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Welcome to the Dementia Action Week (21-27 May) edition of the Memory Lane Newsletter, published by the Dementia Specialist Nurses and East Kent Hospitals Charity.

If you have a story that can be featured in the next edition please email it to Lorna Shadbolt at lornashadbolt@nhs.net.

Want to stay up to date on dementia care in the Trust?

Visit our new dementia section on the Trust’s Intranet: www.ekhuft.nhs.uk/patients-and-visitors/services/dementia-care/

Our Trust’s Dementia Policy can also be found on the Intranet, under Policies. In the search box type “Dementia” and the “Dementia Policy, Care of people Living with Dementia” should appear.

“All patients living with dementia and those who care and support them will be confident that they will be treated equally and recieve person-centred care in East Kent Hospitals.”
A Dementia Village in Dover

East Kent Hospitals, Kent County Council and partners across East Kent and Europe have secured funding for a dementia centre of excellence to enable people with the illness to lead healthier and more independent lives.

The new centre of excellence, currently known as the Dementia Village (final name to be decided this year), will be built adjacent to the new Buckland Hospital in Dover.

The village will be an enclosed site containing 6 homes, each accommodating five people who are living with dementia.

It is anticipated that 30 people will be accommodated, with an additional 6 bedrooms available for a new ‘guesthouse with care’ which will be in a separate building, with community facilities and services open to the public.

Stay up to date and get involved: Scan the QR code to be taken to the Dementia Village webpage:


What’s going on in EKHUFT this Dementia Action Week
Monday 21st - Sunday 27th May

Monday 21st
QEQM Cake Sale
WHH Information Stand in the Main Reception

Tuesday 22nd
WHH Dementia Education and Simulation (fully booked)

Wednesday 23rd
QEQM Memory Lane Café
K&C find us at the HUB
WHH Lunch Club

Thursday 24th
K&C Lunch Club
WHH find us at the HUB - Cake Sale

Friday 25th
QEQM find us at the Hub
WHH Quiz Night (see advert)

If everyone in EKHUFT donated just £3 we would raise over £24,000!

Donate to the Appeal for Dementia Action Week
Text “EKDA01 £3” to 70070 to donate £3 to the Dementia Appeal!
**Interview**

**Wendy Davison - Ward Manager, St Augustine’s Ward, QEQM**

If you had one wish for our dementia patients within the hospital what would it be?

I would like our patients to have access to a garden or safe outside area.

How do you support good dementia care?

I always encourage the use of “**This is Me**” (see below). We ask relatives about a patient’s likes and dislikes, particularly what they enjoy talking about. We try to engage with our patients as much as possible using distraction techniques or reminiscence therapy, to make their stay in hospital a positive experience.

Tell us about when a situation went well

We had a very distressed lady who was getting agitated, so I took her into our new Day Room (see p6) and put on some music that she liked. I sat and did some knitting with her, which settled her. She then started engaging with staff. She asked if she could move into the room permanently!

**What is This is Me?**

A simple tool to allow for patient-centred care

An easy, practical way of recording who the person is. The form includes space to include details on the person’s cultural and family background, events, people and places from their lives, preferences, routines and their personality.

It enables you to **see the person as an individual** and deliver **person-centred care**, tailored specifically to the person’s needs. It can help to reduce distress for the person and their carer. It can also help to overcome problems with communication and prevent more serious conditions such as malnutrition and dehydration.

**Thank you** to Eddie and Maureen McCue for donating these dolls to the William Harvey Hospital.

Sometimes people who are living with dementia get enjoyment from holding or simply being with a doll. It might remind them of a time when they had young children or create pleasant feelings of reminiscence or affection. Giving a person a doll can inspire a renewed sense of purpose, which can lead to increased activity levels and liveliness.

Eddie and Maureen’s generosity does not end here; they regularly donate handmade twiddlemuffs, twiddleblankets and magazines to the hospital.
Thank you to the EKHUFT Library Team for creating these wonderful reminiscence tools for our patients.

Mark Kerr presented Joy Marshall, Dementia Lead Nurse and Ann McGovern, Dementia Associate Practitioner, with six pull-up banners on themes including the 50’s, 60’s, 70’s and memories of East Kent. The Library Team have also supplied photo books with images which may be familiar to our elderly patients. These have been divided equally between the QEQM, WHH and K&C hospitals.

Reminiscence therapy is an important tool for our patients who are living with dementia. Often they remember things that happened to them in their youth much clearer than their recent memories, e.g. what they had for breakfast. Talking about these older memories can give them great joy and comfort.

Reminiscing about ‘the good old days!’

An Easter surprise!

Over the Easter period the Dementia Team put out a request for Easter Egg donations for their patients - and they were overwhelmed by the response!

Helped by a shout-out on BBC Radio Kent by Erika North, the team managed to gather enough eggs for all of their patients.

Lorna Shadbolt, Dementia Specialist Nurse K&C said, “Thank you! Due to all your kind donations all my patients had an Easter Egg each! Happy Easter.”

Thank you to Caremark, the NatWest Bank and all the individuals who answered the call!

