Welcome to your Winter Newsletter!

It’s been a packed few months for the Dementia Specialist Team, our amazing volunteers and fantastic fundraisers!

We’ve met with the Janone Sewing Club, welcomed a brand new ‘Pets As Therapy’ Dog, and had musical walkabouts in the wards. There have also been some incredible fundraising efforts for the Dementia Appeal, for which we are so grateful.

The Trust Awards have been a highlight of the autumn, where some of our volunteers were honoured for their dedication to our patients living with dementia.

The Dementia Team have also trained almost a quarter of all EKHUFT staff as ‘Dementia Friends’ too!

As the year draws to a close, it’s a perfect opportunity to reflect on our achievements across 2019 and think ahead to how we can continue to support the Dementia Appeal to raise £500,000: helping to make our hospitals ‘dementia friendly’.

There are lots of suggestions about how you can support East Kent Hospitals Charity on the back page. If you would like to fundraise, please do get in touch!

And finally, Merry Christmas and a Happy New Year!

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 Joy McCue at joy.mccue@nhs.net
An interview with........

Selena Moore, Ward Manager

Selena is the Ward Manager for Kings D Ward at the William Harvey Hospital.

How do you support good dementia care?
I believe as Ward Managers, it is critically important to demonstrate and participate in care on the ward.

Displaying that I wash patients, take observations, sit with patients or purposefully walk with them on and off the ward role models this interaction.

Care should be seamless whether the Ward Manager is present or not.

The nursing staff on Kings D embrace person centred care on our very pressured Trauma ward; this is humbling and suggests we can positively make a difference.

We actively promote open visiting, encouraging families and carers to stay with their loved one and complete “This Is Me”. Pets are also welcomed, as I have seen the positive effect this has on our patients living with dementia. We provide regular lunch clubs for our patients and actively use music as therapy using Ipods, radio and CD’s. We have recently received memory boxes from charitable funds which staff are providing memorabilia for to display in our ward. Funding from the Dementia Appeal has also provided a ‘RITA’ which has a plethora of interactive activities, films and music.

Tell us about when a situation went well?
Several of my staff members are mentioned by name in our friends and family test by carers of people living with dementia, noting kind, compassionate and individualised care.

If you had one wish for our dementia patients within the hospital, what would it be?
For our physical environment to be conducive for people living with dementia: an area of calm which can also provide appropriate stimulation. Having a dedicated area on our ward would enhance our experience of care for many patients. Importantly, it is also valued by nursing staff who feel they are making a difference too.

Karan’s Cake Sale!

Karan Scrivener, Dementia Specialist Nurse at QEQM organised a cake sale for the Dementia Appeal, on the 29th October. It was a roaring success and she raised £200!

A special thanks goes to Michaela Hook, Sandwich Bay Ward who makes 100 cakes each time we fundraise for the Dementia Appeal, and Debbie McGee who also contributed by baking a huge amount of cakes!

Thank you!
An update on........

All building works are finished at Harmonia- and it is stunning!

A Welcome Event took place in late September, previewing the accommodation and facilities.

We are still recruiting for some roles- if you are interested, please visit the website: www.ekhuft.nhs.uk/patients-and-visitors/work-here

For regular updates about Harmonia, and news about open days and drop-in sessions, follow the team's social media!

Our amazing volunteers!

Three volunteers on our wards were nominated for the annual EKHUFT Trust Awards 2019.

Les, Ann and Rita were all recognised for the outstanding role that they play when supporting staff on wards, and helping us to enhance the care that our patients receive.

Ann and Rita, who normally volunteer on Invicta Ward, won the category, with Les, who volunteers on St Augustine’s Ward also receiving an award.

All nominees received a standing ovation from the 200 strong crowd!

Lorna Shadbolt and Ann McGovern were also given a certificate of recognition, having been nominated for the Trust Awards.

Lorna’s category was ‘Leader of Change’, and Ann’s ‘Outstanding Care’.

Congratulations and Well done!
Invicta Ward’s Musical Walkabout

Invicta Ward has begun an exciting initiative: ‘Musical Walkabout’.

Nina Clark, a local musical practitioner visits the ward on Wednesday mornings, inviting patients to sing with her.

It’s been really popular and we’ve had some lovely feedback:

‘It was wonderful to hear the music around the ward and the programme sounds empowering and uplifting that staff and patients will enjoy.’

‘One of the patients has advanced dementia – at the beginning of the session she was very quiet and straight faced, but the end of the session she was singing and dancing. It was lovely to see.’

‘It’s excellent to watch our patients come alive when they hear the music. To wander through the bays makes a difference to the bed bound patients. Each patient came alive with memories and emotional

For more information, contact: ann.skingley@canterbury.ac.uk

Janome Sewing Machine Club

The Janome Sewing Machine Club are a group of local sewing and stitching enthusiasts, all of whom own a Janome Machine!

The group have been meeting monthly for 9 years and have been very generous in supporting local charities and causes during this time.

The Club will be supporting the Dementia Appeal in 2019/2020 and invited Joy McCue to attend their summer meeting.

