost a year, and the feedback, overall, has been positive. *Modern, thought-provoking, strong, having impact*, are some of the ways the logo has been described, and our over-arching banner, *for dementia*, has brought clarity to our message and purpose. The logo does however have its critics. We would be keen to know what you think? Do write in and tell us your views!



As you read this newsletter, you may very well be amid the throes of preparing for the festivities of the season. For many of you, this will be a testing time, bringing added pressure to your already fully committed caring lives. Perhaps you are a caregiver in a professional capacity; you may be working through the holiday period, providing respite and relief to those for whom there may be little joy this Christmas. Dementia does not recognise the seasons.

For the first time, this year, we are launching a Christmas Appeal. You can make a difference to those affected by dementia by making a donation to *for dementia* and adding to our capacity to make life better for those whose quality of life is much improved by the services we offer.

When we publish our next newsletter, it will almost be springtime – and we will be looking forward to new beginnings. We have ambitious plans for developing the work of this Charity. Your support in helping us to realise those ambitions, is very important to us.

With best wishes,

A handwritten signature in black ink that reads "Barbara Stephens".

Barbara Stephens
Chief Executive

for dementia would like to thank all those who gave so generously in memory of Sir Michael Richardson, who died earlier this year. Sir Michael was a loyal and dedicated patron (see page 8). The Charity was represented at his funeral in Sussex in May 2003, and at the service of thanksgiving at the Guards Chapel, Wellington Barracks on 26 September 2003. In memoriam donations totalled £20,000.



John Mack (centre) with students and staff at the British Museum

Diploma Students visit the British Museum

For the first time, students on the Westminster Diploma Course in dementia care were treated to a guided tour of an exhibition at the British Museum.

I thought that "The Museum of the Mind; Art and Memory in World Cultures" would be of relevance and interest to students of dementia, so I went to visit the curator, Professor John Mack to explain who we are and what students study on our six-month Diploma Course.

John was very interested and immediately suggested that he would personally arrange a guided tour of the exhibition for the Diploma students, focusing particularly on the importance of memory to our identity and how different cultures around the world deal with the need for reminders.

We all had a wonderful day on 3rd September thanks to John and his amazing knowledge of the subject and came away much wiser.

Margaret Minoletti
Director, for dementia training

Diploma Award Ceremony

This year's successful candidates will be presented with their Diploma Certificates at a ceremony on Friday 12 December. Martyn Lewis, Patron of the charity and TV broadcaster, David Brettle from Central and North West London NHS Trust, and the Deputy Mayor of Camden, Councillor Harriet Garland will be there to congratulate the students.

WESTMINSTER DIPLOMA IN DEMENTIA CARE

Working with People with Dementia: A modular training and accreditation programme over six months for care staff leading to the London Open College Network accreditation.

Programme M

27 Jan 2004 – 07 July 2004

Cost: £565

TOPSS Induction & Foundation Programmes:

These programmes will help new staff meet the requirements of the TOPSS Induction & Foundation standards.

TOPSS Induction courses

27 & 28 Nov 2003

TOPSS Foundation courses

02 & 03 December 2003

Cost: £100 per participant per course

OPEN COURSES

Telephone Support for Carers

08 Dec 03 – £90

Alcohol and the older person:

22 Jan 04 – £80

Same Difference: working with Dementia in Different Communities

29 Jan 04 – £90

Introduction to Dementia:

12 Feb 04 – £80

Communication and Caregiving in Dementia: A Positive Vision

Part One: 16 & 17 March 04 – £150

Parts Two and Three: 28,29 & 30

April 04 – £190

For further information please contact us on: 020 7874 7222 or 020 7874 7224 email: training@fordementia.org.uk

Introducing Dr Melanie Porter-Turner

Dementia Pioneer for the South East and London Region



I took up my post in October 2003 having worked as a researcher within a variety of clinical settings including paediatrics, cardiology and diabetes. My main academic qualifications include a BSc Honours in Applied Biochemistry, MSc in Biomedical Science and a PhD in clinical biochemistry. A key reason in applying for the position as the Dementia Pioneer for the South East and London, was that I am a carer of someone with dementia, and have been for over 10 years. I understand the emotional and physical problems that carers frequently experience – and am able to see the relevance and importance of admiral nursing. I look forward to meeting the existing admiral nursing teams across London, Kent and Surrey, joining the local steering groups to learn about the varied issues that affect the service, and to add new knowledge through research, strengthening the evidence base for admiral nursing.

New Admiral Nurse teams for the West Midlands

Three new Admiral Nurse teams have been established in the West Midlands as a result of the **for dementia's** 'trailblazing' initiative in 2002/3. **The teams are:**

- **North Warwickshire:** *Tony Braker (team leader) and Rachel Marshallay.* The North Warwickshire team has been in place since April 2003, and is now fully operational.
- **Worcestershire;** *Helen Springthorpe (team leader)*

and Bob Graham. The Worcestershire team will be opening its doors to referrals in November 2003.

