Memory Lane Newsletter
Summer 2018

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Trust represented at RCN International Research Conference

Staff from EKHUFT, in partnership with Canterbury Christ Church University, have recently been involved in a national research project ('PIE' project - Person Interactions and Environment) aimed at implementing and evaluating a programme to improve the care of people with dementia admitted to acute hospitals.

Of the five trusts in the UK involved in the research, only the two wards representing East Kent successfully implemented the programme, which was lead by Lead Specialist Dementia Nurse Joy Marshall (EKHUFT), Professor Kim Manley (EKHUFT and CCCU) and Dr Ann Skingley (CCCU).

Joy & Ann (pictured right) presented their research at the RCN International Research Conference held in Birmingham between 16th - 18th April. The findings are now being used to extend the programme to other wards in the trust.

The Memory Lane Newsletter, is 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.
Interview
Sarah Blake (pictured left) - RGN, Invicta Ward, K&C Hospital

How do you support good dementia care?
It helps that I have a passion for good quality dementia care. I like to think that I am able to lead by example, giving support and encouragement to my colleagues. I feel very fortunate to be Invicta Ward’s Dementia Champion.

Tell us about when a situation went well...
World Cup and Wimbledon Final days; we were able to have strawberries and cream. We re-arranged the furniture to create a space for people to interact and be away from their bed areas. Over half of our patients chose to join us, all but one was living with dementia, the relatives joined as well. Our patients ate and drank very well, ultimately they were all interacting with each other.

All of my colleagues that day enthusiastically joined in, it was an enjoyable few hours for everyone. For my patients who were living with dementia, I would hope it was a break from the isolation, confusion and fear that dementia can bring.

If you had one wish for our dementia patients within the hospital what would it be?
To be able to take away the dementia.

Ann McGovern – BEM

When the Queen celebrated her 92nd birthday, she recognised our very own Dementia Associate Practitioner, Ann McGovern for Services to the Community! Ann has been recognised for her tireless charity work and efforts by being awarded with a British Empire Medal.

Ann who has worked for the Trust for 16 years, runs a twice-monthly youth group in Folkestone, she is also part of a Residents’ Group, runs a Community Garden and is a Folkestone Lion. In the past eight years alone she has raised approximately £40,000.

After 15½ years as a Therapy Practitioner on the Stroke Unit at the William Harvey, she became Dementia Associate Practitioner last December.

Ann’s fundraising work has seen her walk from London to Brighton (twice!), a route she has also cycled for charity. She’s also walked the Inca Trail and completed fire-walks and abseils. Ann is well known around the hospital for her cake sales and raffles – so look out for more from her in the future!

Many charities have benefited from Ann’s efforts including Macmillan Cancer Research, the British Heart Foundation and our very own Dementia Appeal, for which Ann has set herself the fundraising target of £3,000!

“I am absolutely delighted. It’s amazing; really, really special. I don’t see it as just for me. I see it as for everyone who helps me as well.”

Ann McGovern

Thank you to everyone who voted for Dementia Care to be the beneficiary of this year’s flu campaign via an anonymous survey given to EKHUFT staff. Up to £500 will now be allocated to purchase dementia-friendly items!

Thank you to the League of Friends of the QEQM Hospital, for funding the new coffee tables, for use in the new dementia-friendly room on St Augustine’s Ward.
The planned Dementia Village in Dover will be using technology to improve the quality of life of its residents. Here are the results of the recent survey to gather opinions on the use of technology:

<table>
<thead>
<tr>
<th>Questions</th>
<th>Moderately or strongly disagree</th>
<th>Moderately or strongly agree</th>
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<tbody>
<tr>
<td>It will help deliver safe and effective care</td>
<td>7%</td>
<td>93%</td>
</tr>
<tr>
<td>It creates significant ethical and privacy issues</td>
<td>48%</td>
<td>52%</td>
</tr>
<tr>
<td>It will aid research</td>
<td>7%</td>
<td>93%</td>
</tr>
<tr>
<td>Would you agree that the data collected can be used for research purposes?</td>
<td>11%</td>
<td>89%</td>
</tr>
<tr>
<td>It will promote collaboration amongst users and healthcare professionals</td>
<td>11%</td>
<td>89%</td>
</tr>
<tr>
<td>It will promote the facility as a centre of excellence</td>
<td>11%</td>
<td>89%</td>
</tr>
<tr>
<td>It is a valuable instructional tool</td>
<td>4%</td>
<td>96%</td>
</tr>
<tr>
<td>Is too costly in terms of resources, time and effort</td>
<td>78%</td>
<td>22%</td>
</tr>
<tr>
<td>It will be obtrusive and impact my lifestyle</td>
<td>78%</td>
<td>22%</td>
</tr>
<tr>
<td>Is successful only if there is the support of carers</td>
<td>26%</td>
<td>74%</td>
</tr>
<tr>
<td>Too much time will be spent on technical problems</td>
<td>56%</td>
<td>44%</td>
</tr>
<tr>
<td>Its use will mean staff have more time to support residents</td>
<td>19%</td>
<td>81%</td>
</tr>
<tr>
<td>Should technology be used to reduce unnecessary staff responses to residents?</td>
<td>59%</td>
<td>41%</td>
</tr>
<tr>
<td>It is an effective tool for people of all abilities</td>
<td>11%</td>
<td>89%</td>
</tr>
<tr>
<td>Will increase the amount of stress and anxiety users/staff experience</td>
<td>59%</td>
<td>41%</td>
</tr>
<tr>
<td>Is successful only if there is adequate training in the uses of technology for all users</td>
<td>7%</td>
<td>93%</td>
</tr>
<tr>
<td>Giving residents the opportunity to “roam” within the facility while monitored remotely is a good thing</td>
<td>4%</td>
<td>96%</td>
</tr>
<tr>
<td>Do you feel that technology in a care environment will dehumanise care?</td>
<td>81%</td>
<td>19%</td>
</tr>
</tbody>
</table>


