



Meeting : Dementia Steering Group 1st Meeting

Date : 30.8.17 **Time:** 3.00pm

Location: Old Saw Mill.

In attendance:- Suzie Akers Smith, Mike Smith, Glen Williams, Anna Bignell , Sarah Jacklin, Wendy Cotterill, Bob Edwards, Claire Halsey, Diane Ritherdon, Jackie MacArthur, Lisa Alcock, Margaret Butcher, Jenny Norton, Rev. Murray George, Sara Rathbone (Chair), Susan Munro, Debra Ball.

Guest: Jo Hawkins (Alzheimer’s Society)

Item	Agenda Item / discussion	Action / comment
1	<p>Welcome & Apologies</p> <p>Meeting was chaired by Sara Rathbone</p> <p>Round Robin of introductions for new members and guests. Link to DF ‘get involved’ DFC communities. Guidance for becoming a Dementia Friendly Community to follow from Jessica McFall of Alzheimer’s Society (Dementia Coordinator for Cheshire East).</p>	<p>Apologies were received from :</p> <p>Sandy Duffy, Jess Shore, Debbie Callow, Joanne Fishwick, Matt Steele</p>
2.	<p>Minutes / Matters Arising from the last meeting.</p> <p>There had been no previous meeting of the steering group only an Awareness Meeting held on 26th July which 40+ people attended, a number indicated their willingness to get involved with this steering group.</p>	

3.	<p>In the general preamble :- Sara suggested that small changes can make a big difference and it is not all about large projects</p> <p>Margaret Butcher raised the issue of how we support the carers particularly out of hours.</p> <p>Lisa Alcock advised all of a new Live Well Website that is being launched in October by Cheshire East. www.cheshireeast.gov.uk/livewell/livewell</p> <p>Jo Hawkins also mentioned www.alzheimers.org.uk/local-information/dementia-connect</p>	
4.	<p>Cycling/Walking Fitness – S Akers Smith</p> <p>Suzie presented her cycling project which included safe cycling routes, closed road cycling circuit, adaptive cycling(disability / physical issues). Could be an opportunity to use the adaptive equipment and do a 2 hour monthly closed session in Congleton Park, the leisure centre hold the equipment. Also opportunity for a closed session at Astbury Mere.</p> <p>SR asked if this could be an opportunity with the upcoming Side by Side service from Alzheimer’s Society where people living with dementia can be linked with a volunteer to continue to access activities. See Section 6.</p> <p>Congleton Partnership working with the 5 Towns Partnership to develop a walking trail/map to not only highlight what is available in each town (Sandbach, Alsager, Middlewich, Holmes Chapel and Congleton) but mapping a safe walkway that links the 5 towns.</p>	<p>Sara R to discuss with J Hawkins re cycling/walking activity/support through the Side by Side service and get volunteering contact details for next meeting.</p>
5.	<p>Engaging Business - J.MacArthur.</p> <p>Jackie to put a paper together for presentation at Community, Environment and Services Committee to get the councils support on making Congleton more dementia friendly.</p> <p>Will organise dementia friends awareness sessions for Councillors and Town Hall staff.</p> <p>Organise dementia friends awareness sessions for traders with support from Sarah Jacklin.</p> <p>Diane would be happy to host awareness sessions in The Museum also guidance can be found on</p>	<p>J.Mac present paper to CE&S ctte</p> <p>J.Mac / SJ to organise training for Cllrs / Staff & traders</p>