- **South Birmingham and Solihull:** *Carol Courtney (team leader), Sally Bowcott and Jackie Aird.* The South Birmingham and Solihull nurses take up their posts in January 2004.

These new services were launched at a conference in Wolverhampton in January 2003 which was attended by

carers, voluntary organisations, health commissioners, practitioners and other key stakeholders.

Dementia Plus, the University of Wolverhampton and NHS Trusts across the West Midlands, are partners in this initiative, and will be working with *for dementia* on a second wave development in 2004/5.

Admiral Nurse Competency Framework launch

The Admiral Nurse Competency Framework is a document that combines practice development with a career framework, specifically for **admiral nurses**. The admiral nurse core competencies (see below) describe the essence of admiral nursing. Admiral nurse clients, nurses themselves and their employers stand to benefit from this piece of work with a clearer idea of what they can expect from admiral nurse services.

The essence of admiral nursing:

- Therapeutic interventions
- Advanced assessment
- Person centred and ethical care
- Preventative work and health promotion
- Promoting best practice
- Prioritising work
- Sharing information
- Balancing needs of the person with dementia and their carer

This important piece of work was officially launched at Novartis House, Portland Place on the 16 September 2003. The evening included an excellent presentation opened by **for dementia** trustee John Tait OBE RMN RGN and Dr Kim Manley CBE RGN from the Royal College of Nursing. Several of the *admiral nurses* presented their work and described how they would be using the Competency Framework. Afterwards there was plenty of time to learn more about the Competency Framework and admiral nursing, and to enjoy the delicious canapés! Thank you to all who attended and contributed to the evening and helped make it such a success.

If you would like more information about the Competency Framework please call 020 7874 7210, e-mail info@fordementia.org.uk <http://www.fordementia.org.uk/research.htm>

*Emma Pritchard, Consultant Nurse, Admiral Nurse
Zoë Kirby, Administrator*



Pictured at the launch-clockwise, admiral nurses: Rita Mahoney, Dave Bell, Emma Pritchard, Penny Hibberd, Susan Ashcroft-Simpson, Alison Coignard and centre Jane Jason, Chairman *for dementia*.

fore dementia!

This year's golf meeting teed off at West Hill Golf Club, Brookwood in Surrey with the sun rising over the course, setting the scene for a great day of golf. 18 teams, with four players, took part and enjoyed the immaculate course competing for the prestigious Admiral's Cup.

With a number of penalties noted by the Pro, for missing the green in one, no-one won the hole in one prize for the day, the Asta Nissan X Trail. But Richard Peskin, **for dementia** supporter, stole the day by having "the round of my life!"

Many thanks to Daniel Ellison for making it such a successful day and to all the sponsors for their generous contributions. We managed to raise in excess of £10,000 – a fabulous result.

Next year's date is set for 20th September 2004, at Brocket Hall Golf Club in Hertfordshire. Please contact *for dementia* on 020 7874 7204 to reserve a team.

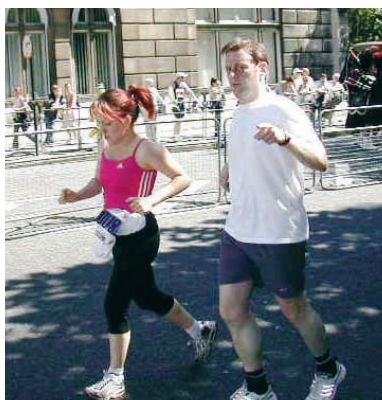


Richard Peskin, third from left

Running for dementia

British 10k run:
Claire Shepard, for dementia's Office Administrator, ran the British 10k run, in London, on 13 July 2003 raising £633.46 for the Charity.

"I joined the other 13,000 runners, and, as I began to run, I wondered whether I would make it half way! By



5K I was running along happily, wondering what I had been worrying about. By 6K my legs were aching and I was hot and thirsty. It was then that I happened to run (excuse the pun) into an old friend and we decided to run together. We sprinted across the line together. I had made it in just over an hour and a quarter – a great personal achievement for me!"

Great North Run:
Robert White ran the 2003 Great North, raising funds to support for dementia.

'I was not exactly sure what to expect from my first ever half marathon but I was certainly not disappointed. The

atmosphere at the start line in Newcastle was incredible and we were even given a warm-up by fitness instructors in the crowd. The first few miles felt so comfortable with the crowd and other runners cheering you on. However by mile nine, one of the many uphill stretches, I started to feel less enthusiastic! Still, despite the aches and pains the satisfaction of crossing the finish line is indescribable. A few weeks on and I'm already thinking of running next year. I had an excellent day and am glad to be able to contribute to such a worthwhile cause.'