The Traffic Light plan is a 3 tier approach to care planning which supports staff when the person with dementia behaves in a way they do not understand or find challenging.

**Green (Preventative):**
Things to meet my needs and keep me in a good place.

**Amber (Reactive/Responsive):**
Identify and address changes in my behaviour and levels of distress.

**Red (Contingency):**
What to do when green and amber care plans do not work.

Have you seen the Traffic Light Plan?

You will first know that I am becoming unsettled or distressed because...

When things become very difficult for me and those around me the following tend to happen...

Please keep me and others safe by... / Help me feel better by...
Memory Lane Cafes and Lunch Clubs are a great way of getting our elderly patients up, out of bed and interacting with each other. They give patients the opportunity to meet outside visitors, sing songs, listen to music and reminisce about “the good old days!”

Here’s a snapshot of some of the many different events from across the Trust, which have been organised by the Dementia Nursing Team!

Thank you to Mandy Gilbert, AHP Support Worker for Therapies, for your commitment to ensure that we continue to hold Lunch Clubs on Harbledown Ward at the Kent & Canterbury Hospital.

Thank you to Sue Threadingham, Dementia Volunteer for the William Harvey Hospital, for all that you do to support dementia patients and the Dementia Appeal at the hospital.

Thank you to Les, Brian, Juliet, Sarrie, Val and Sandra; the Dementia Volunteer Visitors at the QEQM Hospital, for all that you do in support of the Lunch Clubs and Memory Lane Cafes at the hospital.
The first ever

Joint Dementia Champion Meeting

Friday 28th September

Kent & Canterbury Hospital

Education Centre - 9am until 4pm

Contact your Dementia Specialist Nurse to book your place.

Local Dementia Champion Meetings

Kent & Canterbury
7th December

William Harvey
11th December

QEQM
6th September

Dementia Virtual Tour dates

Open to anyone working within EKHUFT. Contact your Dementia Specialist Nurse to book.

Sessions from 9.15am to 4.15pm

Kent & Canterbury
22nd August
26th September
26th October
28th November

William Harvey
19th September
24th October
21st November

QEQM
24th September
30th October
26th November

Your Dementia Team...

**WHH**

Joy Marshall
Dementia Lead Nurse
Trustwide
joymarshall2@nhs.net
07771 814076

Ann McGovern
Dementia Associate Practitioner
d.mcgovern@nhs.net
07481 847174

**K&C**

Lorna Shadbolt
Dementia Specialist Nurse
lornashadbolt@nhs.net
07964 436911

**QEQM**

Karan Scrivener
Dementia Specialist Nurse
karanscrivener@nhs.net
07964 438094
Lorna & Kim attend the KENT Programme

KENT is a programme to give training, skills, time and support to staff who are making changes in their area of work to improve patient experience and their lives.

Both Lorna Shadbolt (Dementia Specialist Nurse K&C) and Kim Fittall (IDT Discharge Manager) attended the 3 day workshop. The changes they both plan to look at is how we can attempt to decrease the LOS of ‘super stranded’ patients waiting for a Home First Bed, who have complex needs, increased by a Dementia/Cognitive Impairment.

Having the tools to be able to make a difference and transform the way our patients who are living with dementia receive their care within our trust was a valuable opportunity.

The course was great, really interesting with a lovely group of people from across the Trust. Simon and Tony are both excellent teachers in this field, making the whole process of transformation easy to understand. With lots of workshop in between the teaching and many laughs (Dot test: you have to attend to see what this is about!) this would have to be a course I highly recommend. Lorna Shadbolt

The course is open to everyone who works within EKHUFT. If you are interested email: Simon Hayward on: simon.hayward@nhs.net or Anthony Ford on: anthony.ford@nhs.net

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A date for your diary

Family Fun Day!