Joy was overwhelmed by the donations: 24 quilts, 23 crochet blankets, 9 knitted blankets, 2 twiddle muffs and 16 twiddle blankets! These have been placed on wards across the Trust.

For more information about the club, please visit: www.sewingcentres.com and www.sejclub.weebly.com

Thank you so much for your support!
Fantastic Fundraisers!

We’d like to say thank you to our fantastic fundraisers, who dedicate so much time and effort to raise funds for the Dementia Appeal.

Sue works tirelessly to raise funds for the appeal. Throughout the year, she has run seasonal fairs in the William Harvey foyer, as well as selling her beautiful crafts and jams in her local area. To date, she has raised an incredible £3888.55!

Our very own Ann McGovern has raised # thousands for the Dementia Appeal, which was recently used to purchase an ‘Omni’.

Ann hosted a Race Night fundraiser at Folkestone Yacht Club on 22nd November and raised a huge £1064!

Above is a picture of Jordan, who attended the Race Night and won a bottle of wine and £10! A great night was had by all.

Ann is running the Brighton Marathon in April 2020, along with Rab and Kip– read her story here: www.justgiving.com/fundraising/ann-mcgovern9

Our total raised for the Dementia Appeal is £144,645!

Dementia Friends

The Dementia Specialist Nursing Team have been very busy, training staff across the East Kent Hospitals University NHS Foundation Trust (EKHUFT).

Over 2000 staff members have now been trained as Dementia Friends, meaning that over 25% of Trust Staff have an improved understanding of the patient’s experience of living with dementia.

If you or your team would like to receive the Dementia Friends training, contact the Dementia Specialist Team!

Well done everyone!
Handmade for Dementia

Handmade For Dementia are a group from Chester who have been dedicated to making twiddle and other comfort items: helping people living with dementia since 2016.

We know that during the latter stages of dementia, a person can become very anxious and ‘fidgety’ and twiddle items are really helpful in many of these cases.

The group have been behind the ‘Dementia Cannula Sleeve’ (DCS), aiding with the anxiety of an obtrusive cannula needle being inserted into the patient’s arm.

This saves money, time and need for sedation in some cases.

Lots of hospitals have praised the DCS, and have noted that patients find them helpful when in their care- not just those living with dementia. More than 8000 sleeves have been distributed to over 80 hospitals so far!

EKHUFT were lucky enough to be presented with some over the summer, by local representative Lynne Collis.

If you are interested in the work of Handmade for Dementia, you can visit their social media sites

www.facebook.com/groups/HandmadeForDementia

@HfdnwUkOfficial

Introducing... Lilly!

In our last edition, we thanked Worzel (and his owner, Maggie!) for his long service as a PAT (Pets as Therapy) dog, attending lots of events at QEQM.

We now have a new PAT dog- Lilly! Lilly has been really popular with the patients and we are delighted to welcome her, as well as Sam- her owner!

Christmas Craft & Gift Fair

William Harvey Hospital Foyer
Tuesday 3rd December, 9.30am
Twiddlemuffs

Dawn lives in Palm Bay, and her daughter recently took her a Twiddlemuff to copy. Dawn is now hooked on knitting them and has made several deliveries to QEQM! Our patients love them.

Thank you so much, Dawn!

We are always looking for more Twiddlemuffs, Forget Me Nots and Twiddleblankets for our wards! If you would like to create a beautiful and personalised gift for our patients, get in touch with us!

Dementia Champion Meeting

The meeting on the 6th December has been postponed.

The next meeting will take place on the 6th March 2020- Postgrad Centre, Kent & Canterbury.

Update from the Dementia Team

Lorna left the Dementia Team in September, and is now training to be an Advanced Clinical Practitioner. The Team held a leaving party for her and Joy McCue said:

“The Dementia Team want to thank Lorna for her support over the years, not only to us but her patients, carers and staff. She was an integral member of the team and her forward thinking and innovation helped us to continue to develop. She is missed by us all, we wish her lots of success and happiness in her new role!”

Recruitment has begun, to fill Lorna’s post as well as other new posts for the team- we will introduce you very soon!
Spreading Christmas Cheer!

East Kent Hospitals Charity are

Merry Christmas from...

There are lots of ways to get involved this Christmas:

**Festive Fund:**
Each patient facing ward or department is eligible for £50 to provide decorations, treats or gifts. Visit our website to find out more and apply:


**Amazon Wishlist**
Our amazing communities often want to donate gifts to our patients. We have two Amazon Wishlists- for children, and our older patients- to ensure that donations are appropriate for our wards. Please share this wishlist with anyone who might be interested:

[https://amzn.to/2NDYFPA](https://amzn.to/2NDYFPA)

**EasyFundraising**
Raise funds for your hospitals charity while you do your Christmas Shopping! EasyFundraising donates a % of sales from over 4000 companies to East Kent Hospitals Charity- at no additional cost to you! To get started, follow this link:

[https://www.easyfundraising.org.uk/causes/ekhcharity](https://www.easyfundraising.org.uk/causes/ekhcharity)