Why not get your Christmas cards from us?



Once again we have selected a card especially for those who want to help us to help those who care. Our delightful "Christmas Trim" card is sized at 11.9 x 11.3cm and the wording inside is "Seasons Greetings" and on the reverse the details of the charity you are supporting.

The cards are sold in packs of 10 and cost £3.99 per pack. You can purchase these from our own website: www.fordementia.co.uk. You can call us on 020 7874 7210 and buy them with your credit/debit card or post your cheque to Carmel King, **for dementia**, 6 Camden High Street, London NW1 OJH. Email: info@fordementia.org.uk. Alternatively visit the website: www.christmas-cards.org.uk/dementia

The Golfing Gourmet

for dementia supporters at Sandford Springs Golf Club have very generously produced this wonderful cookbook with all proceeds going directly to the charity. The Golfing Gourmet has quick-to-prepare recipes that Val Gofton-Salmond, the Lady Captain at Sandford Springs and her golfing friends use so that they can spend more time on the course:



'It was obvious that most of us would rather have our hands on a 9-iron than an egg whisk!' (Val Gofton-Salmond)

With a foreword by Joanna Trollope and over 100 mouth-watering recipes it would make a brilliant gift for friends and family, especially as Christmas approaches. To purchase a copy of The Golfing Gourmet please send a cheque for £5.00 made payable to *for dementia*, at 6 Camden High Street, London NW1 OJH (marked "Cook Book") with your full contact details.

Carol Service 2003

We shall be holding our annual Carol Service on 9th December 2003 in St James's Church, Piccadilly. This is always an enjoyable occasion for all, and a great opportunity to get in the festive mood! Organised for us by our event committee, last year we made a magnificent £28,000 from ticket sales, sponsorship and generous donations. Please contact Gigi Burgdorf on 020 7784 7207 at **for dementia** for an application form.



In addition to events run by the charity itself, we are always delighted when they are organised by our supporters - each is individually valuable, whatever their size. We have produced a set of guidelines for people who would like to raise funds for us in this way, please ask for further information. We are here to offer advice and support to help you start. You can arrange anything from a tennis tournament, or golf day, a fashion show, to a polo match- go on, surprise us with your ideas!

Please complete your details below if you do not wish to receive any further mailings from the charity. Please return this to the address below or telephone Carmel King on 020 7874 7204.

Name

Address

Post code

Tel No

The Charity's Annual General Meeting

will be held on Wednesday, 26 November 2003 at 6.00 pm at 6 Camden High Street, London NW1 0JH

An informal reception and light refreshments will be served once the formal business of the meeting has been concluded.

All welcome

RSVP to:
zoe.kirby@fordementia.org.uk

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Sir Michael Richardson

1925-2003

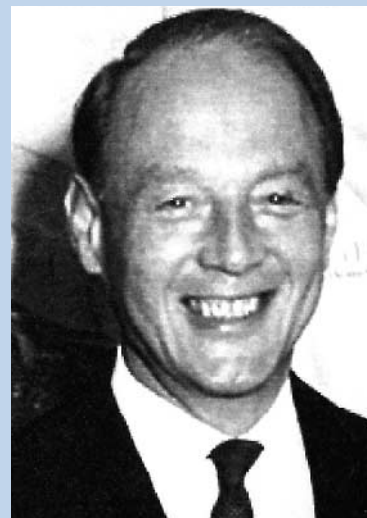
Patron

It is with great sadness that I announce the death of one of our longest standing supporters Sir Michael Richardson. Sir Michael became a Patron of the Dementia Relief Trust from the time the charity was established in 1994 and attended the official launch at the Gallery in Cork Street in March 1995. He also became a trustee for a short length of time where his contribution to the development of the organisation was much appreciated by everyone.

I was privileged to attend Sir Michael's memorial service at the Guard's Chapel in September where his support of several charities for elderly and terminally ill people, was highlighted.

Sir Michael introduced many of his friends to the work of this charity including Baroness Thatcher, who as the Guest of Honour, attended our first major fund-raising event, 'Fashion in Mind' in 1998 with her family.

We are very grateful to the entire Richardson family who are all extremely supportive of the charity. They share,



with my own family, a personal family experience of dementia and have showed great courage in bringing this to the public's attention. A very moving article was written about their personal experience of caring for Sir Michael's wife over a considerable number of years. His daughter Victoria is now a trustee and very active fund-raiser and supporter of **for dementia**.

Sir Michael, together with his family encouraged the younger members to support the charity, and fundraising events were held at his grand-daughter's school of which he was a governor, thus creating an awareness of both the charity and the effects of dementia on many other young people. His encouragement and support will be greatly missed by everyone at *for dementia*.

Jane Jason
September 2003