Saturday 25th August 2018
11am - 4pm - Sandyacres Sports & Social Club
Sandyhurst Lane, Ashford, Kent, TN25 4PE

- Stalls
- Raffle
- Food Stands
- Face Painting
- Bouncy Castle
- Inflatable Slide

Entertainment including:
- Dance Performances
- Dog Show
- Live Music from Jack & Jacob

A chance to win 2 Standard Premier Class return Eurostar tickets!

If you would like to book a stall it’s £20 to pitch. Keep 100% of your takings.

For more information or to book your stall, contact Shanii McDonald:
shanii.mcdonald@nhs.net   01233 616271

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Thank you to Charles Lister Court, Dover for getting behind the Dementia Appeal! The group, lead by Terri Edwards, have been topping up our twiddlumuff supply and they’ve raised £90 from the sale of handmade forget-me-not keyrings.

Thank you to 93 year old Dorothy Boorman, who has knitted well over 100 twiddleblankets over the last 2 years for the QEQM Hospital. Her daughter-in-law, Sue Boorman (pictured), delivers them for her.

Thank you to Inchwater Home Care for coming to visit St Augustine’s Day Room to drop of another collection of twiddlmuffs for our patients.

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In aid of three charities:

- East Kent Hospitals Charity
- Stroke Association
- Dementia Appeal
Helping to make your hospitals dementia friendly

We launched the Dementia Appeal with a target of raising £500,000 to make dementia friendly changes to our hospitals. Here are examples of some of the exciting projects that we’ve been able to support across the Trust, thanks to donations to the Appeal...

Activity Tubs
28 Activity Tubs were delivered to 28 wards across the Trust. These were filled with games, conversation starters, reminiscence materials, and CDs.

Cost £6,300

Smell & Connect Cards
Fresh cut grass, baby powder, coffee, chocolate - these smells evoke memories and feelings and can even stimulate the appetite.

£15 a pack

Calendar Clocks
A hospital stay can be disorienting for patients who are living with dementia. Calendar Clocks help people to tell the time, day and date.

£90 each

"RITA"
Reminiscence Interactive Therapy & Activities
This reminiscence software is packed full of materials to engage with patients, including music, film, and TV clips, famous speeches, and photos from times gone by. It helps to spark conversation between patients, staff, and care-givers, as they can find out details from the patient’s past that they remember fondly and well, allowing them to use these as conversation starters throughout their care - a virtual This is Me!

Cost £7,500 per package

St Augustine’s Ward & Day Room
St Augustine’s Ward at the QEQM Hospital in Margate has received a dementia-friendly makeover. Photographs of familiar Kent scenes provide visual stimulation and help remind patients that they are in a hospital in Kent. Each bay has been given a different colour to help people who are living with dementia to find their way.

At the side of the Ward, the newly refurbished Day Room is now open for patients and visitors. The room has been transformed into a living room, dining room, and a semi-working kitchen, and it is available for staff to take patients from all over the QEQM Hospital.

This is just the start - the Kent & Canterbury and William Harvey Hospitals are next.

Watch this space!

How you can get involved:
• Make a donation
• Get your ward or department to fundraise together
• Take part in a challenge or fundraising event

You can donate directly through our Just Giving page:
www.justgiving.com/campaigns/charity/ekhc/dementiaappeal

You can text to donate to the Dementia Appeal
Text “EKDA01 £3” to 70070 to donate £3 to the Dementia Appeal!
Here are some of our recent fundraisers...

The fundraising total for the **Dementia Appeal** is now over **£128,500** Thank you!

Sue Threadingham held a fundraising BBQ at her home for 32 people! Her grandchildren Theo, Poppy and Isabel (pictured) helped with the prep and entertainment on the day, which included a raffle and classic car display. Sue and her family raised £203!

Jerry Delgado, one of Caremark, Thanet's carers, endured an hour of waxing for the Appeal, raising £500 – thank you Jerry and the Caremark Team!

The Rotary Club of the Isle of Thanet Sunrise came to visit the St Augustine's Day Room to present a cheque for £350.

Dementia Action Week 2018 (21–27 May)

Over £2,000 was raised during Dementia Action Week from cake sales, single donations and different fundraising events.

The Serco Team donated 10% of the revenue they earned from the sale of hot drinks at their restaurants. This came to £626!

The Clinical Audit and Improvement Team held a Quiz Night, which raised £362. Special thanks go to Clare Boggia and Alison Cigerli for all the effort you put in to organising this event!

The Greenhill Senior Citizen’s Club donated just over £1,000 having picked the Appeal as their charity of the year. The club donated 10% of the profit from every event they held that year.

Helping your hospitals!