	<p>www.dementiafriends.org.uk</p> <p>Physical Environment checklist to review how changes can be made to make premises more dementia friendly. SR to share a copy of this document.</p> <p>http://www.dementiaaction.org.uk/assets/0002/6448/dementia_friendly_environments_checklist.pdf</p>	<p>SR will bring the checklist to next meeting for distribution.</p>
<p>6.</p>	<p>Open Forum / Ideas / Activities.</p> <p>Table Tennis</p> <p>SR is now an Ambassador for Bat for Alzheimer’s charity (not part of Alzheimer’s Society). This aims to bring table tennis into more settings to increase health and wellbeing for those living with dementia and also more widely within any care setting. They are looking for places to site and sponsor the tables. Included in any costs would be support to train volunteers to host table tennis sessions.</p> <p>Claire Halsey from East Cheshire Hospice outlined their work with Carers and course available and also their new Dementia services. https://www.eastcheshirehospice.org.uk/dementia-care.</p> <p>Memory Walks.</p> <p>https://www.memorywalk.org.uk/find-a-walk/cheshire/</p> <p>https://www.memorywalk.org.uk/organiseyourown/</p> <p>Here is a link to the Cheshire Memory Walk for 2017. We thought it might be good to organise a Congleton walk for 2018. Here is the link. Suggest putting on the agenda in early 2018 to gain support. Or liaise with AS to have the Cheshire walk in Congleton?</p> <p>Link to Dementia Friends sessions that people can book onto using their location to find them</p> <p>https://www.dementiafriends.org.uk/WEBSession#.WdIIIyZO8</p> <p>Link to upcoming Dementia Champion session in Crewe that provide training to become a Champion and then able to offer Dementia Friends sessions within the community</p> <p>https://www.dementiafriends.org.uk/WEBTrainingDetails?id=a050J00000UmBI2QAN&user_type=#.Wdlm3kyZO8</p>	<p>SR chase up Friends and Champions information to see how best we can share this info and circulate the relevant login for the Champions Exchange.</p> <p>SR to discuss with AS re hosting the Cheshire Memory Walk and what that would entail.</p> <p>SR to get costings for the table tennis and more info.</p>

7.	<p>Pledges.</p> <p>This will be sorted out in a meeting with our new Alzheimer's contact on 11th September and a list of pledges / aims drawn up for presentation at the next Steering Group Meeting. We will then need to agree a delivery timeline.</p> <p>Some examples of local actions:</p> <p>http://www.dementiaaction.org.uk/members_and_action_plans/6850-poynton_partnership</p> <p>http://www.dementiaaction.org.uk/members_and_action_plans/6118-everybody_sport_and_recreation</p> <p>http://www.dementiaaction.org.uk/members_and_action_plans/6840-cheshire_east_libraries</p>	<p>MS to liaise with Jess MacFall.</p>
8.	<p>Publicity.</p> <p>Need to let the public know what we are doing and what is available for them. Look to have a regular dementia friendly communities column in The Chronicle, could be a project for the new apprentice Harriet Lomax (Honey Bear) at The Old Saw Mill?</p>	<p>Regular Chronicle Column.</p>
9.	<p>Alzheimer's Society (AS) Support – J. Hawkins.</p> <p>Jo talked about the services offered by Alzheimer's Society, one-to-one services through to end of life offered for both those living with dementia and their families and contact with AS for needs assessment to help them navigate support available and appropriate to those needs. Aim to help promote that people can live well with dementia.</p> <p>Contact details for Alzheimer's Society: Springbank Centre, Victoria Rd, Macclesfield SK10 3LS, 01625 503302.</p> <p>Could we have a drop in session, for example at the Old Saw Mill to offer advice? Would there be a cost involved in this?</p> <p>Side By Side</p> <p>Jo talked about a new service being piloted on the Wirral that is working well. Side By Side , a service with</p>	<p>SR discuss Drop In idea with JH and the Old Saw Mill. SR to find details of the NW events.</p>

	<p>volunteers supporting people living with dementia.</p> <p>Further details to follow when the service is available in Cheshire East. Volunteers interested in this can contact the Alzheimer's Society via usual volunteering links. Link to volunteering opportunities: https://www.alzheimers.org.uk/info/20017/volunteering SR will find out the relevant contact for Cheshire East.</p> <p>Feedback is that there will be NW networking event and a Cheshire East and Cheshire West event. Awaiting details.</p> <p>There is the Champion's Exchange for existing Dementia Champions to share info, discuss issues. SR to provide a link to the login by next meeting.</p> <p>https://www.alzheimers.org.uk/info/20023/our_dementia_programmes/837/side_by_side</p> <p>National 24hour forum is accessible, there will always be a response from someone, Talking Point link https://www.alzheimers.org.uk/info/20013/talking_point_-_our_online_forum?_ga=2.10866676.1168300038.1505113352-635614261.1490940542</p> <p>Jo advised on using the society whenever possible for support, they are specialists.</p> <p>Step Inside course is available to organisations or individuals: https://www.alzheimers.org.uk/info/20130/health_care_training/362/step_inside_-_building_skills_and_confidence_to_support_people_living_with_dementia</p>	
10.	<p>A.O.B</p> <p>Dementia Friends session 11.45 to 12.30pm in The Bridestones Suite, Congleton Town Hall, at The Senior Health & Wellbeing Fayre on 29th September.</p>	
	<p>Meeting Finished at:4.54pm</p> <p>Next Meeting:- Wednesday 4th October, 2.00pm, Old Saw Mill.</p>	<p>SR to book the room with PA</p>