So the dementia team decided that we would like to give something back this Easter to our patients so put a call out and @NatWest_Help answered us! Many thanks to @evansaby1 for all your help! some very happy patients at Kent and Canterbury! @EKHUFT

Donate to the Appeal for Dementia Action Week

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Dementia Virtual Tour dates 2018!
Open to anyone working within EKHUFT. Contact your Dementia Specialist Nurse to book.
Sessions from 9.15am to 4.15pm

Kent & Canterbury
- 18th June
- 18th July
- 22nd August
- 26th September
- 26th October
- 28th November

William Harvey
- 22nd May
- 26th June
- 24th July
- 19th September
- 24th October
- 21st November

QEQM
- 5th June
- 3rd July
- 24th September
- 30th October
- 26th November

Dementia Champion meetings 2018

Kent & Canterbury
- 22nd June
- 7th December

William Harvey
- 12th June
- 11th December

QEQM
- 13th June
- 6th September

Don’t miss the first ever Joint Champion Meeting
Friday 28th September - K&C Hospital
Education Centre - 9am until 4pm

Virtual Tours; making an impact

As a result of attending a Dementia Education Day
Penny Young, Ward Manager for Cheerful Sparrows Male at the QEQM, has introduced a form for her staff to ensure that patients who are living with dementia have the appropriate interventions in place.
The newly refurbished St Augustine's Ward and Day Room at the QEQM Hospital in Margate has received its official opening thanks to supporters of the **Dementia Appeal**!

The room features décor inspired by vintage designs and is kitted out with equipment to aid patients’ memories and make them feel more comfortable.

The room was officially opened on Wednesday 3 May 2018, by BBC Radio Kent presenter Erika North, who has a personal connection to the Appeal as her mother was treated by the team.

A few recent fundraisers and donors were invited to see the room for themselves, these included the QEQM League of Friends, the NatWest Bank, Caremark Thanet and individuals such as Gemma McNutt (HCA for Deal Ward) and Sharon Campbell (previous Ward Manager for Deal Ward) who both completed a nerve-racking 100ft abseil descent and raised hundreds of pounds for the appeal.

“**Being a hospital patient can be an unsettling experience for anyone, but for patients with some form of dementia, the unfamiliar surroundings and people can be overwhelming. The aim was to ensure these vulnerable patients are as comfortable and stress-free as they can possibly be while they are in our care.”**

Joy Marshall - Dementia Lead Nurse

**The William Harvey and Kent & Canterbury Hospitals are next. Can you help us achieve this goal?**
Some of our recent fundraisers!

The fundraising total for our Dementia Appeal is now over £122,000! This has been topped up over the past few months by kind donations from the Kent Hoodeners, Ashford Farmers’ Market, Broadstairs Rotary Club, Waitrose in Canterbury, the University of Kent’s Science-Fiction, Fantasy and Extreme Cult Society and all of these:

- **Ann McGovern** is well on her way to achieving her target of raising £3,000 to go towards an OMI Projector, displayed at November’s Dementia Conference. **Ann raised £330 from an Easter Egg Raffle and £300 from a “Sausage Sizzle” at Bunnings Warehouse in Folkestone.**

- **HCOOP Consultants Paula McAvinia and Lorna Judd** ran the Brighton Marathon and raised over £830!

- **Caremark, Thanet** continue to be strong supporters of our Appeal; in 2018 they’ve donated £800 from a Quiz and bought 4 chairs for the St A’s Day Room (see p6). A sponsored legs and chest wax is planned to mark Dementia Action Week!

- **Team “Forget Me Nots”** at the Canterbury KM Big Quiz. Our Appeal will receive a share of £4,000!

- **Sarah Butler** ran the Brighton Half Marathon to tick it off her 30th birthday bucket list! **She raised £300 for the Dementia Appeal!**

**Donate to the Appeal for Dementia Action Week**

Text “EKDA01 £3” to 70070 to donate £3 to the Dementia Appeal!
Get behind Tim’s Big Swim

On 29th July, Royal Navy physical training instructor Tim Scrivener, will undertake the mammoth task of swimming the English Channel for our Dementia Appeal.

A passion for dementia care runs in the family. His mum Karan Scrivener is Dementia Specialist Nurse for the QEQM Hospital in Margate.

Tim will brave jellyfish stings, strong currents, floating debris and oil slicks to help make our hospitals dementia-friendly.

Tim really needs EKHUFT to get behind him to spur him on to complete this challenge. If you can spare any money and would like to donate to this cause you can do so via Tim’s Just Giving page: www.justgiving.com/timothy-scrivener

£5 will buy the refreshments for a Memory Lane Cafe.
£10 can get activities, puzzles and games to fill our Activity Tubs.
£15 could purchase a pack of Smell & Connect Cards.

You can text to donate to support this challenge:
Text TIMS18 £5 to 70070 to donate £5 to support Tim’s Big Swim

If you’d like to donate a different amount, simply change the donation figure.

Students from Canterbury College have been supporting our Dementia Appeal as part of their Community Weeks. Their tutor Trevor Boddy said, “We’re always on the look-out for opportunities to support local initiatives.”

The students taught themselves to knit in order to make Forget-Me-Not flower pins for the Appeal and in March they held two cake sales raising £91.03. Trevor’s wife Tina also took a collection pot to her workplace, The Well Resource Centre in Dover, topping up the grand total to £136.43!